

“Thyroid Surgery Using Hypnosis—An Old Wine in a New Bottle”

Sabaretnam Mayilvaganan¹, Prathyusha Godi², Sarrah Idrees³, PRK Bhargav⁴

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INTRODUCTION

In this era of robotic and minimally invasive surgery with great advances in surgery and anesthesia, the mortality and morbidity have decreased significantly. There is an emphasis now on quality-of-life issues. These issues are gaining more importance; in this regard, there is a renewed interest in minimal metabolic changes during any surgery. Thyroidectomy with its metabolic changes can be a tricky affair.

LITERATURE

We discuss in brief the article “Thyroid surgery under hypnosis: A 50-case series” by Badidi et al.¹ In this article, the authors included 100 patients who underwent thyroidectomy: 50 under hypnosis and 50 under general anesthesia. Thyroidectomy was performed by a single head and neck surgeon. We agree with the authors that postoperative convalescence was shorter in hypnosis groups since drugs would not have been used, and most of the patients would have been admitted on the day of surgery. In their series, there was a single case of failed hypnosis. The study had overall patient satisfaction with operative safety as well.

In a previous study involving 197 thyroidectomies and 21 cervical explorations for hyperparathyroidism, the authors found that hypnosis was an efficient technique with physiological, psychological, and economic benefits to the patients.²

CONCLUSION

However, few queries remain. Do any of the patients who underwent thyroid surgery under hypnosis experience behavior

¹⁻⁴Department of Endocrine and Breast Surgery, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, Uttar Pradesh, India

Corresponding Author: Sabaretnam Mayilvaganan, Department of Endocrine and Breast Surgery, Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow, Uttar Pradesh, India, Phone: +91 9655851510, e-mail: drretnam@gmail.com

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abnormalities or any other problems such as bad dreams after surgery, feeling of doom, etc., in the long-term follow up? Do the Surgeons have adequate muscle relaxation when performing thyroid surgery under hypnosis? The technique of hypnosis has to be mastered to have desired results and safe thyroid surgery.

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