



RELAXATION PROGRAM

TCV Surgery Services now offers added opportunities for pain control and relaxation during the post-operative recovery time.

GUIDED IMAGERY

Through words, music, and images, Guided Imagery helps people tap into their natural power to relax and heal. Take a “mini vacation”; listen to stories accompanied by soothing music recorded on an audio tape/CD.

Focusing on positive thoughts and images can help you to decrease anxiety, pain, stress, and enhance sleep.

MASSAGE THERAPY

Receive a massage from a Licensed Massage Therapist for relaxation and muscle pain relief.

Massage may be accompanied by soothing music.
(There is no additional cost for this service.)

INTERESTED? HERE'S WHAT YOU CAN DO . . .

1. Plan to bring your own CDs with a portable CD player from home or ask to borrow a CD player from the Heart Center.
2. Ask your nurse to page the Massage Therapist (page # 1763) for massage. Monday through Friday 10 am – 2 pm.
3. Ask to borrow the Guided Imagery tapes/CDs during your hospital stay.
4. If you have questions or would like more details, please call (434) 982-3500 and enter PIC # 1763 at the prompt.