

# Effects of hypnosis as an adjunct to intravenous sedation for third molar extraction

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Full Title: Effects of hypnosis as an adjunct to intravenous sedation for third molar extraction: a randomized, blind, controlled study

The effects of hypnosis/therapeutic suggestion in connection with intravenous sedation and surgery have been described in many clinical publications; however, few randomized, controlled, and blind studies have been performed in the outpatient area. This study aimed to evaluate the use of hypnosis/therapeutic suggestion as an adjunct to intravenous (IV) sedation in patients having 3rd molar removal in an outpatient setting. The patients were randomly assigned to a treatment (n = 46) or control (n = 54) group. The treatment group listened to a rapid conversational induction and therapeutic suggestions via headphones throughout the entire surgical procedure along with a standard sedation dose of intravenous anesthetic. The control group listened to only music without any hypnotic intervention. Intraoperative Propofol administration, patient postoperative pain ratings, and postoperative prescription pain reliever consumption were all significantly reduced in the treatment compared to the control group. Implications of these results are discussed.

Int J Clin Exp Hypn. 2010 Jan;58(1):21-38. Mackey EF. Department of Nursing, West Chester, University of Pennsylvania, 855 S. New Street, West Chester, PA 19348, USA.  
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