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## Hypnosis and paediatric anaesthesia

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Hypnosis is a normal phenomenon where an attentive focal concentration using suggestion and imagination both coupled to a relative suspension of peripheral awareness. Well-prepared children do respond well to hypnosis based on positive and dissociate communication. It is a safe technique which reduces children pain scores and anxiety during preoperative preparation, induction of anaesthesia and can ease postoperative care by reducing post-traumatic stress syndromes. Hypnosis can also be associated to sedation for minor surgical procedures done under local or regional anaesthesia.

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