Preoperative anxiety (POA) occurs in over 50% of patients undergoing surgery or a procedure.

Possible consequences
POA can lead to worrying, nervousness, and sleep problems before the procedure, and also nausea, anxiety and agitation while coming out of anaesthesia.
Anxiety and stress can lead to vasoconstriction and complicating IV administration, tachycardia, fluctuating blood pressure, a greater need for anaesthetics and pain medication, behaviour changes and a prolonged hospital stay.
POA can even lead to procedure avoidance, with the possible risks attached to it.

Meaningful complementary therapies – general:
- Touch, being nearby, holding hand, massage, energy work (Erdoğan Z and Atik 2017; Ayik and Özden 2017; Baldwin et al 2017; Parmar et al 2017; Choi et al 2016; Kurebayashi et al 2016; Goldberg et al 2015; Forward et al. 2015; Kim et al 2015);
- AquaCare – foot soak, with/without Aromatherapy (Effati-Daryani et al 2015; Wen-Chun 2008; Raymann et al 2005; Saeki 2000, Sung en Tochihara 2000);
- Music (Millett and Gooding 2018; Yeo et al 2013).

Aromatherapy & AromaCare: fragrant (volatile) plant oils & extracts through Inhalation/ diffusion, topical applications or combined with foot soaks or guided imagery.

Well chosen essential oils & CO2’s & interventions
✓ Are reassuring and promote a sense of safety
✓ Can offer anxiety relief with positive effect on physical and emotional responses.
Bulsing 2009; Howard and Hughes 2008; Campenni et al 2004;

Some essential oils & CO2’s
- Spikenard (Nardostachys jatamansi) Essential Oil:
Highly relaxing for the CNS, sedative, stress reducing, anti-depressant, grounding, sleep promoting.

- Bergamot (Citrus aurantium), Sweet orange (C. sinensis), Neroli (C. au-rantium var. amaris) Essence: Excellent for anxiety, relaxing, calming, uplifting, increasing positive attitude, brings light, for images of warm and sunny holidays.

- Frankincense, Somali (Boswellia carterii)
CO2-select extract:
Highly anxiolytic, deeply relaxing, sedative, possibly neuro-protective; sleep promoting; supporting breathing (deepening, respiratory tonic); Reminding of (sacred) rituals, churches and holy places.

- Vetiver (Ruh Khus), Vetiverisa zizanoides Essential Oil:
Highly calming, grounding, sedative, sleep promoting.

- Lavender, True (Lavandula angustifolia) – especially High Altitude Lavender Essential Oil:
Calming, sedative, anxiolytic, sleep promoting. Highly popular, well founded. Reminding of lavender fields, holidays.