



# Minimizing Post-op Pain: A 12 Step Program for Surgical Teams (BotDocs) (Volume 1)

*Susan A. Crockett MD*

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Our team has a pretty fantastic job. Every week we get to meet together in the OR with the chance to help patients increase their quality of life. In our OR, we say that every case is like Christmas, because although we can do all our history & physical taking, imaging and workup, we never really know what we're getting into until we open it up. That is where the joy and the art of surgery take over. A creative process unlike any other, where our surgical team goes into action to maximize results and minimize our impact on the patient. The goal is painless, scarless, bloodless surgery. In this book, our surgical team is proud to share with you our multimodal pain prevention protocol, based on our experiential knowledge gained from almost 500 robotic cases. Many of our ideas are similar to those developed and shared by ERAS (Enhanced Recovery After Surgery) Society. <http://www.erassociety.org/> In addition to sharing with you our "hard science" methods of approaching multiple pain pathways, we will also be sharing some very practical and powerful psychological tools we use to enhance the postoperative experience for patients (and make you the hero with them!) We are in private practice, so we are completely dependent on patient satisfaction for maintaining a financially stable and successful practice. Reputation is gold. Although our specialty is minimally invasive benign gyn, it is our hope that you will find useful techniques in this program that will translate to your field of surgery as well.

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