



Appendix 2

Awake Craniotomy

Patient Sheet

The following help sheet has been prepared for you in advance of your procedure on the _____.

The content has been selected to help you stay relaxed and grounded during your procedure. We suggest familiarising yourself with content and practicing a few of the techniques prior to your admission.

Helpful tools

It may be helpful to have earphones and a device to listen to music of your choice at different points during your operation. You may find it helpful to develop a play list of music you enjoy. The clinical team can support you to access this during your operation

Pin code for phone: _____

We can also help you access on your device some of the relaxation techniques described in this information sheet.

Head Position

During your operation you will be supported to have your head in a fixed position. Your head position will be explained and then supported by equipment while in theatre. It may seem strange to keep your head in this position for a long time,



therefore it can be helpful to practice lying with your head in a fixed position in advance of your surgery.

If you feel able too, try the following exercise in advance of your surgery.

Position: _____

- Lie on top of your bed with your head in the position described above
- Place two further pillows either side of your head.
- Imagine your head is supported between these two pillows and cannot be moved.
- As you relax, have someone ask you some simple questions. Practice answering **WITHOUT** moving your head. So if the answer is yes or no , do not nod, simply say yes or no
- If you become uncomfortable or need to move, simply gently move your arms and or legs, some gentle slow stretches can often be enough. Always tell your clinical team if you are feeling uncomfortable.
- While practicing this position you can try listening to your play list, audiobook, breathing techniques and or safe place exercises that we have described in this information sheet.



Exercise 1 - Safe place Visualisation





Exercise 2 – Balloon Breathing

Balloon Breathing



In addition, you may find your own music, podcasts or audiobooks to be used as distractions during your procedure.