

## **Title: Saving the Foot instead of Amputation by Hypnosis (Case report)**

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### **Introduction:**

The applications of hypnosis in treating physical diseases which have been caused by stress and at the same time have visible symptoms, are of great interest. This paper presents a special case of a physical disease in which anxiety and stress have played no role. However, interestingly enough the signs of improvement have been completely visible. Possibly this is the first case that has been treated of a serious disability via innovative suggestions for increasing tissue perfusion.

### **Methods and materials:**

A thirty-one-year old man was afflicted by sharp trauma to left inguinal area which led to vascular insufficiency in left femoral artery and vein. Femoral artery bypass was done for him in December 2008, but artificial vessel for femoral vein could not be applied for him. The patient gradually developed cyanosis from distal part of his left leg to toes. After this, he developed left medial malleolus ulcer which finally led to skin graft on November 27, 2011. This was so, until the cyanosis and necrosis and edema increased in these parts. There was wound infiltration around the graft and the patient would feel claudication and pain after a little walking. Consequently, below knee amputation seemed inevitable and was decided in September 2012. However, in such a situation, for increasing tissue perfusion, he underwent 7 sessions of hypnotherapy since November 24, 2012.

### **Findings:**

After hypnotherapy, he began to develop marked healing with turning the cyanosis to the pink color; the wound secretions, the edema and claudication were gone thoroughly. Finally his vascular subspecialist surgeon was convinced that there was no need for the amputation.

Unfortunately no Doppler ultrasound or angiography was done for him before and after hypnotherapy. But hopefully this is the beginning of a way for further studies and similar treatments.

**Key words:** hypnotism, hypnotherapy, amputation, perfusion,

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