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Music can help quicker recovery after surgery – 27th November 2025

Level 0

Music can help patients recover from surgery. Doctors played flute music to a patient. Before her operation, doctors gave the patient drugs. The drugs blocked pain signals and relaxed the woman. However, she could still hear music. This means she needed fewer painkilling drugs. She woke up faster after her surgery.

A doctor explained that music wasn't just background music. It helped patients need fewer painkillers. A music therapist said music was important in the operating theatre. She wants patients to "wake up clear-headed, alert... and ideally pain-free" after surgery. She said music helped control pain and reduce stress.

Level 1

Music can help patients recover from surgery. Doctors in India played flute music to a female patient. Before her operation, doctors gave the woman drugs to make her sleep. The drugs blocked pain signals and relaxed the woman's muscles. However, the part of her brain that helps her listen stayed active. Doctors say she could still hear music. This means she needed fewer painkilling drugs. She woke up faster and was more alert after surgery.

A doctor explained why music helps patients. She said music wasn't just background music. It helped patients feel less pain and need fewer painkillers. Another doctor, who is a music therapist, agreed. She said music is important in the operating theatre. She said her aim is for patients to "wake up clear-headed, alert... and ideally pain-free" after surgery. She said music helped control pain and reduce patients' stress.

Level 2

Music played during surgery can help patients recover. A study was conducted by doctors in India. They played flute music to a female patient. She was having an operation. Before the operation, doctors gave the woman drugs to put her to sleep. The drugs blocked pain signals and relaxed the woman's muscles while she was asleep. However, even when the drugs made the woman sleep, the part of her brain that helps her listen stayed partly active. Doctors say she could still hear music. This means she needed fewer painkilling drugs, woke up faster, and was more alert after surgery.

The lead researcher explained why music helps patients. She said music is more than just simple background music. She said music helps patients to feel less pain and need fewer painkillers. A co-researcher, who is a specialist in anaesthesia and music therapist, agreed. She believes music is important in the operating theatre. She said: "Our aim is early discharge after surgery. Patients need to wake up clear-headed, alert... and ideally pain-free." She said music helps manage pain and reduces patients' stress after they wake up.

Level 3

A new study shows that music played during surgery can help patients recover. The study was conducted by doctors at India's Maulana Azad Medical College. They played flute music to a female patient while she was having her gallbladder removed. Before the operation, doctors gave the woman anaesthetic drugs to put her to sleep. Anaesthetics block pain signals and totally relax a patient's muscles while they are asleep. However, even when anaesthetics make us sleep, the part of the brain that helps us listen stays partly active. Doctors say patients can still hear music. This means patients need fewer painkilling drugs, wake up faster, and are more alert after surgery.

The lead researcher, Dr Tanvi Goel, explained why music is so helpful to patients having surgery. She said her research shows "that this is more than just simple background music". She said music was important because it helped patients feel less pain and need fewer painkillers. Co-researcher Dr Farah Husain agreed. Dr Husain is a senior specialist in anaesthesia. She is also a music therapist. She believes music has an important part to play in the operating theatre. She said: "Our aim is early discharge after surgery. Patients need to wake up clear-headed, alert... and ideally pain-free." She said music helps pain management and reduces patients' stress after they wake up.