

Surgery?

So, you have been advised by the doctor to undergo a surgical procedure! It is a scary thought to most of us, but the knowledge of medical science has grown by leaps and bounds especially in the last 50 years. The procedures have been made simpler and often with very little pain. Many surgeries are performed as *Day Surgery* that requires the patients to stay in the hospital just for the day. The recovery takes place in the comfort of your own home. Nurses visit if needed.

Technology in the medical field has advanced tremendously. Doctors and surgeons here have achieved the highest in their specializations.

Have a positive attitude. This will help you relax and feel confident in yourself.

Insha Allah this treatment will help you improve your health and your life style. Talk to people who have undergone such a treatment. *Insha Allah*, your pains and inconveniences will become a history very soon and you will forget the pain.

Always practice the rules of hygiene. Keep yourself extremely clean, as this will help you avoid infections and recover early. Because as a patient, you become highly vulnerable to infections, personal cleanliness (*Tahara* and *Wudu*) is the best methods to keep yourself clean.

Your trust in Allah is of utmost importance especially now. *Shifa* (Healing) is in the hands of Allah alone. Whatever that happens is for your good and there is always a purpose behind it.

Ask Allah's help by reciting the beautiful supplications that you find in Quran and Hadith. Have patience & humble yourself before Allah, as this is the most liked action by Him.

Resigning yourself to the will of Allah will help you ease your pain and misery. It puts your mind at ease and will help you recover early.

Keep seeking forgiveness (*Astaghfaar*), and give charity.

Prophet Muhammad (peace be upon him) is reported to have said that, sickness is one of the ways of purifying our souls. In one tradition he (PBUH) said, "*For any trouble, worry, grief, hurt or sorrow that afflicts a believer; even the prick of a thorn, Allah Subhanahu removes in its stead some of his (minor) sins.*" It is therefore our patience, attitude and response to our sickness that determines whether it becomes a blessing and rids us of our sins.

During your recovery time reflect upon your past, present and future. Read Quran, it's meaning and enhance your knowledge and faith.

Thank Allah for saving you from trouble and prolonging your life. A true Muslim is always mindful of meeting with his Lord one day. So be prepared for this day by leading the kind of life that is expected of you by your Creator Almighty Allah.

May Allah the most Merciful bestow His Mercy on you and help you recover fast and stay healthy. *Aameen*.

Do your best to keep up *Tahara* (personal cleanliness). If needed, perform *Tayammum* instead of *Wudu*. Allah knows your situation and you will be excused for *Tahara* problem. Pray in sitting or lying position in your bed, but do not delay or postpone prayers. Prayers are very important especially during this time.

In any hospital, you will find a Spiritual Care Department and a place for meditation. Get any assistance you want regarding your spiritual need. You or your care givers can go there for

prayers. You will find a copy of Quran there. Make prayers for your caregivers and the hospital staff also.

Some Quranic Ayaat to ponder:

2:155-157, 2:201, 2:286, 3:102, 5:6, 9:129, 10:63-65, 13:28, 16:69, 17:82, 26:78-85, 33:3, 40:44, 64:11.

A Du`a before Surgery:

1. *I commit myself to Allah (SWT); verily He watches over His servant's needs.* (Q 40:44)
2. *O God! You are my Lord; You created me and I am Your slave committed to Your covenant and Your promise as much as I can; I seek refuge in You from the evil of what I do. I return to You and acknowledge Your grace upon me and I relent from my sins so forgive me; for indeed no one can forgive sins except You.*
3. *God is enough for me; there is no god except He; in Him I put my trust and He is the Lord of the Glorious Throne.*
4. *O Allah, I surrender my face to You and I refer my affairs to You; and I leave my back to Your support, in full desire and fear of You; there is no way to safety or security except through You. I believe in the Book You revealed and the Prophet You sent.*

The Prophet (PBUH) then commented:

If you die that night, you die according to nature (Islam) and if you survive next morning, you gain all that is good.

(Hadith ref: Saheeh At-Targheeb Al-bani – 603)

A Du`a after Surgery:

1. *All praises are for Allah by Whose favor good works are accomplished.*

2. *All praises are for Allah under all circumstances.*

3. *To Allah we belong and unto him is our return. O Allah, recompense me for my affliction and replace it for me with something better.*

4. *The Prophet (PBUH) would prostrate in gratitude to Allah upon receiving news which pleased him or which caused pleasure.*

Du`a – General Supplications:

1. When I am ill, it is He Who heals me.
Quran 26:80

(*wa iza marridttu fa huwa yashfeen*)

وَإِذَا مَرَضْتُ فَهُوَ يَشْفِينِ

2. Lo! Adversity has seized me, but You are the Most Merciful of all who show mercy.
Qur'an 21:83
anni massanni-uddurru wa anta-arrahamar rahimeen)

أَنِّي مَسَّنِي الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ

3. There is no god except You (Allah), glory to You: I was indeed of the wrong doers;
Quran 21:87

(*La ilaha illa anta subhanaka inni kuntu minuzzalimeen*)

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

4. Our Lord! Give us good in this world and good in the Hereafter and defend us from the torment of (Hell) fire. Quran 2:201

(*Rabbana atina fidduniyan hasana wa fil aakhirati hasana wa qina azaban-nar*)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

5. And We send down in the Quran that which is a healing and mercy to those who believe...
Quran 17:82

(*wa nunazzilu minal qura`ani ma huwa shifaaun wa rahmatul-lil-mu mineen*)

وننزل من القرآن ما هو شفاء ورحمة للمؤمنين

6. O Allah, Lord of the people, take away the disease. Cure, for surely You are the Healer. There is no cure but Yours. Grant a cure that leaves no disease. Ref: (Hadith) Bukhari

(*Athhib-ilbasa Rabban-naasa ishfi ant ash-Shafi, la shifa illa shifauk, la yughadiru saqama*)

أذهب الباس رب الناس واشف أنت الشافي لا شفاء إلا شفاؤك شفاء لا يغادر سقما

7. I seek refuge in Allah's eminence and power from all that I feel and fear. Ref. Muslim.

(*a-outhu bi-izzati Allahi wa qudratihi min sharri ma ajidu wa uhathir*)

أعوذ بعزة الله وقدرته من شر ما أجد وأحاذر

(Place your hand on the area of pain & utter it seven times after reciting *Bismillah* seven times) Ref: (Hadith) Muslim

8. I ask Allah the Supreme, Lord of the magnificent throne to cure.

Ref: (Hadith) Abu-Dawood & At-Tirmidhi

(*As-alu Allaha alazeem, rabba alarshi al-Azeem, an yashfeek*)

أسأل الله العظيم، رب العرش العظيم أن يشفيك

Recite Quranic Suras (Qul.)

Ch. 112, 113 & 114.

Read & ponder upon the attributes of Allah (Asma-ul-husna).

Reference books for all patients:

The Holy Qur'an; Translation & Commentary
By Abdullah Yousuf Ali.

“The Life of Muhammad” by Haykal

“Ninety nine Names of Allah”

Edited by M.I.Siddiqi

“Islam in Focus” By Hammuda Abdalati.

“Islamic Perspectives on Prayers & Coping with Sickness”

By Amjad R.M. Syed, published by ISNA Canada

(ISNA Book store tel. # 905-403-8406 x 218;
Fax 905-403-8409)

For more information, please call:

ISNA, your local Masjid *or*
The Spiritual Care Dept. of your local Hospital.

Some useful websites:

www.imana.org; www.isnacanada.com;
www.islamonline.net; www.mwlcana.org;
islam.com ; www.islamicinstitute.ca
tanzil.info

Brochures & Publication at ISNA

- Welcome New Baby
- Coping with Sickness
- RU4 Surgery?
- Handy Information for Hospital & Nursing Home Staff regarding Muslim Patients & Islam
- Islam ... at a Glance
- ‘Islamic Perspectives on Coping with Sickness’ {Book Published & available at ISNA}

Your Doctor's name & Tel. #

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Your nearest Masjid & Tel. #

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With sincere Du`a.....

Notes & Appointments:



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah The most Beneficent and The most Merciful

وَتَوَكَّلْ عَلَى اللَّهِ ۗ وَكَفَىٰ بِاللَّهِ وَكِيلًا

And put your trust in Allah, for Allah is sufficient as Trustee. (Quran 33:3)

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