

## Pre-op Chat

2-Jul-09

Weiser Made it!  
fritzi64 Hi lamGeeky!  
fritzi64 We'll keep the room unmoderated for a few minutes yet. Sometimes it takes a while for everyone to get settled :)  
fritzi64 Meanwhile, feel free to chat about the weather or your plans for the weekend.  
fritzi64 Hi Crossfire! I so glad you came.  
fritzi64 And Maych, wandalee1, hi to you, too  
Crossfire Hi Ya'!!!  
wandalee1 Hi ladies  
Maych Hi  
Weiser I am tired so someone slap me if I need woken up!  
lamGeeky Helloeveryone!  
fritzi64 Hi tabby1020  
wandalee1 hello  
fritzi64 Hi cleodemarco  
tabby1020 Hi...this is my first chat here...TVH scheduled for July 20th  
Weiser I hope we can offer you a lot of support and info!  
Crossfire We're so glad you were able to come tonight!  
cleodemarco hello  
Twysmilng welcome tabby... i had TVH also  
fritzi64 Hi pdmydoos  
fritzi64 Hi suzn1128  
pdmydoos hi everyone  
wandalee1 hi there  
pdmydoos iam scheduled for a tvh on july 20th  
suzn1128 Hi there  
fritzi64 Once we get started on the official \program\" for the evening, we'll have things quiet while Crossfire introduces herself."  
fritzi64 So I'm glad you're sharing your surgery dates and types while we have a chance. When is everyone else scheduled?  
fritzi64 Hi TabbyK and Kathy  
suzn1128 surgery on August 4  
wandalee1 TAH on 9/4/09 for me  
tabby1020 Tvh July 20  
fritzi64 Hi jennigurl  
lamGeeky I cancelled because I am switching Dr's.  
Maych I will have a TVH on July 15th  
fritzi64 Hi cmtsp  
jennigurl greetings  
fritzi64 Okay, I think we'll go ahead and get started.

cmtsp Hello!  
I'm going to switch the room to moderation when the computer cooperates.

fritzi64 This is not my good computer day. I'll get to that in a minute.

fritzi64 Welcome to our live pre-op chat!

fritzi64 Weâ€™re so excited to be able to do this chat tonight.

tauruslady Hi celticfiddlegal, I remember your username from a post I left

celticfiddlegal Hi!  
I am almost six months post-op myself, so it wasnâ€™t that long ago that I was trying to prepare for my own surgery and feeling very anxious about what to expect.

fritzi64 Iâ€™m going to be the moderator tonight. Iâ€™ll be spending most of my time behind the scenes, although I may pop into the conversation now and then.

fritzi64 Hereâ€™s the way this chat will work.

fritzi64 Our guest \speaker" for this chat will be Crossfire one of our hostesses. She will introduce herself and guide you through some of the things to think about for your hysterectomy journey. We have an agenda of items that pre-op princesses frequently ask about

fritzi64 and youâ€™ll have a chance to ask other questions as well.

fritzi64 To help everyone follow the conversation, the chat will be moderated. That means that when you post a question, it will be held until it fits into the conversation and will then be posted to the board.

fritzi64 So if you submit a question and it doesn't show up right away, don't panic. That's the way it's supposed to work!

fritzi64 There are some questions that may not show up because they don't fit in or because, well, I'm bound to click on a few wrong buttons while we're here.

fritzi64 After the program portion of the chat is done, weâ€™ll take the moderation off and you'll have a chance to chat and get to know your pre-op HysterSisters in a much more interactive way.

fritzi64 Iâ€™d like to turn it over now to Crossfire, who will introduce herself and get us going. Crossfire, itâ€™s all yours!

Crossfire Thank you fritzi!

Crossfire Hi! My HysterSisters name is Crossfire, but my real name is Debbie and many people call me Deb. Please feel free to call me by either name. Iâ€™m a hostess in the Pre-Op forum, Prayer Forum and Friends Without Faces.

Crossfire I am married with a 22 year old daughter and two precious dogs that complete our home. My dear husband retired from the Army three years ago and Iâ€™m enjoying life as a retired Army wife for now.

Crossfire When I was in my 20s, I was told that I had a retroverted or tipped uterus. That meant it was tipped toward my spine. Since my uterus was tipped toward my back, the pain from my cramps generally radiated to my back.

Crossfire Five years ago, my doctor and I sat down and discussed options that I had and felt it was time to schedule a hysterectomy. At that time, I had pain, continuous bleeding, and I was exhausted because I was anemic. I had a TVH and kept my ovaries in April 2004 due to dysfunctional uterine bleeding, fibroids and suspected adenomyosis. Adenomyosis is the penetration and growth of endometrial tissue from the uterine lining into the uterine muscle. Pathology confirmed adenomyosis after my surgery.

Crossfire One day I decided to Google Hysterectomy support and HysterSisters.com was the first result to come up. I was and still am, amazed by the information and support here. Because of HysterSisters, I have never felt alone on this journey. This site has been a true blessing to me and always will be.

Crossfire Enough about me!

Crossfire Let's talk about your hysterectomy!

Crossfire Here are some good descriptions (along with their abbreviations) of the most common types of hysterectomy surgery:

Crossfire SAH – Supracervical abdominal hysterectomy, done through an abdominal incision. A partial (or supracervical) hysterectomy is removal of just the upper portion of the uterus, leaving the cervix intact.

Crossfire LSH - A partial hysterectomy may be done completely through laparoscopic incisions (small incisions on the abdomen -- laparoscopic hysterectomy).

Crossfire TAH - Total abdominal hysterectomy, also done through an abdominal incision. A total hysterectomy is removal of the entire uterus which includes the cervix. A radical hysterectomy is the removal of the uterus, the tissue on both sides of the cervix (parametrium), and the upper part of the vagina.

Crossfire TVH – Total vaginal hysterectomy, done through a vaginal incision (vaginal hysterectomy). Removes the uterus and cervix.

Crossfire LAVH – Laparoscopic-assisted total hysterectomy may be done through a vaginal incision and assisted by laparoscope. (laparoscopic assisted vaginal hysterectomy).

Crossfire Do you notice anything missing from these definitions? I sure did – they never talked about ovaries. I found out that the actual hysterectomy is only about the uterus.

Crossfire A “partial hysterectomy” means the cervix is not being removed, because the cervix is actually the lower part of the uterus itself, not a separate organ.

So if you are having your uterus (including your cervix) removed, you're having a total hysterectomy " whether or not your ovaries are retained.

Crossfire

The surgery to remove the ovaries is called oophorectomy. And it has its own set of abbreviations!

Crossfire

BSO - bilateral salpingo-oophorectomy, which is when both ovaries and both tubes are removed. (bilateral=both sides, salpingo =the fallopian tubes, oophore =the ovaries, ectomy = removal).

Crossfire

LSO " left salpingo-oophorectomy, or removal of the left ovary and tube.

Crossfire

RSO " right salpingo-oophorectomy, or removal of the right ovary and tube.

Crossfire

Whew! That's a lot to understand, but thankfully you really only have to know the type of hysterectomy you're having, at least for I remember I read absolutely everything I could get my hands on prior to my surgery.

Crossfire

Crossfire

If you're like me, you really fretted over what to take to the hospital, and how to get your house ready for surgery. If I can give you one piece of advice, it would be this: Don't worry about these things! After all the worry, packing and re-packing, I really only used a few things during my hospital stay.

Crossfire

Crossfire

I used a comb, toothbrush and toothpaste. I also changed into my own underwear. But even with underwear, the hospital gives you underwear and pads. (Or at least mine did. Ask!)

Crossfire

PJs and a robe? Bring them if you like but the hospital has some they put you in and I found by the time it was to come home, I was still in the hospital designer wear.

Crossfire

I never put on any makeup. I never read the magazines I brought. I dozed off and on all day. I slept and when I wasn't sleeping I was walking the halls of the hospital or listening to the TV quietly.

Crossfire

So please don't over-think the packing thing. If you forget something, it can always be brought to you " but whatever you bring, you have to lug home.

Crossfire

As for the house " I had all of those pre-op "nesting" instincts. I was cleaning everything! As time got shorter, though, I concentrated on what turned out to be the most important thing: the kitchen. The fridge and freezer got a good "throwing out" session and they were nice and clean and clear. I stocked up with my favorites (yogurt, fruits, etc.).

Crossfire

Around here, we call ourselves "princesses" and part of the reason for this is that we firmly believe that once you have had this surgery, you need to be treated like royalty for several weeks.

Crossfire

Crossfire This means that all menial tasks (laundry, cleaning, cooking, etc.) should be performed by your loyal subjects â€” be it family, friends, neighbors, roommates, or whatever.

Crossfire We used to have a somewhat tongue-in-cheek list on Hyster Sisters of what you can and canâ€™t do after surgery, and pretty much anything beyond fluffing pillows and running the remote control is off limits.

Crossfire This isnâ€™t done to be sarcastic â€” itâ€™s real advice.

Crossfire Housework is so strenuous! The lifting, stretching, twisting and bending is just too much. Take yourself through the motions of doing laundry, and itâ€™s no wonder that doing just a load or two has set back more than one newly post-op (((sister))) in her recovery.

Crossfire If possible, try to create a â€œrecovery roomâ€ for yourself. You wonâ€™t be bedridden by any means, but you do need to have a place â€œjust for youâ€

Crossfire Some ladies use their bedroom; others take over a downstairs family room.

Crossfire Using paper plates and plastic cups is not a bad thing if youâ€™re recovering from surgery, so forget about dishes. And if all else fails â€” itâ€™s the famous 1-800-PIZZA (no, thatâ€™s not a real number! But you know what I mean).

Crossfire Every pizza place now has a salad or sandwich option, so you can call them up and have a pretty healthy meal delivered right to your door!

Crossfire Itâ€™s OK â€” we promise not to tell.

Crossfire Itâ€™s a challenge recovering with pets, too. I didnâ€™t have a pet at the time, but it would have been several weeks before I could have handled walking the dog with a leash. If you have dogs, make sure you have someone who can take over the care of them for a while.

Crossfire Now, on to some of the great resources here at Hyster Sisters.

Crossfire Did you know that we have a â€œTell your Hyst-Storyâ€ forum? Itâ€™s my favorite even today. I love to read about other womenâ€™s experiences with their surgery.

Crossfire Did you know we have an extensive set of forums for hormone therapy?

Crossfire Did you know we have a link directory called: Resources?

Crossfire Did you know we have an online store with products weâ€™ve found from 10+ years online are a great help to you?

Crossfire Did you know we have a fitness area called Hysteritaville with clubs (over 50? Losing weight? Bikers? Etc)

Crossfire Did you know we have a games area and a â€œfriends without facesâ€ forum to chat as friends about everything from American Idol to your favorite pet?

Crossfire Please be sure and poke around the HysterSisters website to discover more than you could ever imagine.

Crossfire Support and friends! Thatâ€™s why we are here!

Crossfire  
 fritzi64  
 Blossom45  
 Kathy

Now, it's™ time for your questions and concerns. Please ask your question and the moderator will send them through one at a time. Let's start with your questions about how to prepare for your surgery.

hello all  
 When is everyone's surgery scheduled?  
 Some of you have already sent some good ones about what to expect right after the surgery, and we'll get to those in a bit. (I don't want you to fret if your message doesn't come through right away.)

fritzi64  
 celticfiddlegal  
 cleodemarco  
 esther414b  
 magichorse  
 fotogsuz  
 alaskapsych  
 JerseyLady4  
 AshElise  
 pdmydoos  
 TruGalPal  
 Maych  
 Weiser  
 wandalee1  
 suzn1128  
 Blossom45  
 TabbyK  
 Crossfire  
 fritzi64

just diagnosed....not actually scheduled yet  
 July 10th  
 Hi all - have tons of Q's...

mine is on the 7th  
 mine is July 14th  
 My surgery is July 23  
 july 20th  
 Mine is July 21st  
 July 15th  
 several coming up here in the next week or two!  
 sept 4th

Mine is July 16th

We'll do our best to help you prepare  
 Well, let's go ahead and look at some questions about planning. Question about the abdominal binder. I'm scheduled for an RALH on 8/5 and have seen conflicting information on when to wear it. I plan to order before surgery with the intent of wearing it home, even though it's only a few miles from the castle I know it will be a wearing drive. Does anyone have any experience with wearing abdominal support immediately following surgery or is that something better left for later in If you have a TVH without laparoscopic methods, can the doctor still "see" your ovaries or any other abnormalities. I am having TVH for uterine prolapse but would like to walk away knowing everything else is a-OKAY."

tchilder  
 tabby1020  
 wandalee1

Will I be able to walk upstairs to my bedroom?  
 How soon after an LAVH can i return to work..i am a hairdresser and nail tech

Blossom45  
 fritzi64  
 Weiser  
 Weiser

I know I just let through a lot at once, but we'll let Crossfire and our other hostesses help out here.  
 Blossom45--check with your doctor, not all dr's have the same protocol  
 mine gives a flat out 6 week restriction period

14-Jul  
 14-Jul  
 4-Aug  
 22-Jul

LookingforaSis  
Twysmilng blossom-- i had an lavh/bsc and a VERY fast recovery. i was back to work at the 2 weeks mark! TOTALLY not normal though!

magichorse  
Twysmilng tabby, yes the doc can see the ovaries...  
how do you deal with fear? My suregery is scheduled for 7/5. Am swtiching between calm & centered to freaked out -how do I deal with this?

tauruslady  
Weiser &lt;-- had tvh for prolapse, kept ovaries  
Crossfire  
Weiser Tchilder - I had RALH and my DR said binder wasn't necessary since you didn't have the same abdominal incision  
Twysmilng magichorse, you can ask your dr for meds for one  
Weiser yes, tabby, the doctor should have a bird's eye view of your ovaries  
tabby1020 an additional sit down and chat appt with your GYN and GP can also  
Twysmilng magichorse, it helped me to look further ahead on the pre-op fear  
Weiser it is normal to have fears  
tabby1020 how do the doctors decide between TVH and LTVH?  
Twysmilng look a week post-op ... then it will be better  
wanda I think most gals try to take it slow and not go up and down too often.

LookingforaSis  
Weiser for me, tabby, I needed an appendectomy as well  
Weiser and I had endo  
Blossom45 ty Weiser..i have a pre op appt with my dr. on the 14th  
Tchilder - I did have a tummy pillow that I made sure was tucked between my abdomen and the seat belt and when I got home I took some pain meds and slept it was very tiring.

tauruslady  
magichorse ok -thx  
I had left ovary removed 5 years ago, now the right with hyster, will they use the same type of incision?

fotogsuz ty looking...didnt know if i should set up the recovery room downstairs or in my room

wandalee1  
Weiser fotogsuz, maybe maybe not  
Weiser it depends on your surgeon and scar situation  
Weiser I have had the same scars used a couple times  
tauruslady Magichorse - you might try relaxation CDs as well.  
LookingforaSis wanda, it wouldnt be a bad idea if that is an option.  
is it true you need to increase iron intake prior to surgery to prevent anemia from blood loss during surgery

esther414b  
Weiser no, I did not, esther  
wandalee1 to set it up downstairs?  
LookingforaSis i did not either ester.  
Weiser ask your doctor if you need to specifically  
LookingforaSis wanda, yes!  
fritzi64 I wasn't told to do any special vitamin or mineral preparation, esther  
Twysmilng your doc should be informed about any vitamin or supplement changes

tauruslady esther-I did not but I had robotic and it was pretty much bloodless  
wanda, my DH carried me down the stairs each day and I stayed down  
Weiser until evening  
Am using Peggy Huddlestons book & tape -I like the idea of looking  
magichorse ahead...  
wanda, a lot of gals find it more comfy to sleep on the couch or in a  
LookingforaSis chair... everyone is different.  
wandalee1 i would have more rest and quiet time in my room upstairs though  
fotogsuz should I donate some of my own blood when I go in for pre-op?  
Weiser fotogsuz--ask if you want to donate your own blood  
Weiser I did not have time to donate enough  
Wanda - I lived in a recliner for about a week and then finally could do  
tauruslady the bed with extra pillows  
Weiser so check ASAP  
Twysmilng sometimes the insurance co wont pay for donation  
wandalee1 ty weiser  
wandalee1 ty taurus  
fotogsuz, i agree to check with your doctor because if you need to, you  
Crossfire need to take care of it in advance of your surgery  
Weiser did we miss anything so far?  
am i right in understanding some scar tissue from c sections may need  
Blossom45 to be removed through the vag?  
I was too anemic to donate my own blood but as it turned out, it wasn't  
April Dawn needed anyway.  
Maych Magichorse, I am learning relaxation exercises from my therapist  
Weiser Blossom--that is a new one for me  
Crossfire that's a new one for me, too Blossom  
I have heard that scar tissue issues would prevent a vaginal rather than  
Weiser scar tissue removed vaginally  
fritzi64 Blossom, I had a c-section with some adhesions.  
Weiser I would double check with your surgeon about that  
fritzi64 Some of it was removed during my TVH.  
LookingforaSis Blossom, i had a csection, my dr didn't mention anything about that.  
Weiser there you go!  
An utrasound (yesterday) showed that one of my ovaries was slightly  
enlarged, but the radiologist said \"you probably can still keep it.\" I go  
back to my dr next week but what would cause an enlarged ovary  
tabby1020 without an actual visible cyst?  
tauruslady - I assumed the binder would help with internal \"repositioning  
\" I asked my Dr and she said it would be fine. I'm aware I wouldn't be  
needing the swelly belly though. I think I'll go ahead and have it on  
tchilder hand if only for peace of mind."  
Weiser tabby, my ovaries have never been the same size

Weiser that can be very common  
 Blossom45 i thought i read that somewhere..that it may not fit through the lapro  
 fotogsuz my cycle is late this month, is that going to be an issue, I am now 10  
 tchilder - most definitely do what makes you comfortable. I did have  
 tauruslady swelly belly even w/ the RALH.  
 Weiser Blossom--things can be chopped up to be removed via a lap  
 Who has done colase cleanse -how bad is it? Any tips (besides staying  
 magichorse near the potty ?)  
 Weiser not necessarily fotogsuz as stress can affect our cycels  
 fotogsuz, it shouldn't be an issue. But a call to your doctor's office will  
 Crossfire put your mind at ease.  
 tauruslady fotogsuz - cycle has no issue with the surgery, even if you start day  
 Blossom45 ok ty Weiser  
 If given the option to keep or remove the cervix... how does one decide  
 cleodemarco that?  
 I didn't have to do a bowel prep magichorse, but some soothing wipes  
 Crossfire would come in handy  
 Weiser bowel prep--I hated the lemonish flavors  
 Weiser what will you be doing specifically?  
 magichorse tarus -good to hear -I am due the day of my surgery  
 tauruslady magichorse - I did bowel prep but not colase, I had what weiser had  
 Crossfire cleodemarco, it's a personal decision  
 LookingforaSis magic, dont eat anything heavy before you do it!  
 Weiser your diagnoses, cleodemarco, can affect your decision  
 LookingforaSis magic, chicken parm with fett alfredo= VERY BAD IDEA :)  
 if you haven't had any bad paps you could be a candidate to keep your  
 Crossfire cervix  
 Twysmilng cleodemarco, what is your diagnosis?  
 magichorse something called 'colace' 2 large bottles full  
 i had the pineapply flavor..lol..for my colonoscopy..dont want anything  
 Blossom45 pineapple now  
 Weiser if you have to drink anything for bowel prep, cold cold cold can help!  
 Crossfire \*\*  
 Okay, now let's move on to the actual hospital experience--surgery,  
 initial recovery, pain medication, etc. What questions would you like to  
 fritzi64 ask about that?  
 magichorse blossom & Looking & Weiser -thx ;)  
 has anyone taken a laptop along to the hospital to update on their  
 pdmydoos surgery?  
 My doc told me I needed to have my cervix removed because I had an  
 Maych abnormal pap when I was 23.

also my gastro nurse said split what your taking like 1/3 phospho soda in 3 small cups then 3 small cups of something to mask the flavor (that's on the allowed list) and drink the prep through a straw so it doesn't hit your tongue helped a lot

tauruslady with a TVH, is there any incision in the outer vaginal area or all internal. Do they have to cut your vaginal opening in order to get everything out? I know that sounds elementary...but I'm just trying to get a grasp on everything.

tabby1020 my was so long ago, my hospital didn't have internet! ;)

Weiser many women do take their laptops to the hospital with them

Crossfire Just have someone hang on to it when you aren't around to be safe

Crossfire pd, i wouldn't have had the energy nor desire to use one!

LookingforaSis tabby, I had absolutely no external incisions. The only incision was at the top where the cervix was. They used weighted speculums to open everything up enough to get to it.

fritzi64 i was too foggy to even care about phone calls

Twysmilng tabby, with a TVH you won't have an abdominal incision

Crossfire k thnx

pdmydoos wow..i did not think about taking the laptop..would help pass time if i am awake long enough

Blossom45 since I had an extended stay my DH did work on his laptop but no internet

Weiser pdmydoos, some members have posted from the hospital. You might want to have someone proofread for you. ;)

April Dawn do all piercings need to be removed? I have a nose piercing that I have never taken out other than an occasional snag :)

simple4soul your incision will be in the top of the vagina

Crossfire tabby1020 they will remove cervix and bring things out vaginally

tauruslady My apologies....this is difficult...im still in shock....

cleodemarco No metal can be worn into the OR

cmtsp Cleo - we all know what you are saying we have all been there when that shock first hit ---- big hugs

tauruslady cleo, no apologies needed, that's what we are here for!

LookingforaSis how long did everyone have to stay in the hospital?

pdmydoos check with your hospital on piercings, some allow different things

Weiser simple4soul, you can probably count on removing your piercings

Crossfire pd, 24 hours for me.

LookingforaSis RALH- daVinci - 1 night

tauruslady simple, i think it will have to be removed

wandalee1 forever for me

Weiser well, 10 days

Weiser who makes the decision on what kind of pain meds?

suzn1128

wandalee1 How can I be sure the doctor will have my pain under control before I  
Weiser wake up??  
your dr suzn1128  
huge hug cleo -my last hospital stay was 40 years ago for my tonsils -  
magichorse hang in ther!!  
tauruslady Suzn - it was my Dr  
Weiser but you can discuss it in advance  
simple4soul thanks! I will check at my preop next week  
wanda, my pain was NOT under control. But, I told the nurses ASAP  
LookingforaSis and they worked quickly to get it under control.  
tabby1020 with TVH, are the uterus and cervix removed in one piece?  
Weiser if you have concerns about meds, let your dr know prior to surgery  
Crossfire mine was tabby  
Maych My doc has already told me what meds he will give me -- ask yours.  
worry about reactions that I've read people have had...wondering if  
suzn1128 one kind is better than another  
wandalee1 that a big concern of mine!!  
Weiser have you had reactions in the past, suzn?  
JerseyLady4 how long do you have to stay in for TAH/Bso  
Weiser I don't have reactions to meds, unless you count them not working!  
Wanda - my pain was under control but when I needed something they  
tauruslady brought it, I didn't have pump they dropped it in my IV  
cmtsp I stayed two days for my TAH  
If your able to get your prescriptions before your trip to the hospital, it  
Crossfire will save you a trip to the pharmacy on the way home after surgery  
Weiser TAH/BSO can be 2-4 days  
I had a reaction to the morphine, and even with an antinausea patch  
fritzi64 and IV meds, I threw up for about 18 hours after my surgery.  
suzn1128 no...first surgery  
JerseyLady4 ty  
Weiser UGH!!!!!!!  
my doc is ordering a PCA for pain -highly recommended by firends who  
magichorse have had the procedure  
wandalee1 ok ty taurus lady  
Weiser I don't care for the PCA myself  
Weiser you have to keep pushing it so it can wear off  
Weiser but many ladies do love it  
Blossom45 will they put me under general anethesia for an LAVH?  
Weiser yes  
I know that my meds will not make me nauseous, since I took Vicadin  
Maych once before  
LookingforaSis i was blossom.

Twysmilng i had the IV pain control first time.. and 2nd hospital trip was the pump...  
i didnt like the pump so much :(

magichorse how about suprapubic catheters? Everything I've read seems say it  
wandalee1 depends on the patients bladder...  
Weiser what is PCA?  
magichorse if I remember right, you have to be out for any procedure with the lap  
Crossfire ty weiser  
Crossfire patient controlled anagesic  
PCA

fritzi64 Are there more hospital questions? If not, why don't we move on to  
your questions about recovering once you get home.  
magic - I had catheter; no option not to...bad thing was it  
airlocked...YIKES...did that hurt pressure from bladder pressed on all  
the sore parts!

tauruslady PCA--you are hooked up to a machine with meds and you can push the  
button to admister them yourself

Weiser ty crossfire  
wandalee1 ok..cuz i have had trouble with epidurals  
Blossom45 of course, it only lets you have so much each time  
Weiser how hard is it to get out of bed that very first time ?  
JerseyLady4 Another question...getting in a out of bed. DH & I have a standard  
waterbed with an underdresser drawer set that puts the bed about  
crotch high. I'm hoping, with a stool, that it will be easier to get in and  
out. Anyone with a waterbed have info to share?

tchilder ME!  
Weiser Jersey, use your legs and elbows....  
LookingforaSis I did fine with the waterbed, no stool needed  
Weiser DH helped me  
Weiser Jersey - that's why so many sleep in a recliner or something so you can  
get up and down easier; I borrowed an electric recliner...it helped so  
much

tauruslady ty looking  
JerseyLady4 a kitchen chair beside the bed helps many women, as well  
Crossfire do you need someone around all the time once you get home?  
simple4soul I live alone - any tips on preparing the house for my return?  
magichorse Also good to have chair in the bathroom to help you get up off the potty  
tauruslady sounds like a good idea Tarus  
JerseyLady4 simple, i didnt.. i mainly put dh on alert when i got in the shower.  
LookingforaSis Weiser - I've already forewarned H he may have to put me to bed and  
pick me up to get out &lt;chuckle, chuckle&gt;

tchilder prepare your recovery area, magichorse  
Crossfire

do any of you know a website that has a TVH video to watch so you could actually see a TVH performed. This is my first surgery (age 36) and I really would like to see exactly what they will be doing.

tabby1020  
Crossfire  
good cleaning, clear a table for your remote, phone, meds, etc

fritzi64  
simple4soul  
Crossfire  
tabby, I went on youtube and found some. We also have some videos under the Resources tab. Have you checked there?

tauruslady  
tabby1020  
try Youtube they will probably have a few precook and freeze meals, have simple foods and drink ready

TruGalPal  
tauruslady  
tabby1020  
Magic - I would really, really suggest you find someone to help for first few days just so you don't overdo it. You'll want food prepared ahead or something easy to prep

TruGalPal  
magichorse  
fritzi64  
I'm having the DaVinci method for a radical hyster (hopefully, my doc will be able to keep my left ovary, if it looks well), I noticed that someone else here did as well. How soon was your recovery?

tauruslady  
Blossom45  
Magic - lots of water

tchilder  
Weiser  
I will check the Resources...thanks.

simple4soul  
TruGalPal  
Will I be just as sore having the robotic as others are with regular lap asst. procedure?

tauruslady  
Weiser  
ty all re prep

simple4soul  
fritzi64  
We have a few questions about bladder and bowel issues post-op...

tauruslady  
Weiser  
TruGalPal - I had DaVinci but took ovaries the surgical meno kicked my butt so I'm not a text book case. I was off work for 6 weeks, he was thinking 8. Intercourse was closer to 12 or 13 weeks my vaginal cuff healed slowly

simple4soul  
Weiser  
anyone have any trouble with bowels after surgery?

simple4soul  
Weiser  
Biggest concern for me is moving bowels & gas pain post-surgery. Any thoughts to share?

simple4soul  
Weiser  
some of the soreness for any surgery depends on what is done inside and how many of your organs get handled and messed with

simple4soul  
Weiser  
I read alot on Hystersisters about bladder issues, meaning once there they had to reattach, why would it come unattached?

simple4soul  
Weiser  
so I wouldnt need a private nurse or anything right? the boyfriend is worried and wants to get me a nurse. not interested in that idea

simple4soul  
Weiser  
TruGal - the surgery itself was uneventful and the small incisions, watch yourself you might try to overdo it since they are so small.

simple4soul  
Weiser  
no, simple, you shouldn't need a private hurse at all

simple4soul  
Weiser  
tchilder, walk! Walking when your able, even slowly will help get your bowels moving

simple4soul  
Weiser  
also drink plenty of water

simple4soul  
Weiser  
mostly, have someone on standby to help if you need them

simple4soul  
Weiser  
UNLESS

simple4soul  
Weiser  
simple4soul, there are aides that are not nurses that can help too

simple4soul  
Weiser  
you are too groggy, blacking out, etc.

tauruslady Tru gal - I had 5 incisions top one above my navel was the one took the  
 simple4soul longest to heal and it itched that was where camera went in and it was  
 Weiser tugged and pulled more than others.  
 Weiser TY...it was becoming a heated discussion :D  
 Crossfire awww  
 at least he cares!!!  
 \*\*

simple4soul ok how long is the actual incision for a TAH? I keep looking down trying  
 to visualize  
 Blossom45 only issue i have with bladder is when sneezing...should i ask about  
 Weiser tacking it?  
 I could not be alone, dr's orders, but don't tell your Boyfriend! :D  
 TruGal - also expect to have some soreness possibly in upper arms,  
 you are in an inverted position and the gas came out through my upper  
 tauruslady arm, felt like I had a vaccination  
 I'm very concerned about becoming impacted following surgery as I  
 always seem to have constipation probs. How did you gals deal with  
 TruGalPal that?  
 fotogsuz simple, tell him to send me a nurse!!!  
 Twysmilng blossom if you have bladder troubles, discuss w/ doc BEFORE surgery  
 Crossfire simple, the average incision is about 6 - 8 inches  
 pdmydoos what sort of pain can i expect with the tvh?  
 pdmydoos ive had a c-section and that was horrible  
 simple4soul HAHA!  
 LookingforaSis pd, i had a csection and an lavh, no comparison! lavh, MUCH easier.  
 pdmydoos, I had a c-section years ago, and I can't really even compare  
 fritzi64 the two surgeries.  
 Crossfire pdmydoos, the pain I had from my TVH was like bad cramps  
 TruGal - water, prunes, metamucil, initially DR gave me colasce  
 (actually used the over the counter stuff which had same things in it and  
 was less expensive)  
 tauruslady Tru~fiber with every meal and fiber snacks, water, water, water  
 cmtsp They were so different from each other.  
 fritzi64 ty Twysmilng  
 Blossom45 TruGal - walking also helps  
 tauruslady awesome thats what i wanted to hear!!  
 pdmydoos Crossfire - the drinking water is going to be a problem, I seldom drink  
 much...DH thinks I'm part cat. I do plan to do my utmost best.  
 Peppermint? Miralax? Liquid suppositories? Plan to have all on hand &  
 tchilder taking pepermint to castle.  
 I have an issue with having a bowel movement away from home, will  
 fotogsuz that be an issue in the hospital?  
 Weiser fotogsuz--it could be

fritzi64 fotogsuz, I didn't have my first bowel movement until four days post-op, and I'd been home for a while by then.

Twysmilng i did not have BM at hospital... it was a few days after

Weiser I had to have one before I could be released

TruGalPal Thanks so much!

pdmydoos im thinking along the lines of childbirth?

Weiser not all dr's require that

Crossfire Don't do any type of laxative without your doctor's knowledge, tchilder

tabby1020 weight gain and/or swelling with TVH?

foto - all they made sure for me was that I passed gas and urinated, I didn't have bowel movement until I was home

tauruslady pd, for me personally, child birth was MUCH harder on my body.

LookingforaSis tchilder, I don't drink enough water either

Crossfire How long on average until the DR releases you to drive?

tabby1020 ok thanks

pdmydoos ty

fotogsuz I made slushies with crushed ice and fruit juice. lol

Crossfire until you are off meds, tabby, and usually at least 2-3 weeks

Weiser some longer

Weiser Let's tackle a couple questions about driving and swelling, and then we'll head to hormones!

fritzi64 your car insurance wont cover you if you are on meds and driving

Twysmilng tauruslady - is the swelly belly band more for incision relief from an AH?

tchilder So, did you use any type of support (i.e. bands, panties, etc) to help with the swelly belly?

tabby - mine was 3 weeks, he said had to be able to turn without feeling pain and brake quckly, practice at home first

tauruslady Thanks Crossfire, I'll chk w/her during pre-op day before surgery. Cool idea on slushies! Thanks for the hint.

tchilder lol

Crossfire My doc said that once I'm off narcs, I can drive. What if I don't use them at home? With the DaVinci, should I wait over a week to drive, ya think?

TruGalPal your welcome tchilder

Crossfire how big do you swell? when can ou start wearing jammie bottoms vs sleep shirts?

magichorse tchilder - I did not use any direct support. I had major nerve craziness across my mons and upper legs so couldn't wear undies. I either had on short gowns or oversized soft sweats

tauruslady as you all might be seeing, some of us have had way different instructions than others so it is very important to always check with your doctor about what is specifically okay for you and when!

Weiser magic, i wore sleep shirts.. just easier to pee in the middle of the night without help.

LookingforaSis

Crossfire I preferred sleep shirts as well  
I wore elastic waist pajama pants right away--along with purple fuzzy slippers

fritzi64 tchilder - I used my tummy pillow and held it close (actually it was a stuffed animal, a schnauzer I found at Meijer, people liked that when I walked the halls at the hospital)

tauruslady ok -ty looking  
magichorse how much walking will i be able to do once at home?  
Blossom45 TruGalPal...my Dr indicated auto insurance has probs w/coverage for drivers recently having surgery, that \problem\" supposedly is 2 weeks. You might check w/your auto insurance carrier."

tchilder walking = i drank a lot, which meant i had to pee a lot, which called for some extra walking while upright :)

Twysmilng Twy, I was in the SAME situation, LOL  
LookingforaSis Definitely don't want to drive if Dr hasn't released you, you have an accident and could be big issues

tauruslady Blossom, your doctor will give you his/her instructions, but just slow, short strolls around your house in the beginning is what I did

Crossfire We'll head to hormones in a moment...  
fritzi64 i didnt have any desire to drive post-op... i was happy to hang out close to home... i didnt like the bumps on the road

Twysmilng Blossom - I tried to get up every couple of hours at first for say 10 minutes

tauruslady ...but I see a lot of names on our list and I wanted to see if any of you who have been quiet have questions for us. We want to be sure to support you and your concerns, too.

fritzi64 Thx tauruslady, good idea. I have a belly pillow from my SIL who has been battling ovarian cancer. It's already packed to go!

tchilder ty tauruslady  
Blossom45 any tips for handling visitors during recovery?  
esther414b do you want them or not?  
Weiser esther, i had my mom and dh.... no one else was brave enough. they just sent flowers, LOL

LookingforaSis not really  
esther414b if you don't want them and you do not live alone, make sure someone else answers the dorr

Weiser ty Crossfire..i am worried about becoming restless  
Blossom45 I don't! Already told doc to bar the door!  
tchilder i dont but yet everyone wants to come and \help\""  
pdmydoos I dont want anyone to see me in the hospital  
Maych stay in your jammies and stay in bed!  
Weiser i had a coupla of friends call to visit and i said bring food :)  
Twysmilng ooooh -sorry forgot this question - no caffeine for a while after surgerey?  
magichorse

Esther - my visitors were people who were helping me. At hospital just DH and friend I've known for years, at home friends who were with me when DH couldn't be

tauruslady Blossom, that was my problem. I couldn't seem to stay in one room for long

Crossfire for the hospital, tell your dr your preference

Weiser I guess I was bored. lol

Crossfire your dr can limit visitors

Weiser I moved around the house a lot

Crossfire magic, I started drinking coffee and tea as soon as I came home..

LookingforaSis Check with your doc though!

pdmydoos how long before everyone felt totally normal again?

Weiser I didn't mind company as I was bored bored bored

magichorse ty looking

Blossom45 i am giving up cigs..for good..so i am NOT giving up coffee..lol

Crossfire pdmydoos, you may start to feel better before you feel normal

I'm a major coffee addict, but I had to get my caffeine through tea and chocolate for about a week. Until I was off pain meds, the coffee upset my stomach.

fritzi64 pd, totally normal, energy levels in tact, for me, 6 months. Felt \good\"

LookingforaSis at 3 weeks though."

Twysmilng noraml is the setting on your dryer ;)

magichorse blossom :p

pdmydoos lol me to blossom

pdmydoos - probably not what you want to hear but I'm 7 months out and don't feel totallly normal yet

tauruslady I was given coffee in the hospital and my family was allowed to bring me whatever I wwould eat or drink so I was not prevented caffeine

Weiser i am quitting when my pack is empty(5 to go)

pdmydoos, my doctor said about a year and that was pretty close to being right

April Dawn I don't feel normal yet, either--but every month feels better than the month before.

fritzi64 The average initial recovery is around 6 -8 weeks, but it can take 6 months to a year to be fully recovered

Crossfire i am not sure i could handle company without feeling the need to be a hostess

esther414b wow

pdmydoos I had complications so it was ages and ages and ages

Weiser Fatigue was the hardest thing for me

Crossfire good luck pdmydoos!..

Blossom45 Okay, let's talk hormones!

fritzi64 Crossfire, same for me!

LookingforaSis

I am post-menopausal and have history of pulmonary emboli so no chance of hormone therapy. Will I feel any hormonal effects after the surgery?

IamGeeky  
Crossfire  
pdmydoos  
tchilder  
tauruslady  
April Dawn

:) LookingforaSis  
thank u blossom u 2  
I have the same prob esther  
IamGeek - what type of surgery  
are you keeping your ovaries?  
if you are keeping ovaries do they fail for a few days or weeks after the surgery? I have read that a few times now, will I have menopausal symptoms during that time?

simple4soul  
Weiser  
April Dawn  
Weiser  
tauruslady

simple, I am almost 9 years post op and my ovaries work just fine!  
simple, the ovaries might be \"sleepy\" after surgery"  
my mothers worked for over 20 years!  
simple4soul - if ovaries \"sleep\" you will have menopausal symptoms"  
am in perimenopause with mild 'warm-fuzzies' -can I just go thru the surgical meno 7 be done -no HRT?

magichorse

you can expect to experience some menopause symptoms, at least temporarily

April Dawn  
Crossfire

simple4soul, mine are still working just fine after 5 years  
both my mom and I had sleepy ovaries (she has to use HRT temporarily) but they got back to work  
will I have the PMS symptoms that drive my husband crazy, mood swings and crying?

Weiser

will I have the PMS symptoms that drive my husband crazy, mood swings and crying?

fotogsuz  
Blossom45  
Weiser

HRT is why i am giving up the cigs...  
I am having PMS right now!

fritzi64

My ovaries went to sleep and I experienced menopausal symptoms. An estrogen pill makes me (and my family) much happier.  
magic - surgical menopause was tough for me, hit like a mack truck It was like going off drugs.

tauruslady  
Weiser  
Weiser

so yes, you can have PMS after if you had it before1  
some ladies find it does settle down a bit  
fotogsuz, if you keep your ovaries, PMS will probably continue to some degree

Crossfire

the dr will know if i need to take anything until they kick back in right? or should i look out for the symptoms?

simple4soul  
pdmydoos  
Weiser  
wandalee1  
April Dawn  
Weiser

thats a new one  
mind is all over the place  
does your dr start u on HRT right away or down the road?  
simple, watch for symptoms and let your doctor know  
simple, I had PMS and meno symptoms mixed together

tauruslady magic - you may find there are some things you want to do like vaginal  
 LookingforaSis estrogen to keep that area healthy, if you can handle other symptoms  
 Weiser like hot flashes (if you have them) you don't have to do HRT  
 Weiser wanda, i had to wait due to endo.  
 cmtsp my dr offered bcp but I jsut dealt with it  
 Weiser my mom had more severe symptoms and knew she needed something  
 you will know and can talk to your dr to decide what is best for you  
 TY :) I tried the BC pills to stop the bleeding and my alter ego took  
 simple4soul over...not pleasant ;)  
 lamGeeky I have Ovarian cyst and Multiple fibroids and possible fallen bladder.  
 Weiser you might want to try to wing it then!  
 fritzi64 Any more hormone questions?  
 Weiser we might have missed one  
 Weiser if you are post menopause  
 Weiser you can experience symptoms after a BSO  
 as your ovaries still secrete trace amounts of hormones even after  
 Weiser menopause  
 Blossom45 does it take some time to get hormone levels right?  
 Weiser it can, yes  
 fotogsuz will I bleed like a period right after surgery or am I done with all that!  
 Weiser time and trial and error  
 Weiser patients are required for hormones!!  
 Weiser depends foto!  
 Blossom45 ok Weiser...thanks  
 Weiser some do some don't  
 tauruslady foto - ovaries / no ovaries? cervix no cervix?  
 For the ones who've had Davinci method, how long was your total  
 TruGalPal recovery? Hopefully, doc will be able to keep one of my ovaries.  
 was supposed to be lavh/bs0 but I'm changing DR - will probably be  
 lamGeeky DaVinci.  
 Weiser I started without bleeding, then it hit and lasted and lasted  
 trying to find info on Type III Redical Hysterectomy -(that's my  
 magichorse procedure) -only finding vagueness 7 abstracts on google...  
 Weiser have you posted in the CC forum, Magic?  
 TruGalPal - if things go really well there are sisters on boards who's  
 tauruslady initial recovery is 2 weeks, my initial recovery was 6  
 fotogsuz will have no ovaries, not sure about the cervix  
 magichorse no -not yet -i will tx weiser  
 fritzi64 So, why don't we move on to everyone's favorite subject...  
 fritzi64 ...sex...  
 there are ladies in CC who have had a radical hyst and might be able to  
 Weiser help you , Magic

Kathy  
 Weiser  
 tauruslady  
 Crossfire  
 Weiser  
 fritzi64  
 magichorse  
 tauruslady  
 Blossom45  
 Crossfire  
 wandalee1  
 fotogsuz  
 Crossfire  
 LookingforaSis  
 fritzi64  
 magichorse  
 Crossfire  
 April Dawn  
 Weiser  
 tauruslady  
 fritzi64  
 fritzi64  
 wandalee1  
 pdmydoos  
 pdmydoos  
 Crossfire  
 wandalee1  
 magichorse  
 simple4soul

magichorse we have the most awesome group of members in the cancer forum. They are knowledgeable and helpful!  
 yes, indeed!  
 TruGal & lam - My DR said daVinci patients are faster recovery for 6 months over abdominals but after that everyone is equal and full takes up to a year  
 fotogsuz, some bleeding can be expected as you heal and for some women, if they keep their ovaries and cervix, there's a chance for a mini period  
 they are super!  
 with a reminder that this is a PG-site, please ;)  
 ok -tx kathy  
 foto - probably shouldn't bleed like period because no ovaries to start period  
 lol..darn  
 Normal healing discharge/bleeding is usually light and may only require a panty liner  
 i have read that some women have trouble reaching orgasm  
 thanks  
 It can last up to an average of 6 weeks  
 wanda, no problems for me.....  
 wandalee1, yes, some women do have trouble... and others have no trouble at all.  
 i will not have a cerix after all is said & done -my dr said something about dialtion rods if I want to have sex? sound like a case for permanent abstinence :?  
 wanda, I haven't personally had any problems, but there are no guarantees following a hysterectomy and we're all different  
 wanda, some do, some don't. There's no way to predict who will and who won't  
 no, Magic, you will just have special issues because of the type of surgery  
 magic - what can happen is during recovery things tighten up  
 I don't have a cervix, and I have need any dilation rods.  
 I mean, I have no need for any :)  
 ty ladies  
 my cervix is going to  
 what?  
 magic, are you having radiation following your surgery?  
 ty looking + fritzi  
 'special issues??  
 did you feel uhhh...what's the word...different in anyway?

magic - the dilators or dilaton rods are ways to keep things open and stretchy. I had muscle triggers from pain and use dilators to work those out (yes muscle triggers in the vaginal muscle)

tauruslady ladies who recieve cancer treatment sometimes do need to start with dialation rods/vibrators

Weiser simple4soul, i don't feel any different than before

Crossfire simple, my internal parts feel a bit different to me because I'm still healing--but I feel just the same as a woman as I ever did.

fritzi64 we have several ladies on the site in similar situations in the CC forum

Weiser simple, I do not feel different nor does DH notice any difference

Weiser simple, i was VERY worried about losing my mind or freaking... I am totally the same person I was before. Just in MUCH better shape.. I can workout now!

LookingforaSis crossfire no -no chemo or rad

magichorse ahh -ok ty weiser -guess i should stock up on aa batteries...

magichorse is sex diferent in any way?

pdmydoos that's good magichorse

Crossfire i think i am only worried about dryness....

Blossom45 :)

Crossfire dryness is a common concern. There are lots of good personal lubricants to try.

April Dawn pdmydoos, sex is the same for me and DH

Crossfire that also varies among us.

Crossfire My doctor told me that most women who've had hysterectomies that included the cervix have trouble with dryness. I do sometimes, but not all the time.

fritzi64 Blossom~there are a lot of options for dryness

cmtsp blossom - ovaries going, if they are could end up w/ dryness; might need extra lube and vaginal estrogen. I do

tauruslady if they aren't helpful, you may need vaginal estrogen. There are several options for that as well but require a prescription.

April Dawn phew! I have been trying to get as much in when the coast is clear...hoping to use \"I need to catch up for lost time\" speech when given the green light...:p "

simple4soul dryness has not been an issue for me and I do not have a cervix

Weiser I have my ovaries

Weiser thank u

pdmydoos those can be the key for dryness issues

Weiser simple, my dh was a little hesitant because he witnessed my recoery and issues.. no energizer bunny!

LookingforaSis thanks LookingforaSis it will be nice to enjoy ;)

simple4soul I haven't had a dryness issue either. I kept my ovaries but lost my

Crossfire guess i will wait and see...ty all

Blossom45

Weiser no prob!  
Crossfire :) Blossom  
LookingforaSis simple, you are welcome!  
fritzi64 I'm going to head back to a couple questions from earlier...  
Weiser patients and time, and practice!  
if one has a total - what is the probability of vaginal walls collapsing?  
cleodemarco How does that happen?  
tauruslady definitely patience  
fotogsuz is the recovery much different than when I had ovary removed?  
I was wondering with the DaVinci method, would I still benefit from the belly wraps?  
TruGalPal I have had no problems with collapsing  
Weiser cleo - doctor should suture vagina up to keep from prolapsing, talk to DR about it  
tauruslady cleodemarco~Many doctors use ligaments for support  
cmtsp your doctor should tack everything in place  
Weiser Yes, our customers in the HysterSisters store love the binder especially even for the davinci  
Kathy TruGal - I did not use abdominal support only my tummy pillow, I asked my DR and he didn't think it was necessary  
tauruslady My doctor too the ligaments that had held up the uterus and attached them to the top of the vagina.  
fritzi64 fotogsuz, I don't know how different your recovery will be, but you will have some restrictions from your doctor  
Crossfire I'm over seven years post-op and have had no prolapse issues  
April Dawn We're hoping to keep my right ovary as I can't have hrt's with uterine cancer. My main concern was losing my great intimate life with hubby.  
TruGalPal One ovary should be fine, right? (re: hormones)  
Blossom45 this has been wonderful info btw...i have lots to ask the doc now  
LookingforaSis Tru, i have NO ovaries and am ok.  
Weiser yes, Tru, one ovary should be fine  
fritzi64 I'm going to remove the moderation in just a moment...  
Weiser your ovaries take turns anyway  
April Dawn Tru, one ovary should be able to do the work of two  
Weiser so one ovary will now take all the turns!  
cmtsp Tru~I'm doing great with one ovary  
Does everyone have a copy of "What 100 000 Women Know About Hysterectomy" from the HysterSisters site?"  
Kathy Blossom, keep a list and add to it as you think of questions. :)  
Crossfire This will be a time for you to interact with each other even more if you like.  
fritzi64 Hang on for the ride!  
fritzi64  
Blossom45 ty Crossfire

pdmydoos i have kind of an embarrassing ? about sex  
 pdmydoos its on its way!  
 TruGalPal Thanks ladies, that helped a lot! :p  
 fotogsuz thanks for all the help!  
 TruGal - I have both ovaries out and my gyn onc said vaginal estrogen  
 is okay; some studies are changing view of early endometrial cancer  
 and impact of vaginal estrogen on recurrence (not seeing link at this  
 Pd, go for it!  
 tauruslady What's your question pdmydoos?  
 LookingforaSis my book that is  
 fritzi64 Thank you so much for all the information!  
 pdmydoos thanks so much all -this site is a goddess-send!!  
 lamGeeky ok well my hubby is sort of large and i am having my cervix removed  
 magichorse ty - sorry for off the topic question - my screen is mostly frozen in time.  
 pdmydoos you all are great.  
 cleodemarco pdydoos, you should still be okay  
 Weiser someone said its better because he wont be hiting it anymore  
 pdmydoos If you haven't ordered the book, What 100,000 Women Know About  
 Crossfire Hysterectomy, please do so! It's excellent!  
 pdmydoos true or no?  
 Weiser the vagina can open enough to pass a baby through!  
 cmtsp pd~the tissues can stretch back out  
 April Dawn you most likely won't notice any difference.  
 Twysmilng almost all of our members think their hubby is rather large ;)  
 magichorse how about weight gain after removal of ovaries? I've gained crazy  
 LookingforaSis weight in the last 2 years with perimeno & bigtime stress...  
 April Dawn pd, no issues here!  
 Weiser depends on if that's enjoyable for either of you  
 he could hit the vaginal cuff  
 pdmydoos - that's a you'll have to find out issue, if it was an issue before  
 shouldn't be one now  
 tauruslady thank you guys  
 pdmydoos can the vaginal cuff break?  
 simple4soul magic - I haven't had weight gain  
 tauruslady the vagina is really only 3-1/2 inches long  
 Twysmilng not usually if you wait until it heals  
 Weiser simple, yes it can  
 April Dawn tarus -ccol!  
 magichorse and it stretches & relaxes when aroused  
 Twysmilng simple - \break\" do you mean open yes it can"  
 tauruslady it has happened to a few members  
 April Dawn Um, actually, just yesterday was the first time I could feel that my  
 vaginal cuff had been bumped--and it was okay.  
 fritzi64

April Dawn it's not common, though  
 Weiser which is why we say \"no sex until your dr says yes!!\"  
 tauruslady simple - definitely want to make sure you are healed,  
 fritzi64 but I'm 6 months post-op, too, and my tissues have healed really well  
 April Dawn and even then, be careful  
 April Dawn ease back into things  
 Weiser exactly!  
 pdmydoos the cuff stays forever?  
 April Dawn yes  
 Weiser yep!  
 Blossom45 so on average how long before sex..and how long before orgasm..  
 tauruslady As April Dawn says...take it slow  
 i will just amke sure once the doc gives the green light I will take it slow  
 and steady...  
 simple4soul yep, that's where the cervix used to be  
 tauruslady pd, six weeks and six weeks for me!  
 LookingforaSis clearance for sex is often 6 weeks (maybe 2-4 for LSH)  
 Weiser slow is good :}  
 simple4soul but your doctor can extend the time if you are not healed  
 Weiser it was three months for me!  
 Weiser \*nods\* simple..  
 Blossom45 Blossom, ask your doctor at a pre-op appointment what is and isn't okay  
 April Dawn during recovery  
 simple - some sisters say don't allow full penetration, go deeper each  
 time, since you won't have had sex and things will still be tender it may  
 tauruslady be painful at first should decrease over time  
 Blossom, I wasn't allowed anything in the vagina for 6 weeks but my  
 Crossfire doctor didn't have any problems will orgasms after a couple of weeks.  
 At five weeks, my doctor told me six weeks but wrote down 7 1/2 so I  
 fritzi64 could give it to my husband if he asked  
 tauruslady Mine was almost 3 months  
 Crossfire Yes, I asked. \*blush\*  
 April Dawn some doctors will allow for outer stimulation but not all do  
 Blossom45 ok cool Crossfire!  
 LookingforaSis Lol Fritzi!  
 simple4soul that's good to know Crossfire!  
 pdmydoos lol crossfire  
 It's less embarrassing to ask the doctor if it's okay than to go in with a  
 fritzi64 tear and have to explain that you couldn't wait, I think  
 Blossom45 i would think orgasm would help in healing..  
 Weiser and just because your dr says yes physically  
 Weiser you may not be ready  
 wandalee1 lol fritzi

Blossom45 similar to kegels  
April Dawn Please check with your doctor  
Twysmilng kegels are a good thing... do them forever :)  
Crossfire Be sure to ask your doctor, they've heard it all before :)  
Weiser orgasms can hinder healing  
wandalee1 how much will i have to pay my dr for that npte?? LOL  
April Dawn my doctor said NO to any sexual activity  
Weiser so do ask your dr for you!  
In some ways, I felt like it was a six-week, um, foreplay. We could do lots of other things, but not everything.  
fritzi64 oh ok Weiser....lol  
Blossom45 note\*  
wandalee1 It was a nice time in our relationship to reconnect in a different way.  
fritzi64 :) Fritzi  
Crossfire some dr's will give it for free, Wanda!  
Weiser just ask!  
Weiser Wanda, you'll need to pay more than your husband will pay. :)  
April Dawn lol lol  
pdmydoos lol  
wandalee1 ask when DH is NOT there, though!  
Weiser lol  
simple4soul Just kidding, of course!  
April Dawn hehe  
Weiser lol  
Crossfire will I be ok to work up until the day before I go in?  
fotogsuz Some men find it helpful to look at the misterhystersisters.com site to help them understand what we're going through.  
fritzi64 foto, do you have to do a bowel prep?  
Crossfire you should, unless you are on a liquid diet that day or bowel prep that would leave you not feeling well  
Weiser working can keep you busy!  
Weiser fotog, that might depend on whether you have to do a bowel prep  
fritzi64 ok..now i am hungry...take care all....good luck to all with surgery..  
Blossom45 misterhyster lol lol  
pdmydoos love the names  
pdmydoos My surgery was the day after Christmas, partly because I knew that day would keep me busy all day  
fritzi64 tc blossom  
pdmydoos not sure about the bowel prep, I have to ask that next week  
fotogsuz Take care Blossom!  
Crossfire Thank you gals! It's been great! :p  
TruGalPal i'm planning to take the mon -thurs off so i can have some quality down time and do a final sweep around the home  
simple4soul

Weiser take care Blossom!  
fritzi64 Thanks for coming Blossom!  
Weiser your welcome TruGalPap  
Blossom45 thank you!  
simple4soul it may be helpful for your mind to keep relaxed  
Weiser post any other questions on the site!  
magichorse ok y'all -signing off & see you after surgery!! thanks so much!!!  
Weiser HUGS!!!  
simple4soul see you on the other side magic :)  
Crossfire Goodnight magichorse  
pdmydoos you guys really helped alot  
LookingforaSis Maych, any questions?  
lamGeeky Thanks again and everyone Take Care!  
pdmydoos thanks again  
suzn1128 Thank you all!  
Crossfire Take care lamGeeky. We're glad you came!  
April Dawn glad you could be here for the chat, pdmydoos!  
pdmydoos might check in on the 16th  
pdmydoos as i am goin in on the 20th  
Weiser remember to pamper the princess!  
fritzi64 That would be fine, pdmydoos  
Weiser have you read all of our pre op articles pdmydoos?  
wandalee1 ty everyone for all your info and advice :) :)  
pdmydoos k take care all  
Weiser you might want to read through those before your surgery if not!  
The chats are a nice chance to get to know a few of the other women  
you'll be recovering with.  
fritzi64 i think ive read them all  
pdmydoos lol lol  
pdmydoos good for you!!  
Weiser you're welcome, wandalee1!  
April Dawn Take care ladies and I look forward to seeing you around the boards!  
Crossfire nite nite  
pdmydoos are there any other questions?  
Weiser good night all take care  
wandalee1 u 2 crossfire  
pdmydoos Thanks for coming, wanda  
fritzi64 :)  
Crossfire good night!  
April Dawn ty fritzi & weiser  
wandalee1 Thank you for coming pdmydoos!  
Crossfire bye Wanda!  
Weiser Good night Wanda!  
Crossfire

fotogsuz thanks for all the great tips and advice  
tauruslady foto you are most welcome  
Weiser you are very welcome!  
April Dawn :) you're welcome, fotogsuz  
Weiser no endo questions today!  
Crossfire We're glad you were able to come tonight fotogsuz!  
some of those on here are the same day as me, is there a way to send  
fotogsuz messages to them offline?  
Weiser PM  
fritzi64 PM=private message  
Weiser you can find that option in the profiles  
fotogsuz great thanks  
tauruslady Private message; right click their name in a thread and you'll see it  
April Dawn click the member's screen name  
Nite Nite Ladies! I will be back for the next one since my 'visit' is set for  
simple4soul July 24th. You are such a great support group...take care all  
fritzi64 Goodnight simple!  
Weiser (((simple)))  
Crossfire Good night simple4soul!  
fritzi64 tchilder, do you have any questions for us?  
tauruslady Simple4Soul - glad you could make it, night  
simple4soul thanks!















