

## Pre-op Chat

July 16, 2009

fritzi64 Welcome to our live pre-op chat!  
fritzi64 Hi boomerangue  
mjd2491 hi boomerangue  
fritzi64 We're so excited to be able to do this chat tonight.  
tauruslady Hi boomerangue  
tauruslady Hi Catarina  
caris I am excited to learn more about what to expect  
Catarina Hi  
I am almost seven months post-op myself, and it wasn't that long ago that I was trying to prepare for my own surgery and feeling  
fritzi64 Hit TF73  
tauruslady Hi TF73  
fritzi64 Hi TF73  
TF73 Hi everyone!!  
tauruslady Hi TF73  
TF73 so excited to be here!  
mjd2491 I was completely obsessed with Hyster Sisters.... ;)  
Kokamo Hello.....!!!!  
I'm going to be the moderator tonight. I'll be spending most of my time behind the scenes, although I will pop into the conversation  
fritzi64 Hi Kokamo  
tauruslady Im excited to be here  
boomerangue Here's the way this chat will work.  
fritzi64 Hi tauruslady!  
Kokamo Our guest "speaker" for this chat will be mjd2491 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 and that will be our guide. You will be able to ask my surgery is in 12 hours!!!!  
fritzi64 and you'll have a chance to ask questions of your own as well.  
boomerangue ty  
fritzi64 After her "presentation," we'll ask for questions about different  
sunshine75 It is very nerve racking, had to be put on xanax today!  
Kokamo Great.....  
fritzi64 . . . preparing for surgery, . . .  
fritzi64 . . . the surgery and hospital experience, . . .  
catjackson i feel like i need some xanax  
Mar-72 good luck, boom  
boomerangue why did you have to be put on xanax??  
fritzi64 . . . recovering at home, . . .  
Kokamo Yes Catherine you do!! lol  
boomerangue I feel like I need some too  
fritzi64 . . . hormones, . . .  
boomerangue I am very nervous  
fritzi64 . . . returning to work, . . .

fritzi64 . . . and a return to intimacy.  
catjackson i have had to long to think about the whole thing  
Kokamo ...hormones are evil....lol  
To help everyone follow the conversation, the chat will be moderated. That means that when you post a question, it will be should i get a pen and paper?  
fritzi64 how long have you waited cat?  
TF73 Surgery is monday the 27th, I have 2 under the age of 3 and  
Dana2009 I've just set the room to moderated,  
sunshine75 So if you submit a question and it doesn't show up right away,  
fritzi64 After the program portion of the chat is done, we'll take the moderation off and you'll have a chance to chat and get to know  
fritzi64 I'd like to turn it over now to mjd2491, who will introduce herself  
mjd2491 Hi! My nickname is MJ, so you can go ahead and call me that  
I had my hysterectomy in September 2004, and then I had another surgery a year later to fix a complication from the  
mjd2491 But I can still remember how you are all feeling. Anxious,  
mjd2491 Sound familiar?  
mjd2491 My main complaints going into surgery were fibroids and lots of  
mjd2491 I joined Hyster Sisters about three months before my surgery,  
mjd2491 One of my very favorite places on Hyster Sisters is the Tell Your  
mjd2491 This forum has all sorts of hospital experiences from other  
mjd2491 By reading all of their stories, you'll have a much better idea of  
mjd2491 But to start things off, I thought I'd go over some of the different  
mjd2491 First there are the abdominal hysterectomies:  
mjd2491 the TAH, which is a total abdominal hysterectomy  
mjd2491 This is when the entire uterus (including the cervix) is taken out  
mjd2491 Then there's the SAH, or a supracervical abdominal  
mjd2491 Only the uterus is taken out, and the cervix remains. This is  
mjd2491 Do all of you know what type of surgery you're having?  
mjd2491 :)  
fritzi64 I'll let these messages through!  
mouser2843 no  
Bales TAH for me  
catjackson Lavh possilbe bso  
August123 TLH  
cls58 TAH  
Dana2009 mine depends on what the d&c biopsy shows  
1curious1 uterus only  
caris Yes, I am having a TAH  
farrzy yes SAH  
lumpygus pretty sure, meeting with surgeon the 24th, surgery on the 29th  
Mar-72 My doc says he won't know until he gets in there and sees whats  
Dbaxfan Tah 8/24/09  
Kokamo TAH...  
boomerangue LAVH/BSO with possibel TAH

My surgery is on Monday I'm having a TVH, possible BSO, and I honestly can't describe how much Hyster Sisters has helped and educated me. I'm 36 and had so many questions. I truly can't TAH

tabby1020  
TF73  
mjd2491  
sunshine75  
mjd2491  
boomerangue  
mjd2491  
mjd2491  
mjd2491  
mjd2491  
mjd2491  
lumpygus  
mjd2491  
mjd2491  
mjd2491  
catjackson  
lumpygus  
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mjd2491  
Kokamo  
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TF73  
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mjd2491  
mjd2491  
mjd2491  
fritzi64  
mjd2491  
boomerangue  
mjd2491  
mjd2491  
mjd2491  
Kokamo  
mjd2491  
mjd2491  
mjd2491  
Kokamo  
mjd2491  
mjd2491

That helps!  
meeting with the doctor on tuesday  
OK....  
my surgery is in 12 hrs  
Then there are the vaginal hysterectomies.  
Theres a TVH, which is a total vaginal hysterectomy, meaning the uterus and cervix are taken out via the vagina -- no external  
The LAVH means there is a laprascope assisting with the vaginal  
And then there is the RALH, which is a robot-assisted  
Many women are opting for this type of surgery, done with robots  
Then there is the LSH  
I wasn't a candidate for the robotic unfortunately  
This surgery is a laproscopic supracervical hysterectomy, meaning a partial hysterectomy because the cervix is not  
Gosh.... there are lots of types!  
:)  
i had never heard of the Davinci until hystersisters  
I think that's what I'm having a LSH  
One really important thing to note is that the term \"total\" hysterectomy only means that your entire uterus (including cervix) It has nothing to do with your ovaries.  
So in my case, I had a total hysterectomy, but my ovaries are still .....my ovaries are going too....  
OK... that's a bso  
so what is it when you have literally everything?  
Which stands for bilateral salpingo-oophorectomy  
Wow -- that's a mouthful!  
bilateral means both  
the LSO is just the left ovary  
And an RSO is just the right ovary being removed  
TF, when everything is removed, it's called a radical  
So TAH/LSO means a total abdominal hysterectomy with the left mine are going also  
A radical hysterectomy usually means that even part of the  
:(  
And one really important thing here  
Why??  
Is that Hyster Sisters does not \"cheer\" for any surgery type over  
It's up to you and your doctors.  
However, we do recommend getting additional medical opinions  
I mean why is part of the vagina removed....?  
Kokamo -- usually with cancer  
If it has spread

mjd2491 Oh... I forgot something....

mjd2491 When you talk about the ovary removal

mjd2491 the salpingo part means your fallopian tubes

mjd2491 Which are usually removed along with the ovaries

mjd2491 \*\*

fritzi64 Okay,

fritzi64 A few of you have submitted some questions about surgery

mouser2843 is a bso done with abdomen cut?

caris I may be having a bso too, depends on what the doc finds.

lumpygus The doc gave me a choice to keep my ovaries, and I opted to, but

1curious1 i was told my ovaries and cervix will stay as long as there aren't

mjd2491 mouser Sometimes

mjd2491 It depends

LookingforaSis Mouser, mine was done with an LAVH....

TF73 so, if i have endometriosis and HUGE ovarian cysts with

mjd2491 PCOS...and they are taking both ovaries and my uterus.. thats

tauruslady You can take ovaries laprascopically as well

mjd2491 Mouser2843 - my bso was done with the daVinci robotic

Dana2009 It depends on your overall condition.

mjd2491 I'll have LAVH or LSH, depending on how the biospy comes back

tabby1020 Some women are not candidates for lapro surgery

LookingforaSis I was told that endometriosis can't usually be seen until the

mjd2491 surgery. How will the dr check for this is she's doing a vaginal

tauruslady Tabby, a trained doc can see endo...

Kokamo Thank you Lookingforasis

mjd2491 TF73 - you are having a total hyster w/ BSO, a radical includes

April Dawn LookingforaSis...how long have you had endo?

tabby1020 TF73 Tauruslady is right -- you are having a TAH/BSO

TF73 A radical hysterectomy removes the ovaries, fallopian tubes,

mjd2491 why are some women not lapro candidates?

LookingforaSis oh ty Tauruslady...i super appreciate that...

caris Tabby - in my case, it was the size of my uterus

mjd2491 Kokamo, been dealing with endo for almost 10 + years!

cmtsp I also have endo, and have for about 11 years. Do you think that

tabby1020 And the fact that I had lots of fibroids and scar tissue

mjd2491 tabby~it can depend on size of uterus

mjd2491 but how can they see the endo through the vagina only?

LookingforaSis They also said that because I had never had a vaginal delivery, it

cmtsp My uterus was 15x10x7 cm.

lumpygus Caris-- depends on your doc...

mjd2491 caris~sometimes even keepin a part of one is possible

mjd2491 why does a vaginal delivery matter regarding a lapro?

tauruslady It's a really good plan to really research before you agree to

tauruslady Unless of course you have ovarian cancer

It's sometimes the best plan, but not always, to remove one or

Lumpygus - depending on the the type of laproscopic surgery

Lumpygus - otherwise the cervix is removed and the uterus &

mjd2491 Now we're going to talk about preparation for surgery  
 fritzi64 Let's head into the next section--preparing for surgery.  
 mjd2491 Wow... do I remember the anxiety!  
 fritzi64 While MJ is talking, send those questions on in.  
 bnblssd mine is in the am and I am getting anxious  
 mjd2491 I would be, too  
 tayklb What do I need to do to prepare for my surgery on Monday?  
 mjd2491 Do you have a bowel prep?  
 1curious1 mine is on Wed. I am calm but very curious  
 mjd2491 I didn't have one  
 mjd2491 Hence your user name  
 mjd2491 lol  
 bnblssd enema only and douche  
 boomerangue I am exactly 12 hrs away from surgery, while Im trying to rest  
 mjd2491 tonight, its not going so well, have tried to keep myself busy  
 catjackson Oh....  
 mjd2491 Why does some doctors do bowel prep and others dont  
 mjd2491 boomerangue -- It's normal to be nervous  
 mjd2491 I'd be alot more worried about you if you WEREN'T nervous  
 tauruslady Boomerangue - hugs to you. I remember the terror  
 tayklb Yes I was instructed to take Magnesium Citrate and eat very light  
 lumpygus I'll pray for you boomerangue  
 mjd2491 catjackson - doc preference sometimes  
 boomerangue I have had a lot of surgery before and dont remember being THIS  
 mjd2491 and sometimes it's because of the procedure(s) being done  
 mjd2491 If they think they're going near the bowel, they'll often order a  
 boomerangue oh, thanks, thats sweet. thanks  
 boomerangue I wasnt given any prep stuff to do, I was surprised  
 mjd2491 I think many endo (((sisters))) have bowel preps because endo  
 caris I am afraid of my decision of having the hysterectomy vs. trying  
 mjd2491 Just nothing to eat after midnight?  
 mjd2491 that was my prep, too  
 catjackson the only thing the doctor gave me was sponges for shower the  
 boomerangue right  
 mjd2491 But when I got to the hospital, I had two enemas and a douche  
 lumpygus I need a bowel prep and my surgery is for fibroids  
 boomerangue me too  
 mjd2491 The prep really varies  
 sunshine75 I had the ablation and think it was a waste of time  
 mjd2491 So the important thing is to follow your doc's instructions to the  
 tabby1020 Thanks to all...I have to leave early, my three year old needs  
 boomerangue attention and has to be put to bed. Good luck to all of you...I will  
 mjd2491 oh no, I hope they arent planning on doing that to me in the  
 mouser2843 Don't do anything you weren't ordered to do.  
 mjd2491 what procedures would warrant a bowel prep? I have to have an  
 boomerangue - the enemas weren't bad

caris I am having a bowel prep also, it is much safer because if they  
 bnblssd were to nick the bowel, you have a better chance of not getting a  
 Dana2009 good luck tabby  
 boomerangue Good Luck Tabby!  
 tayklb Id much rather do that at home than at the hospital!!!  
 cmtsp Bowel prep is it better for the patient to have a bowel prep prior to  
 mjd2491 If your doctor says no prep--follow that too  
 mjd2491 mouser2843 -- Not sure. It really varies. Some docs always do  
 mjd2491 tayklb - to the patient, I don't think it matters all that much, except  
 mjd2491 Because everything's \"cleaned out\" I mean"  
 farrzy \*\*  
 mjd2491 Did you have to get any pre - op blood work done.  
 mjd2491 Oh, yes  
 mjd2491 I had lots of blood work for anemia, etc.  
 mjd2491 I was anemic  
 mjd2491 But it wasn't painful or anything  
 lumpygus I had a myomectomy and didn't need a bowel prep but now that  
 I'm shooting for a laproscopic hysterectomy, they said I need one.  
 My doctor explained to me today during my preop testing that  
 there is a risk that my bladder or kidneys can be injured is that  
 tayklb My pre-op was sort of a letdown if you ask me  
 mjd2491 I had alot of blood work done because Ive had the rt lobe of my  
 boomerangue A couple of blood tests and a photo of my belly (for the  
 mjd2491 That was it.  
 mjd2491 That was it.  
 kittbitt is it commonplace to donate your own blood for the surgery?  
 mjd2491 kittbitt -- I don't think it's that common  
 1curious1 would you reccomend eating lots of foods high in fiber  
 mjd2491 The blood supply now is awfully good  
 mjd2491 Unless you have a really rare blood type... is your doc  
 cmtsp curious~yes!  
 mjd2491 1curious1 - I wouldn't make any radical changes to your diet....  
 kittbitt My doc gave me the option and I think I will take it  
 April Dawn If you're anemic as I was, you won't be able to donate blood for  
 mjd2491 But if you are eating low fiber, adding some couldn't hurt  
 tayklb - because the uterus is between the bladder and bowels  
 tauruslady there are changes for nicks. Unfortunately it is one of the risks of  
 cmtsp curious~I'm sorry, I meant post-op  
 fritzi64 Let's move next to your questions about the actual surgery and  
 mjd2491 OK -- I'm ready!  
 wandalee1 good evening ladies...sry im late  
 lumpygus I donated my own blood before my myomectomy because I was  
 sunshine75 how long should i expect to stay in the hospital?  
 Kokamo Roughly how long would a TAH/BSO take?  
 tayklb Do anyone know how long it take for the TAH  
 tauruslady 1curious1 - fiber after the surgery would help but no changes  
 mjd2491 sunshine - about 2-4 days depending on the surgery  
 lumpygus This time since I'm taking the Lupron, the doctor said the surgery

boomerangue my dr said my surgery would be about an hour and a half, that  
 mjd2491 Lapro surgeries are sometimes outpatient -- or just one night  
 fritzi64 I was in the hospital for about 21 hours after my surgery was over  
 bnbssd mine is 3 hours long  
 boomerangue is this common for others??  
 mjd2491 My surgery (TAH/panniculectomy) was supposed to be 1-1/2  
 mjd2491 The best thing is... you won't know how long your surgery is! ;) )  
 tayklb Scar tissue a major problem during surgery  
 mjd2491 I was in for 3 nights  
 wandalee1 are you given an epidural or spinal?  
 tauruslady I was in the hospital for about 34 hours - I had an early surgery  
 sunshine75 wow ... that doesn't seem like they should let you go home so  
 mjd2491 I was given general anesthesia  
 bnbssd how bad is the pain- honestly  
 mjd2491 Some women do get spinal, but often in conjunction with the  
 boomerangue that's what I thought. I have had other abd stuff done and would  
 mjd2491 bnbssd -- you mean right after surgery?  
 cmtsp sunshine~you may find that you will want to go home for comfort  
 tauruslady tayklb - are you talking scar tissue from incisions or internal  
 boomerangue im doing general  
 ok I was told only my uterus will be removed as long as there isn't  
 any scar tissues or other issues. What other issues could there  
 be?  
 1curious1 yes mjd  
 bnbssd I had 3 C-Sections  
 tayklb bnbssd -- I will be 100% honest.... when I woke up, my pain was  
 mjd2491 I couldn't even speak  
 mjd2491 but they got it under control  
 mjd2491 And honestly, even though it was awful... I lived to tell about it as  
 wandalee1 that's what im afraid of mjd  
 lumpygus how much bleeding is there after the surgery and for how many  
 kittbitt Has anyone had any experience with using a \pain Pump\"?"  
 mjd2491 wandalee1 my experience isn't typical - many women hve their  
 tauruslady 1curious1 - why are you having the surgery? Other issues could  
 mjd2491 Mine just wasn't. But it was OK, really it was!  
 cmtsp kittbitt~yes, this is common  
 catjackson i had a morphine pump after gall bladder and it was wonderful  
 mjd2491 lumpygus -- I had absolutely no bleeding whatsoever. Didn't  
 lumpygus my concern is the nausea after surgery. I read alot of these post  
 mjd2491 Many women don't have any  
 mjd2491 The hospital can supply pads if you need them  
 fritzi64 I had discharge for about five weeks with my TVH  
 lumpygus that's a relief!  
 mjd2491 My only need for pads was for my incision area! I was leaking all  
 1curious1 I have multiple fibroids. but I had past surgery for scar tissue  
 cmtsp lumpygus~let your anesthesiologist know before  
 boomerangue i have used the pca alot  
 tauruslady lumpygus - mine was spotting but very light a couple of days; I

Kokamo	\Was your incision vertical or horizontal..?"
mjd2491	boomerangue - I had fentanyl in my PCA because morphine
mjd2491	Kokamo - I was supposed to have BOTH because of the
mouser2843	being post-menopausal, I shouldn't have bleeding right?
mjd2491	The incision direction is up to the doctor. He/she will do what is
caris	Isn't fentanyl another name for Morphine? Because Morphine
boomerangue	i have had morphine, dilaudid, demerol, fentanyl pca pumps
	mouser - the bleeding isn't because of menstruation... it is from
mjd2491	just normal surgical healing. You may have some
tauruslady	mouser2843 - the bleeding is from the incisions from removal of
mjd2491	caris - no, fentanyl is not morphine. It's another narcotic drug
boomerangue	no, fentanyl is about 100 times stronger than morphine but
fritzi64	Are there any more questions about the surgery itself or the
mjd2491	:)
1curious1	if only the uterus is removed could I still have a period?
mjd2491	You guys are doing great!
Dana2009	I had a horizontal with my c-sections years ago and my new dr
mjd2491	1curious1 -- you can have a mini period if your cervix stays
	im probably going to be put on a fentanyl patch because I have
boomerangue	chronic pain and am already on a lot of pain meds....thats what
lumpygus	I was just going to ask about periods if you keep your cervix and
LookingforaSis	Dana--- I had the same issue... I ended up with LAVH :)
mjd2491	But if the total uterus is taken (including cervix) you won't bleed
	when i was 22, I had an ectopic pregnancy rupture and ended up
	in emergency surgery, with laproscopic removal..i was pretty
	jacked and couldnt get off a chair for several days..is it like that
TF73	what's a mimi period
1curious1	Why don't you start with your questions about early recovery,
fritzi64	TF73 -- the TAH/BSO has a large incision and organs are
	removed. I would guess that it might be tougher than what you
mjd2491	1curious1 - lighter bleeding for a shorter period of time than a full
tauruslady	But it's important to remember that every situation is different.
	Two women can have the exact same surgery and have very
mjd2491	Meanwhile, remember that you'll also have a chance to ask about
	hormones, going back to work, and the return to intimacy later
fritzi64	Some of us feel almost no discomfort, and others are on drugs
mjd2491	Great point MJ!!!!!!!!!!!!!!!
LookingforaSis	how tired/sleepy will I be? how much drainage once I get home?
boomerangue	No one is right or wrong
mjd2491	How much pain will I be in when I come home from the hospital?
McDeeJay	ok. ty...*adjusting mindset*
TF73	how long to get your energy back
bnblssd	McDeeJay - I was in plenty of pain. I was on vicodin for 8 weeks
mjd2491	But I had a hip-to-hip, open incision
mjd2491	will i need help going to the bathroom?
boomerangue	BND---- took me several months until my energy levels were back
LookingforaSis	boom----- i didnt need any help.
LookingforaSis	

kittbitt How to deal with the gas pain from laproscopic surgery?  
 bnbssd - I was able to return to work after 6 weeks but first 2  
 tauruslady weeks worked part time from home, around 7 months started to  
 boomerangue - I did not need help with potty... but I had  
 mjd2491 someone stand by while i was in the shower for a while because I  
 April Dawn you might need help the first time you are up, boomerangue  
 boomerangue thats good, Im hoping I wont need any help, just with getting out  
 lumpygus yes the gas pains  
 mjd2491 kittbitt - gas can be the WORST  
 mjd2491 Lots of walking, walking, walking..... helps the gas  
 tauruslady kittbitt - some say massages, I had a little in my arm but mine  
 LookingforaSis boom----- think: use your legs :)  
 boomerangue will I be able to stand in the shower??? we only have a small  
 mjd2491 Slow, steady walks  
 redheadedwww do you think it is safe to plan a plane trip 2 weeks after a  
 mjd2491 boomerangue -- yes, you can stand  
 hey heres a fun one....can our MD remove the stretched skin (like  
 TF73 a tummy tuck) if they are doing a large incision? Cause that  
 mjd2491 You can do steps, too  
 tauruslady boomerangue - I put a chair in the bathroom to push off of and it  
 mjd2491 redheadedwww -- I wouldn't go on a plane so soon....  
 lumpygus isn't it more gas pains if laproscopic  
 cmtsp boom~maybe one of those little plastic stools would be good  
 Remember, it's not just the plane ride... it's getting to the airport,  
 waiting for security, walking to the gate, dealing with your  
 mjd2491 TF73 - some sisters have had tummy tucks w/ their surgeries  
 tauruslady in the past ive sat down in the tub while I took a shower, but thats  
 boomerangue Can you avoid the trip?  
 mjd2491 airplane rides cause blood clots and isn't that a risk post op  
 lumpygus not enough room for that either  
 boomerangue I've known for months that I was going to have this done. I started  
 exercising more in hopes to help a lil bit with recovery. Will that  
 1curious1 redheadedwww -- yes, there is a risk of dvt -- deep vein  
 mjd2491 Very serious  
 mjd2491 curious~some sisters swear by that  
 cmtsp Yes Thank You just wanted to spend time with my grandchildren.  
 redheadedwww 1curious1 - that's a great point... I built up my upper body strength  
 mjd2491 can I add something for the people having laparoscope  
 boomerangue procedures??? A thing I didnt know about until I went to nursing  
 fritzi64 yes  
 mjd2491 yes  
 kittbitt good to know about the exercise, I've been doing it too  
 a belly pillow will help and using your feet to help you get out of  
 bed, swing them over the side and put them under the bed to  
 lumpygus Oh, gosh, the pillow is important!  
 mjd2491 i Have a hernia that they will be operating same time as TAH so I  
 wandalee1 I also wore a binder  
 mjd2491

farrzy How soon after the surgery(SAH) can you exercise?  
mjd2491 The hospital gave me two of them  
caris You mentioned \"tummy tuck\" who would do that your gyn or a  
mjd2491 farrzy - You'll hate hearing this, but it depends!  
cmtsp yes, the binders are wonderful  
1curious1 how important is the binder  
kittbitt is a binder needed with laproscopic?  
mjd2491 It depends on your healing, etc.... but I would say you could start  
kdkelly whats a binder?  
mjd2491 1curious1 The binder was invaluable to me  
mjd2491 It gave me great support, and it also meant I didn't need any  
cmtsp I was able to stay on my feet longer with ab support  
August123 what exactly is a binder?  
caris Where do you get a binder?  
lumpygus a girdle?  
cmtsp Here at the HysterSisters store!  
boomerangue so the hospital has the binders available??  
TF73 Caris...my OB...one of the MA's said she did it for her on her  
mjd2491 The binder is sort of like a big ace bandage with velcro on the  
Dana2009 What is the difference between the swelly belly and a binder?  
boomerangue and the hospital has these available???

After they insert the first instrument they insert CO2 gas into your  
abdomen so they can see better....that puts pressure on your  
phrenic nerve which is in your upper abdomen...this causes, in  
Yes, my hospital gave me two binders  
boomerangue For my laproscopic surgery I didn't use a binder; I think Drs  
mjd2491 swelly belly has pouch for cold pack  
tauruslady the swelly belly said for abdominal surgery and I'm hoping I won't  
cmtsp How much are they? And how long before I could get one?  
lumpygus boomerangue -- if you are having the lapro surgery, it's important  
caris But you won't have gas issues if you're having a TAH or TVH  
mjd2491 Except of course the normal \"gas\" produced before those  
mjd2491 ;) )  
boomerangue what possibilty??  
1curious1 so the gas is only with lapo  
August123 any way to alleviate the shoulder/neck pain?  
mjd2491 of the CO2 injection  
mjd2491 That's what I meant  
LookingforaSis Aug----- walking helped me!  
mjd2491 You should ask the doc for recommendations  
boomerangue nope, just tylenol or ibuprofen  
sunshine75 what can you do for the shoulder/neck pain?  
mjd2491 It's just another thing to think about  
caris I think they put gas in whenever they do an abdominal surgery,  
tauruslady 1curious1 - yes because that disstends the abdomen so they can  
lumpygus my sister had a fibroid removed years ago laproscopically and  
they told her the first night home to sleep sitting up to avoid the

boomerangue it usually only lasts a few days  
mjd2491 You just sort of work through the pain.... it will go away after a  
mjd2491 The first few days you get more meds, which helps.  
mjd2491 :)

boomerangue no, not when its open...or a TAH, only with laparoscopic surgeries  
mjd2491 boomerangue -- that's right. No injected gas with a TAH.  
fritzi64 We have a few questions about returning to work and regular life  
mjd2491 OK  
sunshine75 does anyone have small children? I have a 1 year old and was  
mjd2491 Just think... surgery is over now!  
mjd2491 sunshine75 -- that's right.  
Dbaxfan I have a very physical job. How long before I will be able to lift 20-  
mjd2491 You'll hve lifting restrictions  
LookingforaSis sunshine----- i didn't pick up my son for several months!  
mjd2491 Dbaxfan - that's up to you and your doctor.  
mjd2491 I had a 20-pound restriction for 6 weeks  
boomerangue what kind of foods did you feel like eating when yougot home???  
cmtsp Dbaxfan~your doctor will let you know  
mjd2491 And even after that, the doc told me to ease back in. He said I  
mjd2491 This is something that you really cannot rush  
fritzi64 Sunshine, we have an article in our Post-op Resources page  
August123 I'm a singer in a band - what can I expect for breath control and  
tauruslady boomerangue - things that would help get the bowels restarted,  
mjd2491 There's no medal given out for the person who can do the most  
boomerangue I have 20lb lifting restrictions for 6 wks minimum  
cls58 How long will it be before you get rid of the swelly belly and can  
LookingforaSis boom-- nothing special... i swear by hot tea so i was obsessed  
mouser2843 I was told in no uncertain terms NO LIFTING for 6 weeks and NO  
caris Do not lift too early because you will cause hernias!  
mjd2491 My son was 3 when I had my hyst -- he weighed 40 pounds and I  
boomerangue lol, ok  
I'm a preschool teacher and will be going back to school at 4wks  
TruGalPal post op. Will I be able to get up and down off of the ground? I'm  
cmtsp August~that can vary from woman to woman  
Dana2009 What about an office job? My boss is going on vacation and I  
mjd2491 And even then, I didn't carry him around. This was just lifting him  
lumpygus vacuuming, I remember after my myomectomy bothering me. So  
tauruslady mouser - driving can occur earlier, up to you and your doctor  
LookingforaSis cls-- i had an lavh/bs0 and was able to wear my normal clothes 2  
mjd2491 Dana2009 office jobs are different -- they aren't as demanding  
cmtsp Dana~what kind of surgery are you having?  
LookingforaSis Dana-- I went back at 2 weeks post op.  
Dana, I went back to work very part-time at four weeks and spent  
fritzi64 most of my time at my desk. I was so incredibly wiped out when I  
tauruslady truegalpal - I had the daVinci and getting up and down from the  
mjd2491 lumpygus -- I maintain I am not yet cleared for vacuuming.... of  
boomerangue trying to figure out ahead of time what I will feel like eating

catjackson  
 sunshine75  
 Dana2009  
 mjd2491  
 lumpygus  
 mjd2491  
 tauruslady  
 LookingforaSis  
 mjd2491  
 cmtsp  
 mjd2491  
 mjd2491  
 tauruslady  
 mjd2491  
 mjd2491  
 sunshine75  
 sunshine75  
 mjd2491  
 TruGalPal  
 mjd2491  
 mjd2491  
 LookingforaSis  
 mjd2491  
 cmtsp  
  
 tauruslady  
 mjd2491  
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 fritzi64  
 lumpygus  
 boomerangue  
  
 mjd2491  
 caris  
 mjd2491  
 LookingforaSis  
 mjd2491  
 mjd2491  
 Kokamo  
 mjd2491  
 mouser2843  
 tauruslady  
 cmtsp  
 Bales  
 LookingforaSis  
 boomerangue  
 mjd2491

just getting to the post op will be hard for me I am not sleeping  
 OMG! I have 2 small children!  
 either lavh or lsh  
 Vacuuming is definitely a 6-week wait. NO question  
 when my insides started to ache after resuming normal activities,  
 sunshine75 -- you'll be OK, but you'll need help  
 truegal - especially if you have to do it a lot. It will wear you out  
 boom--- get lots of soup and crackers :) nice and light :)  
 The little ones can learn to climb up to snuggle  
 MJ~I think your good to go now  
 And you can set up a changing station on the couch  
 cmtsp -- NOOOOOOO.... don't tell my husband or he'll fire the  
 truegal - those tiny incisions can make you think you didn't have  
 lol  
 tauruslady -- great point  
 is it true that there is some weight gain?  
 my mom will be with me for the first 2 weeks then I am on my own  
 Sometimes you need to remember you've had surgery  
 Thanks.  
 sunshine75 -- I didn't gain any weight after my surgery.... :)  
 Many do not.  
 Sunshine-- I had a little. lost it within a week or so.  
 It's not a foregone conclusion that you'll gain -- not at all  
 sunshine~that varies. I have maintained, so it is possible  
 I think we had a question about singing and breath control, it was  
 a good question but don't know the answer. Will depend on how  
 Some of the weight gain can be because of hormone problems  
 Singing..... I'm a singer. Who wants to hear me?  
 Some of you have concerns about menopause, and we have a  
 are the mini periods monthly and regular?  
 im worried about the INSTANT menopause!!  
 It was about 3 months before I could really sing. I had my  
 surgery on 9/20 and the first time I sang in public was Christmas  
 When I get this hysto, if they don't take my ovaries, will I still have  
 lumpygus -- not everyone even has the mini-periods.  
 Mj---- Sing!!! Me!!!!  
 If you lose your ovaries, you won't have them.  
 lalalal  
 I was told with the Endo I have to have the ovaries removed  
 But if you keep them, you may or may not have them. Not  
 I am post-menopause and ovaries are being removed as well,  
 boomerangue - surgical menopause isn't instant menopause  
 caris~what type of surgery are you having?  
 thats the part im most confused about... keeping or not keeping  
 Kokamo--- True.. But, even with BSO, endo can STILL come  
 it isnt??  
 Kokamo - I'll let the endo experts answer that one... but endo

tauruslady	boomerangue - my menopause hit 5 days after the surgery, some
lumpygus	have it in the recovery room, some months later and others never
April Dawn	yes Bales, me too
caris	mouser, you may experience menopause again
kittbitt	TAH with poss BSO.
August123	kokamo, I was told the same
1curious1	ooh, my band is not going to be happy!
Kokamo	my doctor told me I wouldn't have a period anymore but he isn't
mjd2491	I'm confused about HRT.....with endo....do I take it??
mjd2491	endo can actually produce its own estrogen
April Dawn	So removing ovaries isn't always the best thing with endo.
tauruslady	Kokamo, that will depend on your doctor
	boomerangue - you are in menopause \instantly\" when ovaries
	that was a question of mine..i have PCOS and my inability to lose
	weight was greatly affected by this...so if I have my ovaries
TF73	removed...will I be able to lose weight faster? Im a marathon
boomerangue	wow, didnt know that...he is putting me on an estrogen patch
mjd2491	Have you worked with an endo specialist????
April Dawn	some won'd allow hormones at all
LookingforaSis	Kokamo--- delicate balance... The benefits have to outweigh the
wandalee1	me too boom
mjd2491	That's a key you might want to consider
April Dawn	others will have you start on it right away
cmtsp	caris~no periods
catjackson	if you have one ovary removed will there be hormone
mjd2491	catjackson - probably not
mjd2491	Unless your other ovary fails
	it looks like even if you keep your ovaries you may experience
August123	menopause symptoms - anyone have experience with that? I'm
fritzi64	I kept my ovaries and am on HRT.
mjd2491	August123 -- your ovaries might go to sleep for a while
	boomerangue - not unusual depending on age and that sort of
tauruslady	thing, some doctors have people wait a few weeks and see how
April Dawn	August, it's good to know that it's possible but you might not have
mjd2491	But they usually wake up again and start functioning.
fritzi64	My ovaries are still functioning, but they were slowing down and I
cmtsp	cat~I have one ovary--and no need for hrt
LookingforaSis	Great point MJ!
mjd2491	I didn't have any hormone problems at all -- everything's still
April Dawn	if you do, ask your doctor if hormone therapy is an option to help
boomerangue	ive been having perimenopausal symptoms for several years!!!
August123	how long were your ovaries asleep?
	Well, I must say that things are starting to get \warm\" for me
mjd2491	these days too... but it's liveable."
mjd2491	Whose fell asleep?
cmtsp	August~about 3 months for me
mjd2491	Ah... cmtsp

fritzi64 Any more questions about returning to work or regular life?  
mjd2491 Sometimes docs will have you on short-term hormone  
mjd2491 :)  
fritzi64 Or about hormones?  
tauruslady boomerangue - that might make it a little easier for you; I wasn't  
fritzi64 We'll be moving on to everyone's favorite subject--sex.  
mjd2491 :)  
fritzi64 I'd like to remind everyone that HysterSisters is a PG-13 site.  
April Dawn Actually, it's PG ;)  
April Dawn no 13  
fritzi64 so while you're thinking of those questions, I'll send through a few  
August123 PG-13 is the new R these days  
cmtsp April Dawn:)  
mjd2491 lol  
My hot flashes are unbelievable - i'm on lupron now to stop the  
kittbitt endo pains & I can't imagine what the hot flashes will be like after  
lumpygus Can you have your ovaries removed and not go on hormone  
LookingforaSis LOL August  
caris What are the chances that keeping my ovaries will still give me  
lumpygus I thought HRT causes an increase risk of breast cancer?  
deenamoeba What is endo?  
LookingforaSis Caris-- -estrogen feeds the endo.. But, even without ovaries your  
tauruslady lumpygus - yes, it depends on your symptoms. If you aren't major  
mjd2491 lumpygas - yes, you can... but surgical menopause can be  
mjd2491 Endo is endometriosis  
caris I am worried that sex will not be the same after my TAH. Is that  
mjd2491 A hysterectomy is not a cure for endo.  
mjd2491 caris -- here's another case where it really depends.  
lumpygus - also age can be a factor, if you are younger some Drs  
tauruslady want you on hormones due to other factors like osteoporosis  
Kokamo If the cervix is removed does that effect your orgasms??  
Kokamo Endo is a life sentence....just awful....  
mjd2491 Most ladies do not have any problems with sex post-op...  
August123 OK, so about sex ... a friend of mine warned about losing the  
catjackson that is my husbands only question about the whole procedure?  
mjd2491 In fact in many cases it's better because the source of pain is  
boomerangue I am worried that orgasm wont feel the same after uterus and  
LookingforaSis &lt;---- Still has normal orgasms!  
mjd2491 August123.... I'm no more sensitive than anyone else, but my  
cmtsp Mine feel the same  
Crossfire My orgasms are more intense  
fritzi64 Mine don't feel the same--but they're improving with time.  
mjd2491 It's the clitoris and the G-spot that really run the orgasm train in my  
April Dawn boom, unfortunately that can be a consequence of surgery but  
kittbitt thank you for that peace of mind!  
mjd2491 But it wasn't always that way

tauruslady boomerangue - some have differences because of the difference in the blood flow. I have similar orgasms but notice the for the last few years my OB has tried almost every BC pill avail..even the lowest doses...im super sensitive to them...SEVERE breast pain..cant even hug anyone or put on a

TF73 And some women do have difficulties

mjd2491 They feel the same after uterine and cervix removal?

caris even if the cervix is removed? the y still feel the same?

wandalee1 My doctor told me that sex will probably be better because the since that is where the majority of the nerves are

1curious1 1curious1 I hope that's the case for you

boomerangue TF73, hormone therapy isn't the same as BC pills.

mjd2491 Curious----- That is the case for me!

April Dawn caris~for me, yes

LookingforaSis My main complaint post-op is that my sex drive is definitely lower

cmtsp And there really isn't any explanation for it...

mjd2491 will there be vaginal dryness with any type of hysterectomy?

mjd2491 :(

lumpygus lumpygus -- no... not necessarily

mjd2491 Many women say there's no lubrication problem at all

mjd2491 I've wondered about losing sex drive as well.

August123 If you had pain before hand there is a good chance things will be better; mine was because of unexpected cancer so no pain

tauruslady I have had lubrication issues, though.

mjd2491 interesting. Ive heard that because some womens orgasms are accompanied by uterine spasms (which I think mine are) that its

boomerangue I read on one of the medical websites that orgasm will be

lumpygus lumpy, that's a possibility but not necessarily true for everyone. It

April Dawn boomerangue -- I can't tell any difference.

mjd2491 Dryness is more with the loss of the ovaries because it's a

tauruslady I guess the bottom line is if you need the surgery, and you know

mjd2491 it's the best option for you, you can better deal with difficulties

tauruslady I have vaginal dryness and use vaginal estrogen (estrace) and

caris What is vaginal estrogen?

mjd2491 And the thought of sex being worse afterward should make

1curious1 boomerangue, I thought the same thing. I will see

mjd2491 caris - it's estrogen cream

Kokamo Has anyone tried those Bio-identicals?

mjd2491 Kokamo - I've never used hormones but others have.

tauruslady boomerangue - you are correct if you have uterine contractions

LookingforaSis Kokamo-- I am on an FDA approved BIO.... Estrasorb.

Caris, vaginal estrogen is a low dose of estrogen which

April Dawn specifically treats low estrogen in the vaginal tissues. Products

caris When do you use estrogen cream? Before sex, or always?

cmtsp caris~a local form of estrogen, designed to not effect entire body

tauruslady kokamo - I'll be using some bio-identical testosterone for libido

fritzi64 Okay, We've gotten through our planned conversation for the

tauruslady	caris - right now about 2x a week, can vary anywhere from 1 to 3x if you're using vaginal estrogen, it should be inserted after sex.	
April Dawn	It's not a lubricant but it does work to help keep the tissues moist	
cmtsp	caris~every day for a bit, then twice per week usually	
fritzi64	...so I'm going to remove the moderation in just a moment.	
fritzi64	Your messages will be immediately posted.	
fritzi64	It will be exciting and chaotic, and you may want to be sure to use someone's name when you respond to her so when you say	
caris	Is vaginal estrogen just another form of taking an estrogen pill, or	
fritzi64	Moderation's off!	
lumpygus	good luck boomerang!	
Dana2009	Thanks ladies for answering our questions tonight!	
TF73	thanks so much for this..i really dont feel so alone in my Lupron	
TruGalPal	Thank you ladies!	
caris	Does everyone use the vaginal estrogen?	
	I've read about problems with the vagina being shortened when the cervix is removed and things don't "fit" like they did before.	
Dbaxfan	Caris, vaginal estrogen doesn't work systemically. I use Vagifem along with my systemic estrogen--a patch called Vivelle Dot.	
April Dawn	thanks so much, when is everyone elses surgery??	
boomerangue	You are never alone here at Hystersisters!	
LookingforaSis	what to bring to the hospital?	
lumpygus	Caris----- I don't.	
LookingforaSis	Thanks so much everyone!!	
Kokamo	TF73 have you had any memory issues with being on Lupron?	
kittbitt	caris - vaginal estrogen isnt absorbed into the blood stream like	
tauruslady		17-Sep
TF73		
cmtsp	Dbaxfan~those tissues will stretch out again	
Dana2009		7-Aug
catjackson		22-Jul
1curious1	boomerangue mine is on Wed.	
sunshine75		27-Jul
Kokamo	I have had major memory issues on Lupron....	
SheltieLover70		23-Jul
August123		25-Aug
LookingforaSis	Kitt-- not so much memory, just a terrible experience in general.	
lumpygus	boomerang mine is on the 29th	
fritzi64	Lumpygus, all I needed was a clean pair of underwear for the ride	
1curious1	cat, we're the same day	
caris		29-Jul
fritzi64	I wore the same clothes there and back.	
TF73	i had memory issues BEFORE Lupron..i have never felt so	
lumpygus	thanks fritzi	
catjackson	1curious1 good luck	
kittbitt	Do you think things will readjust after Lupron has left our	
LookingforaSis	Welcome 3palms!	
tauruslady	lumpygus - check out the pre-op checkpoints and that should	

boomerangue	im not taking much to the hospital
1curious1	cat, of course to you too
LookingforaSis	Kitt--- I am 10000x better without lupron.
Kokamo	I'm hoping this 35lbs goes!!!! lol
deenamoeba	Do women have to be on HRT if they still have their ovaries?
lumpygus	thought I was going to get stuck wearing those ugly fishnet
lumpygus	in the hospital again like when I had my myomectomy
TF73	i remember those
cmtsp	deenamoeba~some yes, some no
TF73	lol
April Dawn	deenamoeba - hopefully not. The ovaries may be sleepy but in
tauruslady	lumpygus - don't forget to bring your tummy pillow for the ride
kittbitt	This has been great! Can't wait for the surgery and to be rid of
	plan on wearing the same clothes there and home, taking pads,
	underwear, mp3 player, toothbrush, shampoo, brush/comb,
	Good luck to the lady having surgery in 11 more hours, I will say
boomerangue	oh, yes, my pillow
caris	lol... not so long ago I had to wear them!
boomerangue	ill have a body pillow and a tummy pillow
sunshine75	I'll have to make a new pillow, mine is long gone
boomerangue	thats boomerang...having surgery tomorrow
lumpygus	Laptop!
TF73	boom---- LOOOOOOOOOOOVED my body pillow during
caris	Good luck Boomerrang!!
LookingforaSis	thanks SO much....that would be me having surgery in 11 hrs
Kokamo	Welcome Simple!
boomerangue	deenamoeba - they can if the ovaries go to sleep for awhile or
LookingforaSis	:) sorry I
tauruslady	Good Luck Boomeraran
simple4soul	Good luck, hope you recover well
catjackson	looks like i have several months to get my butt in shape before
sunshine75	my renewal...hoping my PCOS will go away and I can lose weight
	what is the pros vs. cons about keeping ovaries, I'm only 45
	im thinking about taking my laptop, but im not sure Ill be awake
	Boomerange-please keep us posted on your recovery!!!
	sending prayers your way boomerangue!
	Does endo go away with a hysterectomy?
	I will do that. Will see y'all on the post op side
	boomerang...we will be with you tomorrow...
	got here late...trying to close off the work stuff so no one calls me
	TF73, PCOS is an endocrine disorder. having your ovaries out
	Endo can apparently come back after a hysto....
	&lt;----- Sending hugs to boomerangue!!!!!!1
	boomerangue try to relax and get some sleep
	Boomerang-what state do you live in?
	hope all of you do well also, I may not be around to wish the best
	colorado

August123 what should my DH expect - will I sleep or be in/out of it the  
 TF73 yeah i have issues with thyroid too..so boooooo  
 boomerangue that helps SO much to know that!!  
 LookingforaSis Kokamo-- True...  
 lumpygus I must have missed thyroid discussion  
 caris Wow, I live in Michigan. Good luck from a far!!!!  
 April Dawn August123, you'll probably be in and out of it the first day  
 Kokamo Did yours com back looking for a sis?  
 Lumpygus, the ovaries continue to produce low levels of  
 hormones throughout life. Generally, if they're healthy, it's best to  
 I had a thyroidectomy in 2005, nodules, hency my nickname  
 LookingforaSis Kokamo-- I am less than a year post op, so far, so good...  
 tauruslady August123 - I was not but I had the daVinci, I was wide awake a  
 sunshine75 caris... I am in Michigan too  
 TF73 take care and God bless you all...  
 boomerangue Im not sure if Im going to get any sleep tonight. I have to get up at  
 simple4soul same to you TF73!  
 caris sunshine75, what part of Michigan?  
 lumpygus thanks fritzi, I think I'm keeping them  
 simple4soul you are in my prayers Boomer :)  
 fritzi64 Boomerangue, I didn't sleep much the night before my surgery.  
 Dana2009 Hi from Texas!  
 catjackson mine is scheduled for noon on 22nd yuck!!!  
 fritzi64 But I slept a lot the next day!  
 sunshine75 I live in Grand Blanc, surgery is in Howell  
 tauruslady boomerangue - I would try to sleep, well rested as possible if  
 lumpygus at least your surgery will be nice and early, good luck with  
 sunshine75 how about u?  
 deenamoeba Boomerangue....I will be thinking about you and keep you in my  
 1curious1 boomerangue- just try to relax the best way you can. Sleep would  
 Bales good luck boouerangue  
 boomerangue Thanks so much everyone, for the kind thoughts and prayers. It  
 WILL help me in the morning when IM REALLY nervous. Ill be  
 Sunshine75, I live in Constantine, just North of Elkhart Indiana,  
 caris that is where I am having my surgery. Is Grand Blanc near  
 Kokamo Sure you will.....you'll be playing with your pump!! lol  
 boomerangue lol  
 LookingforaSis LOL  
 simple4soul lol  
 fritzi64 I didn't have a pump :(  
 boomerangue very true  
 sunshine75 Near Flint  
 cmtsp We look forward to hearing from you boomerangue!  
 caris We will all be thinking of you boomerangue!!!!  
 tauruslady fritzi - I didn't either  
 deenamoeba whats a pump for?  
 fritzi64 But I had a terrific heating pad in the hospital

tauruslady	deenamoeba - it's for pain control
boomerangue	and I look forward to letting you all know how it went
Kokamo	...morphine or your choice of drug....
lumpygus	I'm not looking forward to those darn compression hose
lumpygus	do they still use them?
caris	Oh, Flint. We are about 3 1/2 hours from there.
boomerangue	yep
tauruslady	they put my pain meds directly into my IV
LookingforaSis	Lumpy, they are annoying!
cmtsp	lumpygus~yes
lumpygus	crud
deenamoeba	anyone used the cooling pillow advertised on this site?
sunshine75	so you are way at the bottom of the state? I DH is in WI
lumpygus	they were so hot and itchy
Bales	Thanks all... i'm so glad i found this site.... i still have until 9/1 for
cmtsp	deenamoeba~I hear they rock!
tauruslady	Deena - yes was a life saver when I went into my surgical
caris	What is DH?
tauruslady	Dear Hubby
1curious1	does anyone have any advice on any other questions I should
	Thanks again you guys for all the kind thoughts and prayers. I
boomerangue	cant tell you how much better I feel than I did an hour ago!!! And I
tauruslady	Any questions on catheters?
lumpygus	you're welcome boomerange
sunshine75	husband
caris	O, why is he in wisconsin?
Dana2009	The Hystersisters are awesome! So glad I found ya'!!!!
Kokamo	Yes, catheters.....I have never had one.....
1curious1	I know the general ones from the book offered her and the site.
sunshine75	He is in the Army
deenamoeba	boomerangue...what state do you live in? I'm in California.
caris	Sunshine75- when is your surgery?
boomerangue	my catheter, in the past, has been inserted in the or, sometimes
sunshine75	7/27 and yours? very nervous!
1curious1	deenamoeba, where in Cali
tauruslady	Kokamo - its inserted when you are out and it was removed the
LookingforaSis	My cath was out before I woke up.
boomerangue	but its a blessing post op cause you dont have to get out of bed
tauruslady	Or at least that's how mine was.
deenamoeba	Apple Valley, CA
lumpygus	if you have laprascopic surgery, do they still use the catheter?
Kokamo	That's good news....whew!! lol
kittbitt	how much burning in that area once the catheter was removed
tauruslady	Lumpygus - they did with me
caris	Mine is 7/29!
boomerangue	im in colorado
caris	Is your husband going to be home for yours?

lumpygus  
 1curious1  
 LookingforaSis  
 boomerangue  
 tauruslady  
 Dana2009  
 deenamoeba  
 simple4soul  
 LookingforaSis  
 sunshine75  
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 lumpygus  
 simple4soul  
 mjd2491  
 boomerangue  
 lumpygus  
 caris  
 boomerangue

not looking forward to the catheter either  
 deenamoeba, i'm still kinda new out here where is that to San  
 I had issues going pee after the cath..... seems like it took  
 itll be hard to pee the first cpl of times  
 kittbitt - I didn't have burping when it was removed, but mine  
 Good night all! Gotta go walk a mile with the lady on tv!  
 I've had 5 back surgeries...had catheters for all...never had a  
 same here..i'm glad i will be asleep when they insert it...yuck  
 Bye Deena!  
 no, he will be home the friday after till monday  
 one thing that helps ALOT that ive never seen mentioned, turn  
 By Dana  
 it helps ALOT  
 Goodnight Dana  
 nite nite Dana  
 San Diego is about 2 hours south. I am in the high desert up the  
 Good night Dana....  
 By sis  
 I recall having bm problems, have to remember to buy some  
 Friend of mine says do your multiplication tables it takes your  
 lumpygus - I had bm issues as well  
 I didn't go until day 8  
 ack  
 they wouldn't let me go home after surgery until I had a bm  
 another thing that works well after suregery is Miralaz  
 lumpygus - I'd have stayed there 8 days  
 oh ok.  
 Miralax  
 For me it was just water, walking, water....  
 has any of the post op tried Aloe vera juice for the smoothing of  
 lol mjd  
 Are you still there sunshine75?  
 Laxatives just make me sick  
 simple4soul - no... have you used them?  
 simple-- i didnt but, i have heard about aloe working wonders!  
 I take that once and awhile now and wondering if i can take it  
 We should share email address and keep in touch with our  
 I have always wanted to go to Colorado...I hear its beautiful.  
 simple - ask the doc  
 (((caris))) there will be a chat thread for you in the post-op forum  
 I think I read somewhere on here not to use a laxative  
 good idea MJD  
 You can go there and update everyone. It's really fun  
 its very beautiful. I live in the mtns and it VERY pretty here  
 Pericolace is a mild laxative with a stool softener and it seems to  
 Thank you MJ, what is a chat thread? and where do I find that  
 there IS a place to go after surgery to post??? how do I get there/

mjd2491 caris -- look at the top of page 1 of the post-op forum  
 sunshine75 caris how old are you? just wondering.... I am 33  
 tauruslady lumpy - many doctors prescribe colace or you can use some of  
 mjd2491 They are called Recovery Progress threads  
 mjd2491 They have one for every week  
 caris I am 39  
 mjd2491 It's a great way to stay connected during recovery  
 mjd2491 :)  
 LookingforaSis &lt;--- fyi, 31...  
 boomerangue ok, I will hopefully be posting sat or sunday  
 lumpygus what's the significance on this website about hyster birthdays?  
 I lived in the mountains here in Southern Cal, but had to move. I  
 miss them. Enjoy your beautiful state. Hang in there....Jesus  
 deenamoeba would you like to share emails?  
 caris The Recovery Progress Report threads are a great place for  
 updating your surgery week Sisters but any questions that you  
 April Dawn boomerangue - go to the post-op forum... from the main forum  
 mjd2491 sure!  
 sunshine75 Lots of great stuff to find there.  
 mjd2491 :)  
 mjd2491 Do I post it on this?  
 caris Articles, threads, everything  
 mjd2491 I am enjoying it. I just dont like being so isolated after surgery...no  
 boomerangue I wouldlove to  
 boomerangue caris, how old are you? when is your surgery?  
 1curious1 This is teh chat room it is only open for certain activities. you  
 want to explore the forums at the top of the page like Pre-Op,  
 tauruslady <>  
 caris boomerangue -- you'll have US!!!!  
 mjd2491 ok, hopefully I will remember where to go  
 boomerangue LookingforaSis .... wow you are young too!  
 sunshine75 got a question how long does one feel to rest when we get home  
 simple4soul I am 39 and my surgery is 7/29  
 caris :) thanks so much!!  
 boomerangue :)  
 LookingforaSis (((sisters))) I would caution you against sharing e-mail addresses  
 mjd2491 caris my surgery is on the 29th too  
 lumpygus <>  
 boomerangue at my pre-op the nurse stressed not sitting around as it can cause  
 simple4soul you may share addresses via private message if you wish.  
 mjd2491 oops  
 boomerangue Simple - as much as you body tells you to.  
 tauruslady We're all friends here, but it's just a good caution  
 mjd2491 How long will I expect to be in the hospital?  
 deenamoeba boomer -- it's OK no harm done at all :)  
 mjd2491 Deenamoeba - what type of surgery  
 tauruslady LookingforaSis are you getting nervous too?  
 sunshine75

mjd2491	deenamoeba - do you know what type of surgery?
1curious1	<>
LookingforaSis	Deena-- I had an lavh/bso and was out in less than 24 hours
simple4soul	thanks...i feel so darn tired now and hope i have a bit more
mjd2491	It's generally 2-4 days
deenamoeba	don't worry about your email.....we're all good here. Like our own
boomerangue	well everyone. My clock is ticking....im going to resume my pre op
LookingforaSis	Sushine--- I had my lavh/bso last year... I was VERY scard and
sunshine75	caris i am writing it down and will send you a message with mine
deenamoeba	Not exactly sure.
boomerangue	good luck to all, Ill be there for you when you are preparing too :)
	Simple - make sure that you are up and around for a bit every
	hour or every couple of hours. The walking helped my bowels
tauruslady	Hey... if you all want to stay connected.....
mjd2491	i'm between terrified and giddy like a drunk... lol
simple4soul	my TAH is on the 24th
simple4soul	Do you all know how to use the private message feature at
mjd2491	It's a great way to connect with others.
mjd2491	no mjd
lumpygus	i dont
boomerangue	good luck boomerangue! goodnight!
caris	Well... you go to your private message inbox and start a new
mjd2491	LookingforaSis .... i thought that I was too young
sunshine75	No I don't know how to use the private message inbox
caris	thanks SO MUCH....you'll all be there in the pre op area with me
boomerangue	Take care all, talk to you very soon
boomerangue	Or you can click on a member's user name in a thread and pick
mjd2491	bye boom, peace to you
lumpygus	And it will do it for you
mjd2491	good luck my prayers are with you
1curious1	This is a great website...I was beginning to think I was all alone in
deenamoeba	Sunshine-- It's scary..... That's actually how I found
LookingforaSis	Take care boom. God bless.
deenamoeba	You can also click on \calendar\" on the main page and find out
mjd2491	You can check out the User CP item on the toolbar that gets you
tauruslady	; ) thanks Taur...not interested in feeling blocked up in any way
simple4soul	Thank you for all your insite! I am so glad that I found
caris	LookingforaSis ..... me too!
sunshine75	:)
mjd2491	caris we're glad you found us, too.
mjd2491	Sunshine----- I can relate, I was terrified!
LookingforaSis	thank you for your input MJ and Taurus, really appreciate it
lumpygus	simple - no doubt not a pleasant feeling lol
tauruslady	Thank you all and good night! I will be in touch soon.
caris	Anytime you have questions, you can send messages to any of
mjd2491	G'nite caris!
LookingforaSis	caris - good night
tauruslady	

simple4soul	nite Caris
lumpygus	goodnight all
cmtsp	Goodnight caris
mjd2491	Or you can go to the Tech Help forum and post a question there.
deenamoeba	night caris...take care
tauruslady	good night lumpygus
simple4soul	nite lumpy
1curious1	There has been so much great information. All of you ladies have
mjd2491	Wow! This chat has gone by in a flash
caris	Thank you
cmtsp	Goodnight lumpygus
deenamoeba	night lumpy
mjd2491	It feels like we just started!
1curious1	night lumpy
tauruslady	Hugs and prayers to all of you for successful surgeries and
Kokamo	Good night everyone!! This has been a great experience!!
mjd2491	night kokamo
mjd2491	Glad you liked it
mjd2491	:)
cmtsp	Goodnight Kokamo
deenamoeba	Prayers to all. Take care ladies....we will get through this. Good
fritzi64	Thanks for coming, everyone!
mjd2491	night deena
tauruslady	Night kokamo
LookingforaSis	Nite Kokamo!
tauruslady	night deena
April Dawn	We're glad you could come :)
mjd2491	Ladies, it has been a great pleasure chatting with y'all tonight
mjd2491	I hope you got lots of information.
mjd2491	And along the way, I hope you've gotten to know some of us
1curious1	yes thank you
mjd2491	We really are just like you -- we've been where you are!
simple4soul	got here late but still feel good I got a last chance for a preop
tauruslady	You are welcome
mjd2491	simple - aw, thanks
mjd2491	We are having these chats regularly, so feel free to stop back in if
simple4soul	my trip is next week Friday so this is my last one...but Ive
mjd2491	Anyone have any last questions?
mjd2491	We're all ears
mjd2491	:)
fritzi64	We'll be closing the chatroom in just a moment.
1curious1	ok, good night ladies and good luck to eveyone.
mjd2491	:)
cmtsp	Goodnight curious
mjd2491	night curious
simple4soul	Wish everyone a great weekend and positive thoughts...see you
simple4soul	nite nite

fritzi64  
tauruslady  
cmtsp  
simple4soul  
fritzi64  
fritzi64

Goodnight simple4soul  
Night curious and simple  
Goodnight simple  
:)  
boomerangue, 2much2do, kdkelly, sunshine75, tchilder--any  
Okay, everyone. I'm shutting down the room.

























