

Pre-op Chat

August 13, 2009

fritzi64	Welcome to our live pre-op chat!
MGNJ	hello all
calidesertrat	yeah..lol...hello tks
fritzi64	We're so excited to be able to do this chat tonight.
fritzi64	I am almost eight months post-op myself, and it wasn't that long ago that I was trying to prepare for my own surgery and feeling very anxious about what to expect.
fritzi64	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 now and then.
fritzi64	Here'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.
fritzi64	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 questions about her comments as we go along...
fritzi64	...and you'll have a chance to ask questions of your own as well.
fritzi64	After her "presentation," we'll ask for questions about different phases of the hysterectomy experience:
fritzi64	. . . preparing for surgery, . . .
fritzi64	...the surgery and hospital experience...
fritzi64	...recovering at home...
fritzi64	...hormones...
fritzi64	...returning to work and a regular routine
fritzi64	...and returning to intimacy
limolady	is it ok I had mine already that im here
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	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 your pre-op HysterSisters in a much more interactive way.
fritzi64	I'd like to turn it over now to Crossfire, who will introduce herself and get us going. Crossfire, it'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. I'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 I'm enjoying life as a retired Army wife for now.

Crossfire	When I was in my 20's, 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.
Crossfire	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	**
fritzi64	If you know what type of surgery you're having, let us know and I'll let those messages through!
Rammchick	TAH
aloha21	I'm having a LAVH on 8/27
heidisfabrics	Planning a vaginal one at this point
peppermintpeggy	i'm having a TAH
Crossfire	Is anyone having a RALH (robotic hysterectomy)?
osity	I am 44 had last baby at 42 now done, tried mirena, it fell out. 2 c-sections, 2 miscarriages, tubes tied, adhesions from tummy tuck, 2 ovarian cysts removed in october, now only option seems to be hysterectomy, robotic sept 14 TAH
illinifan07	da vinci
justkimm	Lsh on 09/17

vagabond2	yes.....
klr1961	Vaginal, if they can, but my uterus is big so they might do abdominal. I never asked and he never talked about if he was taking my cervix!
desertlady	I know that mine will be abdominal, including the ovaries, also bladder lifting, but I don't know about the cervix
calidesertrat	TAH 8/19
MGNJ	TAH
Flowers99	TVH
fritzi64	We have several hostesses here tonight, and maybe we can say what kind we had to in case you have questions for us
fritzi64	Mine was TVH
Crossfire	TVH, here
LookingforaSis	LAVH/BSO
Crossfire	**
tauruslady	davinci - RALH
fritzi64	LookingforaSis, what surgery type did you have?
limolady	not a hostesses but had TAH
LookingforaSis	LAVH/BSO
klr1961	Is there a non-total vaginal where they leave the cervix, or does cervix always go with the vaginal?
ShannieW	TVH 8/14
desertlady	what do the ** mean?
fritzi64	desertlady, the ** is a secret code we use to let each other know when it's time to move on to the next part of the program :)
Crossfire	The cervix is basically destroyed during a TVH, so keeping isn't an option
PrincessMH	Not a hostess, but had TLH/BSO last Friday
Crossfire	You can keep your cervix with a LSH or SAH
peppermintpeggy	are we supposed to be asking questions now or later?
Crossfire	(((peppermint))) do you have any questions about the type of surgery you're having?
fritzi64	If you have questions now, you can send them through, but we'll get moving pretty quickly here so you can feel free to save them for when we get to the different phases of the hysterectomy experience
Rammchick	I discussed this with my surgeon and he felt that there was not a lot of benefit to keeping the cervix
heidisfabrics	hoping the vaginal as I've had 4 csections and don't want another abdominal surgery
desertlady	how much of a difference is there if they take the cervix or not?
Crossfire	(((Rammchick))) I haven't missed my cervix and I've had no issues since it was removed
maize1964	Same here, not keeping the cervix. Do not want chance of mini periods and cramping
Crossfire	I can't tell a difference
Crossfire	neither can my husband ;)
fritzi64	Okay, we're going to move on to ovaries next. While Crossfire is talking about ovary options, go ahead and send some questions through about that if you have any
limolady	lol

calidesertrat	yeah i'm having the BSO part too
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.
Crossfire	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!
klr1961	My doctor said we were leaving the ovaries, "unless they slip out with the uterus, ha, ha." Was he joking or can this happen?
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).
vagabond2	BSO?
Crossfire	He was probably joking (((klr)))
Crossfire	My doctor and I had an agreement that I would keep them if they were healthy
Crossfire	Are you having both ovaries removed (((vagabond)))?
vagabond2	so when everything is removed its BSO, total?
heidisfabrics	What is the chances of going back in later if you leave the ovaries in??
maize1964	I have several ovarian cysts, and I know they come and go with ovulation, but can they cause problems when they stick around like that?
ShannieW	I am keeping my ovaries
sosity	iShould keep ovaries if already had 2 cysts removed??
Crossfire	BSO is the removal of both ovaries and tubes
aloha21	Can you still have ovulation type pain if you keep the ovaries?
Crossfire	(((sosity))) I believe in keeping healthy organs if you can
vagabond2	everything.....yes
klr1961	If they are doing a vaginal hysterctomy, how do they see if the ovaries are healthy?
calidesertrat	im having both ovaries removed which leads me to a whole other set of fears
LookingforaSis	aloha-- yes.
limolady	My dr said the same and due to my age 46 will still beable to use them for breast heart and other health issues said if i was 60 or so would take them because at that age they really dont work anymore
Crossfire	(((aloha))) If you keep your ovaries and they continue to function, yes you might continue to have ovulation pain
ShannieW	What is the likelihood that the ovaries will stop working altogether?
missivanhorn	I'm scheduled to keep one ovary if possible. Still concerned about hormones.
fritzi64	We'll talk about hormones a bit later.
Crossfire	(((klr))) I wonder how my doctor would see my ovaries when I had my TVH and he assured me he would have a good view

fritzi64	Some of you have asked some questions about the cervix and a few other things.
Crossfire	Sometime the ovaries do 'go to sleep' or stop functioning after a hysterectomy but not always
fritzi64	We'll bring those through later, but let's go ahead and move on to the next part of our program--preparing for your surgery.
Crossfire	My never missed a beat and continue to work today
fritzi64	What questions do you have for Crossfire and the other hostesses (and each other) about what you need to do to prepare?
TinkerBell1972	Is it true that if you keep your ovaries, your ovaries can go into shock after surgery?
fritzi64	My ovaries went into shock after my ablation two years ago.
Crossfire	((TinkerBell))) they can go into shock but may not
fritzi64	They surged after my hysterectomy for a bit and then slowed down. They're slowly getting back to normal, but I'm on estrogen to help me.
Rockstar44	[b]should i have a second opinion before i go ahead with the surgery?
Crossfire	If you find yourself with menopausal symptoms and are able to take HRT, many women take it temporarily until their ovaries kick back in
tauruslady	Rockstar44 - It is always good to get a 2nd opinion
desertlady	will I be able to go to work the day before?
MGNJ	Should we do specific exercises before surgery?
Crossfire	((Rockstar))) If you not sure about your surgery, get another opinion
LookingforaSis	desert, depends on your bowel cleansing instructions.
peppermintpeggy	my surgery is tomorrow morning, what should i bring to the hospital?
calidesertrat	aren't enemas usually recommended pre-op? i feel like I should clean myself out before going to the hospital, but my dr doesn't think it necessary...should I?
Crossfire	2nd, 3rd opinions are always a good idea
tauruslady	Rockstar - different doctors are versed in different procedures so might take a different approach
LookingforaSis	calide, i didnt have one.
fritzi64	calidesertrat, only do one if your doctor says so
tauruslady	calidesertrat - follow the directions that your doctor gives you.
aloha21	Bowel prep? Do you have to do it? Pros vs cons?
klr1961	Do they totally shave you before surgery?
Crossfire	((desertlady)) Some women choose to work the day before to keep them busy (unless they have to do a bowel prep
LookingforaSis	peppermint, i brought a comfy pair of clothes and flip flops.
fritzi64	peppermintpeggy, the only things I used at the hospital were lip balm and mp3 player
tauruslady	MGNJ - Some like to do core abdominal exercises to get the muscles stronger.
tauruslady	MGNJ - same with the pelvic floor muscles - doing kegels and the like
fritzi64	I packed puzzles and books and knitting and cellphone and didn't even touch them
Crossfire	((MGNJ))) I wasn't told to do anything different in the way of

	exercise prior to surgery
peppermintpeggy	i had to do a bowel prep last night and stop eating after 7pm last night but my surgery isn't until tomorrow, long time to go without eating!
TinkerBell1972	I was on a liquid diet day before my surgery
desertlady	what about undies?
tauruslady	klr191 - I was not shaved at all, some ladies are shaved some, depends on the incision location
tauruslady	desertlady - I had the daVinci so had small incisions. At first didn't wear any
fritzi64	I was clipped in the pubic area and also had my butt and backs of thighs shaved
desertlady	peppermint, are you on water only?
Rammchick	I will only be there 2 days so I don't expect I'll be bringing much
peppermintpeggy	do i have to wear a hospital gown the whole time or can i bring a nightgown?
Crossfire	(((desertlady))) cotton undies that don't bother any incisions is a good idea and many buy a size up for any swelling
maize1964	I think bowel prep is good. Doctor said it would make it so the bowels were easy to keep out of the way and then would make it easier on me while bowels get going again. I get the enema, woo hoo!
sosity	my doc didnt say anything about bowel prep
Rammchick	Calidesertrat, my doctor told me I didn't need one either
vagabond2	I'm having a colonoscopy the day before....so bowel prep 3 days before...
tauruslady	desertlady - I had some nerve pain so stayed without them, than went to bikini style that fell below the incisions
Crossfire	I didn't have to do a bowel prep
fritzi64	Wow, vagabond, you're having a lot done!
peppermintpeggy	liquids only and jello
Crossfire	Be sure to do exactly what is instructed of you regarding a bowel prep
sosity	is gas x a good idea
vagabond2	tomorrow I have CT scans
tauruslady	I did have to do prep to give the surgeon more room to work
LookingforaSis	sosity, i was able to use it post op.
limolady	My hospital gave me undies so i didnt have to worry but brought my own also
Crossfire	If you're required to do one, do it and if not, don't :)
missivanhorn	I'm having a vaginal. Will there be much bleeding?
calidesertrat	thanks for the input...one less thing to stress over :(
Crossfire	(((missivanhorn))) I didn't bleed at all after my TVH
Crossfire	Some women do and some don't
klr1961	When do they instruct you? I don't see my doc again until the surgery. Is that what the call with hospital admissions one week prior will tell me?
tauruslady	vagabond2 - I had a colonoscopy a few days earlier so had 2 preps in 5 days.
desertlady	I'm having abdominal, how long should my stay be?

Crossfire	((klr))) You will probably find out during that call :)
heidisfabrics	I have 4 children ages 9 down to 2 what are suggestions for an easier recovery?
sosity	2 year old at home, can i pick him up?
Crossfire	If not, just ask
tauruslady	heidi & sosity - nothing over 10lbs
Crossfire	You will probably have lifting restrictions afterwards
fritzi64	heidisfabrics and sosity, we have an article (in the post-op resources page) about recovering with small children
tauruslady	Will have to tell the children they can sit next to you but no lifting
Crossfire	I wasn't allowed anything over 5 pounds
fritzi64	It gives tips for taking care of kids without lifting
peppermintpeggy	can i ask if anyone here is having/had cancer as the reason for their surgery?
tauruslady	I did
LookingforaSis	keep a pillow near your belly when the kiddos are around.
tauruslady	also don't forget a tummy pillow for the ride home to keep it between you and the car seat (for bumps)
fritzi64	Thanks for asking that, peggy. What are the reasons you're all having your surgeries? (Don't feel you have to share if you don't want.)
limolady	cervical cancer here
maize1964	Pillows are good for pets being around too!
LookingforaSis	or animals :) it hurts when a 13 lb yorkie jumps on you.
vagabond2	mine is cancer related
calidesertrat	mine may be cancer
TinkerBell1972	I had cancer
Rammchick	fibroids the size of grapefruits
peppermintpeggy	i have uterine cancer
klr1961	Prolapsed uterus, bad, bad periods.
sosity	history of adenocarcinoma grandmother
sosity	adenomyosis, ovarian cysts
limolady	i did
echoamy	fibroids and ovarian cyst
PrincessMH	mine was endometriosis and fibroids
aloha21	Heavy bleeding, anemic, lots of unmanageable pain.
maize1964	Fibroids, heavy bleeding, clots and PAIN
Rockstar44	simple hyperplasia and possible adenomyosis
MGNJ	fibroids
heidisfabrics	adenomiosis here
missivanhorn	endomitriosis here.
aloha21	clots size of baseballs
illinifan07	pain on left side not going away, already removed a mass and fallopian tube
peppermintpeggy	those with cancer or precancer, had it spread?
justkimm	same as aloha and maize...
sosity	adeno friend, find me later
tauruslady	Mine had not actually I had a D&C that found the cancer and all of

	it was taken out at the D&C
tauruslady	but they didn't know that until after the hyster
fritzi64	By the way, we'll be posting a transcript of tonight's chat by tomorrow, so if you want to look back and see who had what, you'll be able to do that
tauruslady	they did find complex hyperplasia w/ atypia (pre-cancer)
peppermintpeggy	that's what i'm hoping to find out, thank you for sharing
vagabond2	my scans, colonoscopy are to find out if its spread
limolady	I am very lucky it did not spread
TinkerBell1972	i had cervical cancer just on my cervix area
maize1964	I have an aunt that died of ovarian cancer. Would that make my several cysts more worrisome or not necessarily?
tauruslady	peppermintpeggy - did they tell you if they are doing lymph node dissection and pelvic washes?
Crossfire	**
fritzi64	I know we have some more questions queued up, but I'd like to make sure we at least touch on all the big areas women need to know as they prepare for surgery
fritzi64	So, do you have any more questions about the actual surgery or the hospital experience?
calidesertrat	i was diagnosed with malignant melanoma 20 yrs ago. have always had the "a" cells, because the cysts are septated, doc believes theres a a good chance..but im staying hopeful
peppermintpeggy	after the surgery, how long did it take to find out if it had spread?
aloha21	How do you explain what you are going through to small children? 6 and under?
calidesertrat	i have a 3 year old and my doc said "no way" saddens me a little, but there are other ways to stay close with him
aloha21	Anesthesia options?
Rammchick	Is 2 days really adequate a hospital stay?
Crossfire	((aloha))) I would think very simple terms
LookingforaSis	aloha, i didn't do much explaining to my 4 yr old. Just told him my tummy was going to be very sore.
limolady	I think sometimes the stay depends on what kind
tauruslady	Peggy - my surgery was the Monday before Thanksgiving so he called me with pre-pathology report in 2 days so I wouldn't worry over the holidays.
aloha21	I wish I got 2 days. I get 23 hours. Anyway to extend hospital time?
tauruslady	Otherwise final report was about 2 weeks.
PrincessMH	Rammchick, I went home same day...TLH/BSO
maize1964	Can I suggest asking for anti-nausea medication and pain medication in your IV BEFORE surgery? This makes it so you don't wake up nauseous and in pain, where you then have to catch up on it later. I did this my last surgery and it helped TREMENDOUSLY!
calidesertrat	pain medication? do they usually administer it or do you have the option of self administering small doses so you feel like you are in control
desertlady	I'm having abdominal, how long will I expect to stay?

heidisfabrics	how long is hospital stay for a vaginal hysterectomy?
Crossfire	(((Ramm))) I only stayed overnight
Crossfire	It was enough time for me :)
fritzi64	My surgery was a TVH, and I was in the hospital for 22 hours beginning when I got to my room after recovery
Rammchick	Just seems ridiculous considering that this is major surgery
tauruslady	aloha21 - I wasn't give a choice on anesthesia.
heidisfabrics	and if it turns to abdominal then how long? My last 3 c-sections I only stayed 2 days
Crossfire	If you need addition time in the hospital the doctor can arrange it with insurance
tauruslady	For the daVinci I was i overnight
sosity	my 11 year old wants to know what's going on and she is ready to start menstrating anytime now.... very sad to tell her
peppermintpeggy	will i be "out of it" the entire first day?
maize1964	I am having TLH and will be in 24 to 48 hours depending on how I feel.
TinkerBell1972	My hospital stay after my TAH was 2 days
tauruslady	Peggy - my surgery was at 6:30 am, in my room around 3:30pm and was very alert
Crossfire	(((peppermint))) Some women are, I wasn't
limolady	desert I went in on monday and out on thursday and had TAH
Crossfire	I was tired, but completely alert
peppermintpeggy	that's tough, sosity
vagabond2	anyone else not sharing cancer diagnosis with family?
klr1961	Oh, vagabond. I hope you are able to share with someone.
tauruslady	I didn't share that a vaginal ultrasound found a mass but once the D&C said cancer & I needed a hyster I asked for tons of prayers from everybody.
fritzi64	What you share with people is a totally personal decision. Especially with cancer, you need to come to terms with it in your own time and way.
TinkerBell1972	I told my family that I had cancer
desertlady	vagabond, I think your family would want to know.
vagabond2	I have a friend....I just can't bring myself to tell my kids nor my husband...
peppermintpeggy	when do we get to the part about how bad the pain is or isn't?
fritzi64	WE can talk about pain now.
Crossfire	(((peppermint))) I was surprised about my pain
fritzi64	The pain wasn't as bad as I had thought it would be--but my nurses and then my husband were really great about giving me my medicine on schedule so I could stay ahead of it
Crossfire	It was like cramps
Crossfire	It varies a lot among us
LookingforaSis	my pain was bad :(but, they got it under control pretty quickly.
peppermintpeggy	that's so great to hear, i'm so scared

heidisfabrics	Will the pain be a lot worse than c-section pain?
TinkerBell1972	The pain I had was like the pain I had with my c-section with my son
PrincessMH	definitely stay ahead of the pain...don't try to tough it out.
missivanhorn	Have a low threshold for pain and high tolerance for pain meds.
LookingforaSis	missi, same here!
tauruslady	the worst pain I had in the hospital was that my catheter airlocked (yowwsir)
peppermintpeggy	they are giving me an epidural first, is that common?
Crossfire	lol
sosity	heating pad after??
vagabond2	does tylenol cover any of it
maize1964	That goes back to asking for pain meds to be administered before you wake up from surgery. You don't have to wake up sick and in pain, they can help with that.
calidesertrat	so did anyone administer their own medication...like with a pump...vulnerability is one thing, having no control makes me a little nutty
sosity	motrin
PrincessMH	Peppermint, LOL....it's manageable!!
missivanhorn	I'm terrified of being in pain!
tauruslady	I needed my heavier pain meds for a couple of days and then went to the lighter stuff like tylenol
LookingforaSis	I had a pump and also had to get an additional injection.
klr1961	Can you shower with the incision?
tauruslady	Missivanhorn - in the hospital they administered meds so I didn't have pain but it is a personal thing
fritzi64	klr, my friend used that new press and seal saran wrap stuff to shower. She said it completely kept her incisions dry
limolady	Yes you can shower just very carefully
sosity	first night get a morphine pump with your IV
PrincessMH	I'm on Motrin 3x a day and have Darvocet for add'l pain...have used it a bit, but not much
heidisfabrics	I woke up in so much pain from my ablation. I want to avoid that this time
peppermintpeggy	i'm having a large umbilical hernia repaired at the same time so i'm going to have a pretty big incision
LookingforaSis	my pain was minimal after i got home.. was off the narcotics in a few days.
missivanhorn	I don't want my Dr. to think I like to get 'high' or anything. I'm a real wimp though.
klr1961	Glad you found us, then, Vagabond.
Crossfire	((missivanhorn))
aloha21	Is it always general anesthesia or do they do epidural/spinals? I can't have epidural/spinal, but I'm afraid of general.
sosity	good dr won't think that
vagabond2	thanks kir...
Crossfire	((aloha)) I was given the option to have epidural or general
Crossfire	I chose general
fritzi64	Anything else about the surgery or hospital?
limolady	they wont think that

TinkerBell1972	I had general anethsia
sosity	general
fritzi64	Okay, then. Let's move on to your questions about recovery at home
Crossfire	It was pretty cool to fall asleep and wake up in what seemed like just a couple of minutes
sosity	any davinci ladies going back to work early?
sosity	can i drive after davinci?
peppermintpeggy	i wish i could just have the epidural
missivanhorn	How long should I expect bed rest after vaginal?
klr1961	How many days away from work with a vaginal? I have a desk job.
vagabond2	I have plans 3 weeks out.....
tauruslady	sosity - I didn't get back to work for 6 weeks after my davinci
Crossfire	Your doctor will tell you when you can begin driving
LookingforaSis	I had an lavh/bso... went back to work at the two week mark. NOT normal for most though.
tauruslady	sosity - the surgical menopause knocked me back and I was a slow healer
fritzi64	I had a hard time sitting for several weeks after my vaginal surgery.
Crossfire	I wasn't on total bedrest
Crossfire	Walking is encouraged
fritzi64	Sitting pressed against my surgical area, so I found that reclining and lying down were most comfortable
tauruslady	driving was about 2 weeks out, once I could feel like I could turn to see and hit the break hard without pain was when the dr released me to drive
tauruslady	I wasn't on bedrest - walked a little bit every hour.
PrincessMH	I'm a week post-op tomorrow and nowhere near ready to return to work/regular routine
Crossfire	Taking those slow short walks will help with gas
sosity	oops, that might be a problem
Crossfire	Walking also made me feel better
vagabond2	taurus.....6 weeks.....could you have done something sitting?
EvaDC2009	what about stairs to my bedroom, or have to set up on first level? doing davinci, too.
aloha21	When can I start pushing a stroller & shopping cart again?
sosity	i was told 3-4 weeks
limolady	becarful and dont do what i did I sat on my lower back because I had my staples in
tauruslady	vagabond - I did sit up in a recling chair and my couch, straight sitting for long periods of time nope.
LookingforaSis	aloha, not for awhile.. You use your core muscles for that...
Crossfire	Most women are allowed to use the stairs afterwards but only a time or two (at the most) a day
fritzi64	aloha21, I couldn't push a shopping cart comfortable for a couple months.
tauruslady	sosity and vagabond - there are some on the site who healed very quickly and well from daVinci and were back to work in 2 weeks, just wasn't me.

heidisfabrics	yeah same as my other surgeries. If I know me I will not stay down long
vagabond2	thank goodness I won't be dependent on my daughter for driving me for long
sosity	ok, hope so
Crossfire	lol (((vagabond)))
tauruslady	the driving was 2 weeks, but not the back to work
fritzi64	I'm seeing a lot of questions about hormones and menopause.
Crossfire	I like to drive myself
fritzi64	I'm going to let a bunch of them through at once, since it seems to be on people's minds tonight. We can come back to these other things if you like in a bit.
sosity	on my feet at my job
peppermintpeggy	how soon did some of you begin to notice the signs of menopause like hot flashes?
sosity	surgical meno is my biggest fear!
sosity	not keeping anything, worried about surgery induced menopause
EvaDC2009	anyone look into bioidenticals with a naturopath or gyn offering alternative medicine for hormone balance?
tauruslady	I did think I would bounce back in a couple weeks and told my boss that (I was thinking 4) but my gyn-onc said lets plan on 6 and he almost went to 8.
illinifan07	are there any physical changes that our body will go through
aloha21	I'm already getting hot flashes and I haven't even had my surgery yet.
LookingforaSis	sosity, i was pretty scared too.
TinkerBell1972	I still have hotflashes and i'm 3 1/2 months post and I still have my ovaries
missivanhorn	How will I know if I need HRT? I should be able to keep one ovary.
vagabond2	me to sosity....
sosity	scared HRT will not work well and i will be in transition for months until they find the right levels
tauruslady	Since I was not menopausal at all this was a concern for me as well.
tauruslady	Surgical menopause starts at different times for different people and for some doesn't show up.
tauruslady	talk to your doctor some go on hormones at the hospital in recovery.
PrincessMH	that's my fear too, sosity
vagabond2	I hate taking meds but guess this means for life?
calidesertrat	im such an easy going person with a great personality, surgical menopause, fear, will change that...am I worrying where i shouldn't be?
desertlady	I'm using natural stuff rather than synthetics just to control night sweats, etc, what about after?
sosity	i thought i kicked in right away?
tauruslady	I couldn't do patch or oral because of cancer.
Crossfire	(((missivanhorn))) the one ovary should do the work of two if it continue to work for you
sosity	already in premenopause, so i guess it wont
LookingforaSis	calide, i had the same fears. I am the same me, only pain free :)
tauruslady	The full blown symptoms hit me 5 days after surgery, you are in

	surgical menopause once ovaries are removed but symptoms might not hit right away
maize1964	My doctor said that if it takes awhile for my ovaries to wake up and it causes problems, she can help me out with that so keep your doctor posted.
fritzi64	Since I kept my ovaries and was only 44, I really didn't expect to have any problems. About 6 weeks after my surgery, I was crying all the time, had no energy, and couldn't concentrate for more than 20 minutes. I went to my doctor in tears to ask for more time off work. She read through the menopause symptoms list and I had most of them. So I went on estrogen, even with my ovaries intact
tauruslady	calidesertrat - you might feel that way getting the anesthesia and such out of your sysysetm but once things settle down you are the same.
sosity	regulated hormones better than out of whack hormones!??
peppermintpeggy	lookingforasis-that's good to hear, i am worried about becoming a different person
calidesertrat	thanks looking...it just takes one comment to put me back in check
PrincessMH	tauruslady, that explains the hot flashes i started having yesterday
TinkerBell1972	I'm on the patch, helps with my hotflashes and moodswings
sosity	on lexapro now , what will happen with HRT??
missivanhorn	I have had issues with mood swings and depression. How will I know if I need HRT?
LookingforaSis	peppermint, i was obsessed with losing my mind or something like that, LOL
fritzi64	Antidepressants can help address some of the symptoms of menopause. In fact, my doctor told me that they are used with women who cannot take HRT due to estrogen-sensitive cancers
calidesertrat	thank you too taurus :)
desertlady	can you plan ahead for HRT, or do you wait for the symptoms?
peppermintpeggy	lol, me too, someone told me about black cohosh, anyone use that?
sosity	Can't feel anyworse than worrying about this surgery for a month before i have it!
LookingforaSis	i used black cohosh for the first 3 months. it was pretty effective for me...
missivanhorn	peppermintpeggy black cohosh? Isn't that a tea?
klr1961	Seriously, if this ends up worse than the PMS I've put my family through, they will ask me to move out. I am hopeful about feeling better everywhere after this. Trying not to freak out about hormones.
desertlady	I use black coshosh along with a few others, I have no night sweats
PrincessMH	my mom is on bioidenticals, so that's what i'm hoping to take too
tauruslady	desertlady some doctors start you on low doses right away
limolady	saturday will be my 2 month aniv and today I just started with the hotflashea
peppermintpeggy	missi-not sure, i think it's a pill or a tea
sosity	they regulate pretty good dr's nowadays right??

LookingforaSis	princess, i am on an FDA approved bioidentical... estrasorb..
Crossfire	Black cohosh is an herbal supplement you can buy in pill form
tauruslady	although I can't take oral estrogen, I do use vaginal estrogen to keep things healthy inn that area.
sosity	will they check my blood estrogen levels before or after surgery to see what to replace with, dose imean?
limolady	does it work princess
PrincessMH	thanks, lookingforasis
illinifan07	what is a bioidentical
heidisfabrics	I already have mood swings and night sweats some what will it be like later even if ovaries stay?
Crossfire	((((sosity))) they probably won't check your levels before surgery
tauruslady	sosity - most doctors go by your symptoms and check the blood levels after surgery along with that.
vagabond2	so taurus does the vaginal estrogen help with moods etc
sosity	will i lose my hair?
PrincessMH	limolady, my mom says yes
Crossfire	My doctor told me we would treat the symptoms and not the numbers
missivanhorn	I'm going for pre-op tomorrow. Should I ask them to take my hormone levels?
sosity	any implants in their arm, dr mentioned this'
LookingforaSis	sosity, i had some hair loss, no balding though :)
tauruslady	vagabond - no it doesn't, it doesn't absorb into the bloodstream like the patches, gels or orals
limolady	thanks
fritzi64	Let's move on to everyone's favorite subject....
fritzi64sex.
tauruslady	missivanhorn - even if you ask they probably won't do it, I asked and asked and they all said we'll do it later if / when you have symptoms.
fritzi64	I'd like to remind you that this is a pg-13 rated website, so please be respectful and mature in tone.
sosity	just want to have sex with my husband without pain
heidisfabrics	me to sosity
PrincessMH	i've never had sex without pain....it will be different not to hurt
fritzi64	I had incredible pain after sex, too, due to my fibroids. It has been so amazing to feel like I have a normal sex life now.
TinkerBell1972	I wanted to have sex when I was 8 weeks post. Didn't have much pain.
aloha21	and without blood everywhere during and afterwards.
missivanhorn	Ok. Will sex feel different to either one of us? I'm concerned what difference the absence of a cervix could have. I too am hoping to be able to have sex with my husband without pain.
sosity	will it be dry down there?
maize1964	No pain or bleeding will be nice!
missivanhorn	PrincessMH - I'm so sorry. It will get better.
calidesertrat	gosh, i can't even imagine "normal" sex
wandalee1	i am thinking of SAH instead of TAH...i heard sex is better if cervix remains and it helps hold the bladder, etc..is this true?
tauruslady	missivanhorn - my husband doesn't notice that I don't have a cervix

klr1961	Very worried about all I've read about dryness.
Rammchick	No partner -- but some of the comments on the forum freaked me out regarding loss of orgasms
tauruslady	I do but I'm getting used to it.
fritzi64	Rammchick, my orgasms have been different, and they continue to change.
LookingforaSis	Ramm, that worried me too! Mine are still normal.
fritzi64	Some women have problems for quite a while after surgeries, and some women have a much better experience afterwards.
Crossfire	Since I kept my ovaries, I haven't had any problems with dryness
tauruslady	sosity - if they are taking your ovaries you may experience dryness, I did that's why I was put on the vaginal estrogen
Crossfire	Some say that keeping the cervix helps with pelvic support
desertlady	what is vaginal estrogen?
missivanhorn	fritzi64 - change for the better!?! Or just different?
Crossfire	I haven't had any problems since my cervix was removed
tauruslady	desertlady - a creme or pill that contains estrogen that you insert or rub into the vaginal tissues.
tauruslady	I use estrace creme
fritzi64	Um, different at first. But even at 8 months post-op, it continues to improve. Just the other day I had the best experience I've had in years. My tissue continues to heal, even now, and it's making a difference. And I don't have my cervix anymore, either.
desertlady	is that only needed if you are sexually active?
missivanhorn	I have always had dryness and haven't had surgery yet!
tauruslady	Ramm - I don't have them as often but I'm still healing, when I have them they can be just as good.
maize1964	Many who do not keep their cervix have had no problems with pelvic support, even many years later. They can stitch the ligaments to help support also.
Rammchick	Crossfire, my doctor didn't seem to think it made much of a difference
maize1964	I think if you have hormone issues that aren't being taken care of that can lead to dryness and lack of libido. Otherwise I was told that the vaginal walls secrete, you don't have to have a cervix.
vagabond2	what no orgasms?
sosity	no orgasm!
aloha21	Yes, I'm worried about loss of orgasms too.
Crossfire	My didn't either Ramm)))
maize1964	I know several women who had uterus and cervix removed, they have had no problems, sex is great, is better if anything!
missivanhorn	You're right aloha. I won't know what to think of myself.!
calidesertrat	thank you everyone for the great information so far; i do need to go though; good luck
limolady	thanks all tc bye:)
tauruslady	desertlady - not necessarily, without estrogen the vaginal tissue can thin so some use it regardless
aloha21	I've heard nothing vaginally until released by dr. But can you still mess around w/o penetration before getting released?
tauruslady	by calidesertrat
fritzi64	aloha, it is important to ask your doctor (even though it's embarrassing).

tauruslady	aloha21 - some doctors don't want the external because muscles can contract and still cause issues, as fritzi said ask your doctor
fritzi64	The mouth and hands both carry germs, and the swelling of the tissues that occur during arousal might cause some difficulty in still-healing tissue
Crossfire	Aloha, we're told nothing in the vagina so as to not develop infections, torn stitches, etc
aloha21	My doctor would just be impressed that I'm willing to have sex if I asked him about it. LOL
maize1964	I'm going to ask mine, heck, we need to know :)
vagabond2	I've decided after this I'm not embarrassed about anything
fritzi64	Okay, we've been in the chatroom for an hour. I'm about to make things really crazy around here.
Crossfire	Many enjoy 'outcourse'
tauruslady	vagabond - totally with you on that
Crossfire	:)
fritzi64	I'm going to remove the moderation in a moment, and I'll let through the questions that have been queued up.
fritzi64	desertlady, could you post your question about your cough again? I can't seem to find it. :(
missivanhorn	Can we discuss the emotions this surgery brings up?
fritzi64	Yes, feel free to talk about the emotions.
Crossfire	I went through the whole range
peppermintpeggy	i've been on an emotional rollercoaster myself
desertlady	I have a chronic cough due to asthma and post-nasal drip.I'm worried about recovery. any suggestions?
Crossfire	missivanhorn, what are you feeling?
Rammchick	I'm sitting here in tears even now
tauruslady	I went through and still do
aloha21	I'm an emotional mess. I cry whenever I see or hold a baby.
aloha21	Does being Anemic cause mood swings or make you more angry?
TinkerBell1972	after the surgery? I felt sad and unhappy
heidisfabrics	wow I don't have a date yet but I'm emotional about it already
sosity	are we done already??
TinkerBell1972	me too aloha21
sosity	i think i will feel empty
klr1961	My doctor said the two things that slow recovery are having sex too soon and driving too soon.
Rammchick	I found it very easy to ask, and it was a doctor I didn't even know
Crossfire	desertlady, a good tummy pillow to use when coughing
tauruslady	desertlady - I would tell your doctor and the anesthesiologist
vagabond2	I've been reminded of painful memories I's suppressed 40 years ago
fritzi64	sosity, I felt empty physically but not emotionally
LookingforaSis	i was a basketcase prior to mine! Not to mention i felt like an internet stalker because i spent soooo much time on hystersisters, LOL
vagabond2	I hear you look4sis
PrincessMH	desertlady, i have chronic sinus/allergies. i woke up coughing and

	pulled the stitch in my belly button. I've been taking my regular meds and haven't had any other problems
sosity	my husband can't understand why i am sad about having surgery
TinkerBell1972	nothing wrong with that Looking
aloha21	Mine either Sosity!
tauruslady	vagabond - that's not unusual, especially if your surgery was unexpected - post traumatic stress
desertlady	I also have an "apron" of a belly and worry that the tummy pillow won't be effective
sosity	it's not "just an organ"
fritzi64	The uterus is such a strong part of our lifelong experiences as women. In addition to being a body part, it's also a symbol of a lot of important things in our lives.
aloha21	I'm looking forward to getting rid of the pain. But worried about all the what ifs
vagabond2	thanks taurusus...pts....never thought of that
fritzi64	But remember, you're a woman in your heart, not in your parts
peppermintpeggy	i don't know if it's appropriate to talk about God here, but if it weren't for my constant prayers and the reassurance God gave me, i wouldn't be able to go through with this
Crossfire	aloha, I can relate to that
sosity	i think i will be depressed after
Rammchick	I'm too old for children, never wanted any, so that isn't my issue - - it's what frizie just said
tauruslady	desertlady - it's how well you hold on to it, give light pressure :)
Crossfire	I was so scared of the unknown
aloha21	Terrified of the unknown.
sosity	me too
peppermintpeggy	me too
desertlady	what about the tummy band advertised here? I'm large
aloha21	I have started writting letters to my girls "just incase"
klr1961	Me too. The unknown is the worst.
Crossfire	I agree (((peppermint)))
sosity	not sad about the pain being gone though
peppermintpeggy	me too desert
heidisfabrics	Peggy I agree with you.
vagabond2	I know I can live without the spare parts....I just don't want my personality to change
sosity	me toooo
peppermintpeggy	i wrote letters to everyone in my life, it helped me so much
Crossfire	desertlady, there is a tummy support band and a swelly belly band
aloha21	I just hope that the moodyness goes away.
missivanhorn	I'm 37 and have not been able to have children because of the physical complications I've experienced which have caused the need for this surgery. I still have a 'gnawing' in the back of my head every day because I feel guilty that I didn't have kids. I know it would never change, and I even decided a few years ago that I no longer wanted to be a mom. Still cry thinking about it.

	And I've never had surgery before, so I'm a little scared.
tauruslady	desertlady - can't tell you, you might be able to talk to someone in the store.
vagabond2	aloha.....I started a cookbook for my kids
Crossfire	They come a huge range of sizes
fritzi64	My personality is the same as it always was--but without the pain I was having, other people think I've improved ;)
aloha21	I love that idea vagabond
LookingforaSis	vaga, i actually wrote a letter to myself so I would "remember" how many things I enjoyed prior to surgery...
klr1961	I've been dropping notes to my friends "just in case". I hemorrhaged in childbirth and am afraid it will happen during this.
peppermintpeggy	so sorry missi
tauruslady	I found that journalling, confiding in a few close friends and my counsellor were all big helps for me.
sosity	i hope i will improve too
Crossfire	The support band does just that, gives the tummy support
PrincessMH	missi, i know exactly how you feel.
fritzi64	If you have any particular fears or concerns as you head into surgery, share them with your nurses and doctors.
aloha21	How do you get your friends to stop saying "everything will be fine" and "why are you crying"
Crossfire	The swelly belly band is a band that can be chilled to help sooth your incision
tauruslady	Also when I did get to the depression part, I had to go for the anti-d's
LookingforaSis	gotta run gals, ttyl.. Stay strong!
desertlady	does the tummy support fit large ladies?
fritzi64	When I went in the morning of my surgery, I told the nurse I was a bit nervous, and she did everything she could to comfort me.
tauruslady	aloha21 - you don't because that may be the only thing they can say.
sosity	scared of HRT not working right away
maize1964	Do we need tummy support for a TLH?
missivanhorn	Our uterises were part of us before we were ever developed. Men had to 'grow' a pair, ya know.
heidisfabrics	I've had 5 surgeries and I still get tense thinking about it
peppermintpeggy	desert when is/was your surgery?
tauruslady	aloha - just tell them that you appreciate their concern.
desertlady	aug 26
TinkerBell1972	I was scared before my surgery
Crossfire	The support band comes in Princess/Extra Princess = 28 - 50 inches wide. Perfect for most sizes! (Choose size below) Queen = 50 - 58 inches wide (choose size below)
vagabond2	how long are you usually in recovery
vagabond2	room that is
fritzi64	There is a thread in the post-op forum now about how friends react after our surgeries.
sosity	my surgery is 9/14

desertlady	is the swelly belly something that happens to everyone, or is it just noticed by women who are thin?
peppermintpeggy	desert-are you concerned about more complications because you are large?
Crossfire	I was in the recovery room longer than expected because the anesthesia made me sick
maize1964	Mine is 9/3
aloha21	Having LAVH on 8/27. Daughters meet the teacher day is 8/31. Should I be able to make it? DH wants me to skip it. I said I would get a wheelchair if need be.
tauruslady	I thik I was i the recovery room for a couple of hours but I'm not sure now
fritzi64	I am very much NOT thin, and I noticed swelly belly.
Crossfire	Swelly belly can happen to anyone no matter what type of hyst they have
Crossfire	I only had it for a couple of weeks as I became more active
tauruslady	that is so true I had some w/ the daVinci
maize1964	Could you arrange for the daughters to meet the teacher before your surgery? Sometimes they can do that for you.
desertlady	peppermint, I am concerned about recovery because I'm out of shape, but not complications.
TinkerBell1972	I still have a swelly belly in the evening time
klr1961	Does swelly belly last? My belly is already swelly!
heidisfabrics	I hope I lose my belly after my surgery. Since my uterus is enlarged I hope it goes down alot
sosity	me too
aloha21	maize - They will not make any arrangements for me.
fritzi64	I'm going to push through some of the questions about the cervix from earlier.
vagabond2	kir.....right there with you
klr1961	Except i've heard that losing the cervix becomes an issue with sex afterwards . . pain, feeling of a "shortened" vagina.
aloha21	What are mini periods?
sosity	adeno makes you swelly
Rammchick	My issue was whether it would make a difference with respect to orgasms
desertlady	is there a benefit to keeping it?
TinkerBell1972	I had my cervix removed since I had early stages of cervical cancer
heidisfabrics	I think I'll have less pain if the cervix is gone
maize1964	I am SO out of shape it isn't funny! I am dieting now and have bought diet frozen meals to make for myself during recovery. I want to come out of this better than I went in on many levels.
tauruslady	aloha21 - if you keep your cervix and ovaries, your cervix might bleed a little
peppermintpeggy	i have done water aerobics or swimming everyday since may when i found out i had to do this, it's made me much stronger physically
Crossfire	Mini periods can occur when you keep your cervix and ovaries
sosity	i just don't want to go back later for cervical cancer or something
tauruslady	some doctors cauterize the cervix to try to eliminate the bleeding
heidisfabrics	Yes sosity that's why I look Pregnant all the time

maize1964	You can also have cramping with the mini periods from keeping your cervix
Crossfire	As the ovaries cycle, uterine tissue from the cervix is shed
desertlady	my surgery is two weeks away, so I'm stuck in this shape for now
maize1964	The cervix is part of your uterus, therefore can continue the same problems your uterus had. It isn't a separate organ.
sosity	i look 8 months pregnant now, after period, i hate it
Crossfire	As for the vagina being shorter after the cervix is removed, think of it this way
vagabond2	It's so good to hear all you ask questions I have
tauruslady	Keeping your cervix will be between you and your doctor, some people do want to keep it, others don't; some say it has an effect on orgasms others don't
EvaDC2009	aug. 26 for me, too, desertlady. i'll be with you in spirit; and we'll be happier and healthier afterward, i am sure!
fritzi64	Yes, vagabond, I was just so relieved to know that I wasn't the only ones with all those quesitons!
Crossfire	Set an apple on top of a glass and look at the bottom of the apple hanging in the glass
peppermintpeggy	desert- do some minor exercises if you can, i am very large, trust me, but i have gotten so much stronger
maize1964	Mine is 3 weeks away but I'm at least going to try to lose some weight.
vagabond2	LOL crossfire.....my imagination is already running rampant
sosity	do you gain weight on HRT?
desertlady	Because of the lack of energy and stamina, I have not exercised in months. I'm in the worst shape of my life. I feel like an old woman. I'm hoping this surgery will enable me to get in shape.
aloha21	I figure I'm stuck in this shape until after the surgery.
tauruslady	Realize that even if your cervix is taken that you will still have PAP smears
TinkerBell1972	i haven't gained weight being on HRT
missivanhorn	How about weight after the surgery?
tauruslady	there might be some endometrial tissue left so doctors still do paps
peppermintpeggy	desert-may i ask how old you are?
vagabond2	do you go to your regular gyn or to the oncologist
maize1964	They say average shortening of the vagina is 1/2". They have a technique now to keep the maximum vaginal length.
Crossfire	((((vagabond))) Sorry lol
desertlady	48
sosity	my dr said adeno only gets worse, so i am not going to wait for the surgery till next year
fritzi64	I've gained about ten pounds since my surgery :(, and I was already extra-beautiful-sized.
heidisfabrics	I'm about 4-5 months pregnant looking and I hate it cuz people ask all the time when I'm due
tauruslady	if you had cancer dx even if no chem or radiation you will have paps every 3 to 4 months for a year or 2; along with regular exams
sosity	i have 3 month size uterus according to CT scan

Crossfire	The vagina is only about 3 to 3 1/2 inches long anyway
fritzi64	But I think that's due to lack of activity. I was not good about walking, since I live in Wisconsin and we had lots of snow on the ground after my surgery
tauruslady	oncologist for follow-up
TinkerBell1972	I lost 20 lbs before surgery and gained 5 lbs after surgery
maize1964	desertlady I so understand where you're coming from!
Rammchick	Sosity, me too
vagabond2	my surgery is Wed and I've already lost my appetite
fritzi64	But I still fit into my clothes (most of them, anyway), and I've been making an effort to be more active now so I anticipate a reversal. The other day, I was asked if I'd lost weight (my favorite question in the world).
aloha21	((Vagabond2))
desertlady	maize, I have a friend who had hers done in october and she says she gained weight. I can't afford to gain weight.
missivanhorn	I hope I lose my appetite too!
sosity	i exercise now, but it doesn't help cause of adhesions i swell more!
vagabond2	aloha don't feel sorry.....maybe I'll lose that 75 lbs I want for a wedding in March LOL
tauruslady	vagabond2 - hugs and I was the exact same way. I lost close to 20lbs but starting to put some of it back on.
desertlady	yay fritzi!
Rammchick	I just want to stop peeing when I sneeze/cough/laugh, etc ;)
aloha21	Me too Rammchick
peppermintpeggy	lol
vagabond2	oh ramm.....man that's wicked
fritzi64	Hey, if you can't say it here, where you can you say it?!
aloha21	I want to be without a pad for the first time in over 3 years.
Rammchick	It's awful -- and I've never had children -- so unfair LOL
heidisfabrics	I'm in Wisconsin to Fritzi
desertlady	aloha, me too
Crossfire	:) Fritzi
sosity	i am scared of them damaging my bladder during surgery
maize1964	Ack! I don't want to gain weight either. I figure I need to walk each day after surgery, so I can start now. I am getting rid of all junk food and only keeping the frozen meals in the house. That will be much better than what I do now which is sit and eat!
klr1961	Gotta go. This was great for me. Thanks to you all. Lots of new people in my prayers tonight! Look forward to talking with you all more.
fritzi64	Where in Wisconsin, heidi? I'm in the Milwaukee area.
peppermintpeggy	me too sosity
fritzi64	Thanks for coming, klr
wandalee1	me too
Crossfire	Goodnight (((klr)))
maize1964	Minnesota.....close
desertlady	has anyone here had the bladder repair or lift with surgery?
aloha21	Close to you guys too. I'm in Illinois.

tauruslady	Sosity - unfortunately that does happen sometimes.
maize1964	My hubby is looking at a job in Wisconsin.....
vagabond2	my urologist hinted I might need it
tauruslady	I did not
heidisfabrics	I'm about 2 1/2 hours north west of you
fritzi64	I grew up in Illinois--northwestern Illinois, and then I lived in the St Louis area for about eleven years
heidisfabrics	between madison and Lacrosse
sosity	not cuz of the dr just because my bladder is right there next to this big swollen uterus
desertlady	I'm wondering if the bladder work will add to recovery time
maize1964	I asked about needing a repair because I can leak a tad but she said once she does the little lift after removing everything that it could help that.
fritzi64	desertlady, I don't know if it adds to the recovery time, but it does add to some of your lifting restrictions.
vagabond2	I take antibiotics 3 x week because of bacteria....I hope this won't get worse...
aloha21	My dr said he is going to try and fix my bladder while he is in there too.
peppermintpeggy	i had a friend who had problems after her hyst and her abdomen filled up with urine, she had to have a 2nd surgery to put in a stent between her kidney and bladder, i wonder how common that is
missivanhorn	desertlady Am concerned about bladder or bowel nicks too.
desertlady	I read on this site that with bladder work there may be a drainage tube. Freaked out!
tauruslady	There are women on the site who have had this happen, I don't know the %'s
maize1964	I think those are always possibilities but I don't think they are that common.
fritzi64	My uterus was adhered to my bladder due to previous abdominal surgery, and the doctor had to work really hard not to nick the bladder. After the hysterectomy, he put a camera in the bladder to make sure it was okay
peppermintpeggy	scary stuff
desertlady	wow! a camera in the bladder?
fritzi64	desertlady, I freaked out about a lot of things I read, too.
Crossfire	Remember that the women who join, have their surgery and don't really return to the site are doing well
TinkerBell1972	is it common too have yeast infections after the surgery. I have had 5 of them after I had my surgery.
maize1964	The only drainage tube I had heard of was a catheter to drain the bladder so it can heal. Is that the tube you mean?
tauruslady	desertlady - my friend just had that surgery and she did go home with a catheter for about 5 days.
missivanhorn	very scary. catheters could hurt!
fritzi64	But when I was lying in my room afterwards, on drugs, totally pampered by nurses, I realized that I didn't care what was going on.
peppermintpeggy	i like that idea fritzi!
desertlady	no, not a catheter for urine, but somewhere in the belly

fritzi64	It was the nurses' and my husband's jobs to take care of everything for me. My mantra became: "Not [i]my[/i] problem."
tauruslady	Tinkerbell - with the surgery, possible lack of estrogen and change in PH there can be an increase in yeast infections.
missivanhorn	is very good idea!
aloha21	Love that mantra!!
maize1964	We need to try to come back on here and let everyone know how great we are all doing because we ARE going to do great! Right?!
vagabond2	I'll be taking my acidodiphalis pills for sure
peppermintpeggy	right!
missivanhorn	Yaaaaaaaaaaaaahhhh!
PrincessMH	absolutely, maize!!
Crossfire	Ya'll are a great group!
tauruslady	vagabond2 - that does seem to help me, also part of the reason for the vaginal estrogen
aloha21	For sure!
desertlady	anyone here familiar with this one? I have a persistent itch just at the vaginal opening.
TinkerBell1972	ok ty Tauruslady. Doctor is checking my hormone level now since I'm on the patch.
tauruslady	Sounds like everybody here is going to do great.
maize1964	I had that before, it was the soap I was using!
aloha21	Could be the toilet paper too. I can't use Charmin because I get that.
desertlady	this has been a couple of years
peppermintpeggy	my surgery is in 14 hours!! yikes!!
tauruslady	desertlady - has your doctor looked at it? any discharge or change in color of the issue?
vagabond2	does anyone have a daughter they worry about this happening to...or are most of you too young?
PrincessMH	are your pads scented? that could cause it too
vagabond2	pepermint.....hugs
maize1964	I found out after much experimenting that I can only use unscented soap for sensitive skin down there or I get irritated with an itch, then it starts to get raw and hurt later.
heidisfabrics	I understand the feeling Peggy
tauruslady	Peggy - see we're taking your mind off of things
Rammchick	I have eczema, and I had it on my mons veneris too
missivanhorn	desertlady the gyno recommended I change my soap to Dove unscented. It works.
desertlady	no change, no discharge, just an itch at the "mouth"
fritzi64	I had a dry itchy area at the opening, too, desertlady--for several months. My doctor took a pap-smear-type sample and it was completely normal.
maize1964	Yes, no scented ANYTHING for me down there
fritzi64	I think it just needed a rest from, um, my husband.
vagabond2	LOL
aloha21	lol fritz
Crossfire	some laundry detergents do that to me
peppermintpeggy	thanks everyone and yes, it's definitely taking my mind off of it!

gy	
tauruslady	If you are lookig for a great fragrance free, soap free product check out Eucerin calming body wash
maize1964	Yes, Tide is a no-no too
fritzi64	peggy, what time is your surgery tomorrow?
maize1964	Thanks tauruslady!
TinkerBell1972	I have a son
peppermintpeggy	11:30 central time
desertlady	You ladies have all been great! I have to go. Peppermint, you'll do great tomorrow, I'll be praying.
fritzi64	Thanks for coming, desertlady
peppermintpeggy	thank you so mcuh!
aloha21	Good Luck to you Peppermint!
desertlady	bye all
JazzyJune	Good luck Peggy. Mine is Saturday at 10:20AM EST.
tauruslady	vagabond - I don't have a dauhter to worry about I never had children.
PrincessMH	you'll do great, peggy.
peppermintpeggy	i promise to get back on and share my experience
maize1964	Hugs and prayers for you peppermint!
Crossfire	I'll be sending good thoughts your way ((((((peppermint)))
fritzi64	We'll be closing the chatroom in about seven minutes, anyway. Does anyone have any last-minute questions or comments?
tauruslady	I can see where you would worry, the best thing is you know things to have her look for.
aloha21	Gas relief and BM help after surgery?
missivanhorn	desertlady no douches or powders or sprays. I like Cotonnelle Aloe Very toilet paper because it is soft and does not have a 'lint' consistency.
Crossfire	walking and stool softeners helped me
maize1964	Gas-X and stool softeners.
PrincessMH	aloha, definitely get some gas-x
tauruslady	Plenty of fluids, prune juice, walking,
TinkerBell1972	Everyone have a goodnight :)
maize1964	Walking for sure!
PrincessMH	yes, and stool softeners
tauruslady	night tinkerbelle thanks for coming
peppermintpeggy	will they give you gas-x in the hospital?
Crossfire	Goodnight (((TinkerBell)))
heidisfabrics	Thanks for the info
fritzi64	Please remember that you can always start a thread in the pre-op forum with your questions, and you can feel free to send a private message to any of the hostesses if you have questions about how or where to post.
vagabond2	thanks everyone....thanks taurus
maize1964	I think gals have been bringing the Gas-X but ask before using it!

aloha21	Thanks everyone. This has put my mind a little more at ease!
fritzi64	Crossfire, thank you for being our guest speaker this evening.
tauruslady	hugs vagabond
aloha21	You sisters Rock!!
Crossfire	We're glad you came (((vagabond)))
vagabond2	see you guys later
JazzyJune	Would Tums or Rolaid's work too?
maize1964	Everyone is awesome here, best to all of you!
Crossfire	I have enjoyed chatting with all of you!
peppermintpeggy	thank you all and good luck to everyone
tauruslady	aloha21 that's why we are here :)
Crossfire	i wish you all the very best!
PrincessMH	Good luck to all of you with surgeries soon.
maize1964	I think Tums and Rolaid's are for heartburn
EvaDC2009	Good night, sisters! And all the best to you!
fritzi64	Good luck to all of you with your surgeries. Before you know it, you'll be in the post-op forum or coming back to pre-op to help our new members along
JazzyJune	Ok, thanks. I will get GasX
maize1964	I will be getting some too.
fritzi64	I loved my GasX, JazzyJune
JazzyJune	:-)
tauruslady	Good luck to everybody and wishing you successful surgeries and uneventful recoveries
maize1964	Best wishes to all of you, I better get going now. Hugs to all!
PrincessMH	I love my Gas-X too!!
aloha21	Good night all. Good luck to those with surgeries coming up.
tauruslady	night maize
JazzyJune	Thank you.
Crossfire	Goodnight (((maize)))
tauruslady	night aloha
peppermintpeggy	goodnight all
JazzyJune	Good nite
PrincessMH	Good night all
maize1964	Nite all!!
fritzi64	Any last questions or comments?
Crossfire	Goodnight (((peppermint)))
Rammchick	Good night -- good luck to everyone!
missivanhorn	I will put Gas X on my grocery list tonight.
Crossfire	Goodnight (((Rammchick)))
PrincessMH	Thanks Crossfire and Fritz
fritzi64	You're welcome!
Rammchick	Yes, thanks so much!
Crossfire	Your welcome (((PrincessMH))) We're glad you were able to come!
missivanhorn	Thanks ya'll. It's nice to be able to talk with other strong women who are going through/have been through the same as me.
fritzi64	Missivanhorn, that's what makes HysterSisters work.

PrincessMH	me too =)
tauruslady	thanks missivanhorn
Crossfire	I look forward to hearing all your stories after surgery
fritzi64	Heidi, Illinfan, June, Princess, Rammchick, sosity, any more questions?
JazzyJune	No. Thank you so much.
tauruslady	You are welcome June
Rammchick	No, not really. Thanks again
fritzi64	Thank you all for being with us tonight.
Crossfire	I hope all of your surgeries go very well!
Crossfire	Thank you so much for coming and asking great questions!
tauruslady	And your recoveries are uneventful
fritzi64	The room is about to close.