

Pre-op Chat

August 27, 2009

peppermintpeggy	hi all, 13 days post op!
cmtsp	Congrats!
fritzi64	Peppermintpeggy, weren't you the one last time who was having surgery the next day?
cmtsp	How are you feeling?
peppermintpeggy	yes, that was me]
peppermintpeggy	i'm feeling very well, much better than i expected
fritzi64	How did your surgery go?
peppermintpeggy	that chat was so helpful the night before that i wanted to come back tonight and help those who are about to go through surgery
cmtsp	Aw. that's great!
fritzi64	That's so sweet of you--and I'm glad it helped.
cmtsp	Hi MJ
fritzi64	Hi MJ
mjd2491	Hi all!
tauruslady	Hi MJ
mjd2491	I'm warming up my fingers
mjd2491	lol
fritzi64	Hi Bookcrazy
mjd2491	Hi book
Bookcrazy	hello
tauruslady	Hi Bookcrazy
fritzi64	As usual, we'll wait a few minutes so people have a chance to find their way here.
fritzi64	Hi CariSuzan
cmtsp	I wonder why I don't have the laughing smilie
tauruslady	Hi CariSuzan
tauruslady	[b]testing a new color format here
mjd2491	cmtsp - the laughing smilie is typing this: l o l without the spaces
Bookcrazy	sorry...hubby was whining..I mean talking to me
mjd2491	You'll get it then
mjd2491	try it!
fritzi64	Hi Riled
mjd2491	:)
tauruslady	Hi Riled
fritzi64	Hi simmons56
CariSuzan	Hi -- I'll be right back -- switching computers.
cmtsp	Ahhhh
tauruslady	Hi Simmons56
tauruslady	Hi Jergens
fritzi64	For the next few minutes, our chat room will be unmoderated. Please feel free to introduce yourself, maybe telling us when your surgery is scheduled.
Riled	Hello there.
mjd2491	c'mon, give it a shot!
mjd2491	:)
fritzi64	Hi jergens

mjd2491	I wanna see that laugh
tauruslady	Welcome everybody to the pre-op chat
mjd2491	;))
fritzi64	lol
peppermintpeggy	hi everyone
mjd2491	there, fritzie did i!
fritzi64	Hi jslmwood
cmtsp	lol
tauruslady	Hi jslmwood
mjd2491	hi jsmwood
jergens	hi everyone
mjd2491	I'm proud of you cmtsp
Bookcrazy	My surgery is on the 1st,LAVH with post. repair
mycookiebaker	hello everyone
fritzi64	Hi mycookiebaker
tauruslady	Hi mycookiebaker, say your post that your pre-op is all done!
mjd2491	lol
cmtsp	I'm proud of myself
mycookiebaker	yeah :) I am so happy
jergens	my surgery is 09/29/09
Riled	So surgery is on Monday 8/31
tauruslady	Great
mycookiebaker	hi fritzi
simmons56	my surgery is tomorrow
mjd2491	simmon -- good luck!
Bookcrazy	good luck!
jergens	good luck
tauruslady	Simmons56 you are like peppermintpeggy was in our last pre-op chat
peppermintpeggy	simmons-how are you feeling?
fritzi64	simmons56, peppermintpeggy is here, and she came to the last chat the night before her surgery
tauruslady	Hi julesyoder
fritzi64	Hi julesyoder
peppermintpeggy	yes, i did and it was so helpful
mycookiebaker	5 days until surgery
jslmwood	mine is in 2 mths and so nervous
Bookcrazy	my doc told me NOTHING so I hope to learn a few tips
simmons56	i am scared to death, trying to keep it all together
cmtsp	Hi noga
julesyoder	Hello everybody
fritzi64	We're going to get started in just a moment. Before I set the room to moderated, could you all let us know when your surgery is scheduled?
fritzi64	Ni noga
peppermintpeggy	i understand the fear...i was terrified too
tauruslady	Hi noga
Bookcrazy	even the preop people didn't discuss risks
mycookiebaker	09/02
julesyoder	SEptember 3, 2009
tauruslady	Simmons - hopefully tonight will help
tauruslady	sending you hugs
Bookcrazy	I'm not scared though..getting excited
jslmwood	11/20

mycookiebaker	I went to preop today it they gave me all the risk it scared the heck out of me
mycookiebaker	I call it the scare the heck out of you appt
mycookiebaker	lol
fritzi64	Okay, let's get started!
fritzi64	Welcome to our live pre-op chat!
fritzi64	We're so excited to be able to do this chat tonight.
fritzi64	I am eight months and one day 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 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 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, . . .
fritzi64	. . . and a return to intimacy.
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 MJ, who will introduce herself and get us going. MJ, it's all yours!
mjd2491	Hi! My name is Mary Jill, but everyone around here just calls me "MJ", so you can feel free to do the same.
mjd2491	I'm one of the pre-op hostesses, so you'll see me hanging out in that forum quite a bit. :)
mjd2491	I had my surgery about 5 years ago, but believe me, I can still remember how you're feeling. Sad, anxious, whatever.
mjd2491	Hyster Sisters was the very first online community I ever took the time to join.
mjd2491	So I think you're all doing great by joining up with us for support, and also to take the time to come to this chat!!!
mjd2491	The first hurdle I had to overcome when I had my surgery was to learn the different types of operations.
mjd2491	I was having my hysterectomy for fibroids, and my doctor said I had to have mine abdominally.
mjd2491	There are two types of abdominal hysterectomy surgeries:
mjd2491	TAH -- total abdominal hysterectomy. This means the entire

	uterus (with the cervix) is being removed.
mjd2491	And this surgery uses an incision.
mjd2491	There's also the SAH, or the supracervical abdominal hysterectomy. This is when only the uterus (not the cervix) is taken, and it's also called a "partial" hysterectomy.
mjd2491	Who out there is having an abdominal hysterectomy? Do you know?
jergens	i am
mjd2491	Anyone else?
Riled	me too
julesyoder	I am
noga	I am
mjd2491	And here they come! lol
mjd2491	OK, well, another important thing to know (which I didn't know) was that it's only a "partial" hysterectomy if you're not having your cervix taken out.
mjd2491	I was under the mistaken impression that my surgery was a partial hysterectomy
mjd2491	Because my ovaries were staying in.
sosity	tota; abdom hust
mjd2491	That's not really correct, though.... as long as your whole uterus is being removed, it's a total hysterectomy.
mjd2491	sosity -- yes, total abdominal hysterectomy.
sosity	yes
mjd2491	Then there's a TVH -- a total vaginal hysterectomy. Obviously, this one is done through the vagina.
mjd2491	the LAVH surgery is also a vaginal surgery, and a total hysterectomy, but it's done with the help of a laprascope.
mjd2491	Anyone having a vaginal hysterectomy?
jslmwood	i'm having vaginal
mjd2491	jslmwood -- :)
fritzi64	I had a vaginal hysterectomy, too.
Bookcrazy	me
mjd2491	ok, then....
mjd2491	We have the LSH
mjd2491	Which is a laproscopic supracervical hysterectomy.
mjd2491	This is the other major type of "partial hysterectomy" because the cervix is retained.
mjd2491	Anyone know if they're having this sort of surgery?
julesyoder	I am
mjd2491	:)
mjd2491	Also, please don't feel bad if you don't know yet
mjd2491	Sometimes the doctor just can't tell you with certainty which type of surgery you'll be having
mjd2491	In my case there wasn't a choice because of the size of my uterus
mjd2491	There's another type of surgery being used with more and more frequency
mjd2491	And that's the RALH
mycookiebaker	I'm having a davinci with uterus/cevix and fallopians tubes removed I will only be keeping my ovaries
mjd2491	The robotically-aided laproscopic hysterectomy
mjd2491	mycookiebaker -- that's what you're having!
mjd2491	the Davinci robot surgery.
simmons56	i am having the robotic also
mycookiebaker	yes :)

sosity	me
mjd2491	That's very cool
mjd2491	It's an exciting new advance in surgery, but not everyone is a candidate... and it's not available everywhere, either.
mjd2491	OK...
tauruslady	I had the daVinci surgery
mjd2491	Now let's move on to the removal of the ovaries.
mjd2491	This surgery is called oophorectomy.
mjd2491	There's a BSO, meaning both ovaries are removed
mjd2491	The LSO is the left ovary removal
mjd2491	And the RSO is (you guessed it) the right ovary removal.
mjd2491	So when you see TAH/BSO in a signature line, that means the (((sister))) had a total abdominal hysterectomy and both ovaries were removed.
mjd2491	I also had a panniculectomy done to remove some belly fat and extra skin.
mjd2491	So my signature line says TAH/panniculectomy.
mjd2491	:)
mjd2491	OK, let's move on to pre-op anxiety issues.
mjd2491	First, though -- anyone have questions about surgery types?
mjd2491	I don't want to jump ahead too quickly.
sosity	BSO left has cyst
sosity	what if my uterus is too big
tauruslady	Too big for the robotic?
sosity	yes
mjd2491	sosity - if there is a problem, they will need to convert to another type of surgery
Bookcrazy	my doc said LAVH with possible BSO and a post repair
mjd2491	But it will depend on what they find
Bookcrazy	does that mean cervix will go too?
mjd2491	book -- yes, the cervix goes in a vaginal hysterectomy
mjd2491	Because they have to go in through the vagina and cervix to get to your uterus
tauruslady	Sosity - so this would mean that they would go from the robotic to an abdominal
mjd2491	right -- sosity -- you may end up with an abdominal surgery.
mjd2491	But honestly, the main difference is that you'll have an incision to remind yourself that you had an operation.
mjd2491	In some ways, that can be better!
sosity	my uterus is 12 week size
mjd2491	12-week shoudn't be too big
mjd2491	mIne was 24-26 week
mjd2491	Check out my Hyster Sisters photo gallery!
mjd2491	I have photos
mjd2491	Anyhow, let's move on to anxiety issues.
fritzi64	(I've seen her photos, and she had a very lumpy uterus)
mjd2491	I was an absolute maniac about reading.
mjd2491	I read everything on Hystersisters, plus several books on the surgery.
sosity	wow
mjd2491	It was like I couldn't get enough information!
mycookiebaker	wow you have pics of your uterus?
lmc516	evening to everyone
mjd2491	I was on Hyster Sisters 24/7...

mjd2491	cookiebaker -- yes
mjd2491	I highly encourage each of you to ask for photos of yours!
julesyoder	I thought the doctor could cut the uterus up in little pieces to remove
mycookiebaker	wow thats cool
mjd2491	Not only is it very interesting, it helps give closure... I know that sounds corny.
fritzi64	MJ, you asked about pre-op anxiety about the surgery, so I'm going to send a couple messages through to discuss!
mjd2491	My only regret is that they made mine look all "pretty" for the camera, but I wanted to see inside and see all the fibroids
mjd2491	lol
julesyoder	I am feeling overwhelmed about surgery
Bookcrazy	I am anxious because my doc has told me nothing about risks and what will happen afterwards
mjd2491	OK
sosity	what if your uterus is adhered to your bladder when they go in
mjd2491	sosity - my bladder WAS adhered to the uterus. They separated the organs and continued with the surgery.
Riled	I'm freaking about about going into menopause I'M only 34
mjd2491	Bookcrazy -- I'm sorry you feel uninformed
lmc516	my dr said I can have bladder issues afer the surgery
Bookcrazy	I had pix of my gallbladder..the kids were impressed.
mjd2491	Of course, there are risks involved with every surgery
mjd2491	You can check out any medical site (the Mayo Clinic has a great one at www.mayoclinic.com)
mjd2491	And they will go through many of the risks/benefits of surgery.
mjd2491	And there's really no way to go over absolutely everything.
peppermintpeggy	the pre-op nurse should give you a lot of info about risks and what to expect
Bookcrazy	thanks
mjd2491	But if you're feeling like you didn't get enough info, by all means call and ask for clarification!
PrincessMH	there's a wealth of information on the HysterSisters site as well
mjd2491	This is your body.
lmc516	my tvh is from 2 weeks today
mjd2491	One of the main things here, too -- is that many (((sisters))) have very different pre-op experiences.
mjd2491	I had two surgeries at the same hospital a year apart (my hysterectomy and then a surgery to fix a complication) and my pre-ops were vastly different!
Bookcrazy	preop took blood and sighned papers..nothing else
mjd2491	Book -- that was really what mine was, too
mjd2491	I was pretty "underwhelmed"
mjd2491	;))
Bookcrazy	me too
mjd2491	but then the next year, I had a big pre-op consultation, complete with a film and talks with a nurse and a couple of docs
mjd2491	So there's really no "right" or wrong I guess
julesyoder	what complication did you have
mycookiebaker	my pre-op scared the heck out of me because she went over all the risks and benefits
mjd2491	It's up to us to get the information we need!
mycookiebaker	along with bloodwork,ekg,chest xray
mjd2491	jueslyoder - I had a large hematoma

mjd2491	It had to be removed a year later
mycookiebaker	I felt like they were trying to convince me not to have it
mjd2491	What a pain... literally!
mycookiebaker	but i guess its just routine lol
mjd2491	mycookiebaker - I think you had a GOOD pre-op
mjd2491	You really need to be informed of the risks
mycookiebaker	yeah it was
mjd2491	Too many times, we have (((sisters))) who say, "I never knew this could happen"
mjd2491	:(
Riled	Legally and ethically you have to be given informed consent
mjd2491	It's really sad!
mjd2491	Hey, did anyone say that their ovaries were being removed?
mjd2491	??
mjd2491	Just wondering
Riled	I'm having mine out
peppermintpeggy	my doctor did not give me any information at all, he was a great surgeon but not very informative
lmc516	not mine and I am glad
julesyoder	My sister (nurse) informed me too well said I could have a stroke UGH!!
PrincessMH	mine were...3 weeks ago tomorrow =)
Bookcrazy	mine are possibly going
mjd2491	Well, it's really important to be well informed about ovary removal
mjd2491	And really, really think hard before having them removed
peppermintpeggy	i had a total hysterectomy 13 days ago
Riled	I have a massive infection
mjd2491	Because you can't go back and put them back in later.
Bookcrazy	I am anxious about post op pain
mjd2491	Book -- I think that's a universal anxiety issue
fritzi64	Let's move along...and talk about your questions about your surgery and hospital experiences.
lmc516	sorry about the infection
peppermintpeggy	why do you say that mjd?
Bookcrazy	and feeling like I am rushed out of the hospital before I am ready
mjd2491	I have to be honest... I had lots of post-op pain
julesyoder	Can surgery shut down your ovaries
mjd2491	peppermintpeggy -- Too often, ladies have their ovaries removed "because they the doc is already in there" or because "I'm done with them anyway" --
PrincessMH	Everyone is different regarding post-op pain...mine wasn't as bad as I expected it to be.
fritzi64	What questions do you have about what to expect in the hospital, either in surgery or in your room afterward?
tauruslady	Julesyoder - yes the surgery can shut down your ovaries
mjd2491	And for so many, ovary removal just isn't necessary. The ovaries are separate organs and if they are healthy, removing them may not be advised.
Riled	I'm worried about the hospital. I worked there and had bad c-section experiences. Any ideas?
mjd2491	Riled -- it's not at all unusual to worry about the hospital
peppermintpeggy	but what do you consider to be negative consequences of that?
tauruslady	Jules - sometimes the doctor will give HRT right away, others wait.

tauruslady	Some sisters wait weeks for their ovaries to "wake up" It's due to the change in blood supply to the ovaries
mjd2491	Peppermint - It's a huge negative to go into surgical menopause and have to struggle with hormone replacement.
Riled	Mine is giving me HRT post op. Not sure which one though. bioidentical
mycookiebaker	I asked the surgeon today that what if my ovaries shut down or fall asleep would I get hormones to help them wake up and she said I should not have any problems because of my age (29) not sure how true that is
tauruslady	Pepperming - I sedond that one
mjd2491	Also, the ovaries never really stop producing hormones -- they just slow down
Bookcrazy	I am afraid they won't adequately control my pain and nausea
mjd2491	Anyway...
mjd2491	bookcrazy -- That's a very valid concern
mjd2491	I had LOTS of pain as I said before
tauruslady	Mycookiebaker - just know it is a possibility so you can talk to your doctor
mjd2491	And it took a while to get it under control.
jergens	i had 11 fibroids removed about 10 yrs ago. now i am having a SAH they will be going into the same scare do you think i will have a harder time recovery wise or an easier tim
mjd2491	I'm talking about so much pain I couldn't speak
tauruslady	Bookcrazy - tell them, I didn't have issues with pain
mjd2491	But I am here to tell you I got through it
mjd2491	And they did get it under control
mjd2491	It's one of those cases where everyone is different
Goodvicki	I'm afraid of getting very sick after surgery. I had one operation a long time ago and got deathly sick
mjd2491	And sometimes a pain med will work for me, but not at all for you!
mjd2491	:(
mjd2491	My nausea was only a problem the first time I stood up.... after that, it was OK
mjd2491	They do have great nausea drugs they can put in the IV
mjd2491	So that's a plus
fritzi64	Goodvicki, even with antinausea meds, I threw up for hours after my surgery :(
tauruslady	Jergens - that is tought to say, you are having more things done so it's tough to say
cmtsp	There are patches that can be used for nausea--talk to your anesthesiologist
fritzi64	It turned out to be a reaction to the morphine, and as soon as they switched to something else I was fine.
Bookcrazy	when I had my gallbladder removed I was hurting so bad but they sent me home anyways and it was HORRIBLE
peppermintpeggy	vicki, they have improved that so much, the last 2 surgeries i had, i had no nausea
mycookiebaker	Im concerned about having nausea and vomitting when I wake up
mjd2491	I havve itched from morphine, so they have stopped giving it to me
mjd2491	Fentanyl works much better! :)
julesyoder	How lond were you in the hospital

mjd2491	mycookiebaker - I had that problem after another surgery
mjd2491	But they put something right in the IV and the nausea went right away
Bookcrazy	most of the pain stuff makes me itch terribly
Goodvicki	yeah I've heard morphine can make you sick
Riled	I'm having tordol and morphine PCS
mjd2491	One thing to remember is that you really can't control how much pain you'll have....
mjd2491	You'll either have it or you won't
lmc516	how much different is the anesthesia from D&C to a Hyster?
PrincessMH	I'm allergic to fentanyl =(
mjd2491	Sometimes I have hardly any
tauruslady	Mycookiebaker - I only threw up because the food they gave me didn't agree (some real salty, some sweeter, all clear but not a good combo)
mjd2491	And sometimes I've had lots
mycookiebaker	I express my concern with the anesthesia person
peppermintpeggy	i had an epidural, has anyone here discussed that with their doctor? it made all the difference in the world!
PrincessMH	make sure to make the surgical staff aware of your concerns regarding nausea so they can be prepared if necessary
tauruslady	Jules - are you in a private room?
mjd2491	peppermintpeggy -- that's a really good idea
Bookcrazy	and you can't control how much pain meds they'll let you have either
mjd2491	If your doc says you can do it, go for it!
julesyoder	I am concern because they said I will be only in the hospital 24 hrs isnt that short time
tauruslady	Jules - for me the loudest thing were the boots that they had on to prevent blood clots
mjd2491	I had an epidural w/long-acting morphine after my second c-section and it was the easiest recovery I ever had!
julesyoder	tauruslady - I dont think so
cmtsp	jules~you may be anxious to get home!
mjd2491	julesyonder - what type of surgery?
PrincessMH	jules, i was released same day. i was ok
peppermintpeggy	they left the epidural in for 2 1/2 days which gave me time to deal with everything before i really felt any pain
fritzi64	I was in for about 22 hours after I was put in my room after the surgery.
mjd2491	peppermintpeggy -- They must have had you using that breathing toy, right?
fritzi64	And then I was ready to go home.
tauruslady	Jules - you may want to check into that, it was \$20 extra but worth it for me.
mjd2491	To stave off pneumonia
Bookcrazy	I want to stay longer than 24 hours and let them care for me
tauruslady	Jules - on the RALH / daVinci it's not unusual for 24 hours.
peppermintpeggy	yes, the one you inhale deeply?
mjd2491	I stayed for 3 nights
mjd2491	But then, I had a hip-to-hip incision and three drains hooked up to the wall!
mjd2491	lol
mjd2491	I was a "project" for the nurses
tauruslady	My surgery was early morning, go to my room in late afternoon

	and was release around lunch time the next day.
Riled	You need to get up and walk too. This is so important for blood clot precautions
PrincessMH	book, just remember that hospitals are understaffed and noisy...sometimes being home is better!
Goodvicki	not me I want out asap
mjd2491	Riled - that is so true
mycookiebaker	I hope I stay in the hospital for 24 hours or less
mjd2491	They really do want you up and walking as soon as you can.
julesyoder	tauruslady - Ok I am thinking that the hospital can give better pain management
tauruslady	Bookcrazy - what type of surgery
mycookiebaker	i agree princessMH
mjd2491	By the time I could do anything more than order food and run the remote control, I wanted to be home
mjd2491	How long is everyone staying?
tauruslady	Jules - I didn't really need that much pain management
mjd2491	Or how long are they expecting to stay?
Bookcrazy	my house is understaffed and noisy with 4 kids
peppermintpeggy	i stayed in for 5 nights, i was up walking on day 2 and, i agree, the walking makes all the difference
mjd2491	Book-- try to stay in the hospital for a MONTH! :)
cmtsp	Book~lol
Riled	2-3 days in the palace
PrincessMH	book, LOL
mycookiebaker	lol bookcrazy
lmc516	overnight, just got approval from insurance
Bookcrazy	LAVH w/Poss BSO and a post repair
mycookiebaker	I hope only overnight
mjd2491	Another really important note is that, even if your insurance pre-authorizes a certain stay
mjd2491	1 night, 2 nights, whatever
fritzi64	Are there any more questions about your surgery or about the hospital experience?
mycookiebaker	I pray the davinci goes as planned
PrincessMH	TLH/BSO surgery at 10 am and home by 6 pm - same day
mjd2491	That length can be extended by the doc
mjd2491	So if you need to stay longer, you'll be able to do so
mjd2491	:)
tauruslady	Book - my friend had cystocele & rectocele repair and total hyster for prolapse, she was in for 2 days and sent home w/ a catheter
sosity	what about adhesions
mjd2491	sosity -- What do you want to know?
mjd2491	Some people get them and never have issues
peppermintpeggy	believe me, having the nurses there to take care of you is very comforting, you will be uncertain and they are there to reassure you
mjd2491	I know I'm full of them -- my surgery lasted an extra hour because my bladder and uterus were adhered to each other
mjd2491	But I haven't had any additional surgeries because of adhesions
mjd2491	It's just scar tissue
sosity	can they get rid of them from prev cesaerans
mjd2491	And it is a normal consequence of surgery
sosity	i have severe adhesions
Bookcrazy	I just want to be comfortable leaving...not throwing up in the

	parking lot
mjd2491	sosity - yes, sometimes
PrincessMH	I had some, and my doc removed it during surgery
jslmwood	what about bladder damage issues
lmc516	w/ tlh, how much does the vagina get cut?
mjd2491	They will sometimes remove them
mjd2491	Or they may leave them
lmc516	tvh, not tlh
mjd2491	Because sometimes the act of removing the adhesions actually causes them... vicious cycle
mjd2491	:(
peppermintpeggy	i had an umbilical hernia repaired at the same time, my total surgery lasted 6 hours, 4 of it was the hyst
tauruslady	One thing you make sure you do is to have a tummy pillow for your ride home to go between the you and the seatelt
mjd2491	I also had another surgery for between me and the car door!
mjd2491	I was well padded :)
fritzi64	lmc516, I had a tvh, and the only part of the vagina that was cut was where the cervix was.
PrincessMH	no cuts to vagina with tlh, except for removal of cervix. all of my stitches are internal...none in vagina
mjd2491	I also had a stepstool to help me "out" of the car
julesyoder	My last sugery I was sent home w/a catheter it was horrible
tauruslady	Jslmwood - the bladder nicks are a possibility in the surgery
sosity	my bladder is huge what if it is adhered to my uterus when they get in there?
lmc516	thank fritz
mjd2491	jules -- sorry to hear that
PrincessMH	post op nurse told me if i didn't pee she would have to re-cath me...i asked for a coke and believe me, i peed!!
mjd2491	sosity -- they will separate the organs, just like they did with me. Have they said they are adhered?
mjd2491	OK....
mjd2491	Anyone have questions about hormone replacement?
mjd2491	Or menopause?
Riled	HECK YES
julesyoder	princess - LOL
mjd2491	Riled -- hit us!
mjd2491	:)
Bookcrazy	yes!
jergens	if you are not having your ovaries or cervix removed , will you still have hot flashes, your period, i was reading some of the post-op posting and read that some of the women was having these issues
peppermintpeggy	i have had no symptoms of menopause, the dr's said if i was going to have them, i already would have, did anyone have delayed symptoms?
PrincessMH	I just had my post-op appt yesterday and my doc prescribed HRT b/c I started having menopausal symptoms on day 5
lmc516	i want to go thru menopause on my own, w/o having instant menopause and wind up ttaking hormones anyway
sosity	just think they are cuz of peeing so much when i have my period and my uterus is very swollen
Riled	What do I expect with BSO and HRT?
mjd2491	Riled -- with any luck, you'll hit upon a good combination of

	hormone therapy right away
mjd2491	Many (((sisters))) do
cmtsp	jergens~I had issues for a few months, then my ovary "woke up"
mjd2491	In fact, many times the doc will put a hormone patch on you during surgery
Riled	How will I know?
mjd2491	And you may never even have a hot flash!
julesyoder	I had a RSO with Ablation on 6/28/09 and had hot flashed until left ovary took over
mjd2491	Riled -- check out Hyster Sisters in the hormone forums
sosity	thats what i want
PrincessMH	riled, YOU'LL KNOW, believe me!
mjd2491	There are many, many symptoms
mjd2491	I'm 49, and I'm just starting to feel hot flashes now and then
mjd2491	I love my Chillow!
tauruslady	For surgical menopause the symptoms can hit day of to weeks / months later
tauruslady	My symptoms hit 5 days post op
fritzi64	My ovaries went to sleep a bit after surgery, and I have experienced hot flashes, memory fog, and fatigue. I'm 44, and my doctor put me on estrogen. It's helped immensely.
mjd2491	And there are mood swings, skin and hair changes, etc.
tauruslady	Yeah for the chillow!!!
mjd2491	Changes to libido
Riled	That is the plan to have a patch. She is very opt. about everything. I'm on bc even though I had a tubas
sosity	will my hair fall out
mjd2491	Riled -- hope it works for you
cmtsp	The Chillow rocks!
mjd2491	But if it doesn't, please know there are many different combinations and dosages
tauruslady	Sosity - my hair texture changed from the anesthesia but didn't fall out
Riled	me too. I'm most freaked out of menopause at 34
peppermintpeggy	taurus, is that true? they said i would have felt them right away and the fact that i didn't means i won't, kind of hard to believe that!
PrincessMH	i think night sweats are the worst...and the not sleeping good...ugh
julesyoder	I am concern hysterectomy with shut down ovary remaining I am 46 yrs old
mjd2491	The Chillow is also great for a stiff neck or sore back!
Bookcrazy	If I have the ovaries taken will that lessen my mood swings?
mjd2491	jules -- you may have shutdown
cmtsp	sosity~your doctor can check your hormones if you have hair changes
mjd2491	Or it may be fine
mjd2491	My ovaries are still working, but I'm probably getting near menopause
tauruslady	Peppermint - it is true, you may not have all the estrogen out of your system.
mjd2491	Of course, I've always run "hot"
mjd2491	lol
jergens	are there times when the ovaries never wake up
cmtsp	jules~I am 46 and doing well with one

julesyoder	That is what I am afraid of
tauruslady	Part of it can depend on weight, if you are heavier you may have more stored estrogen
mjd2491	jergens -- this is true
mjd2491	:(
Bookcrazy	I want the mood swings from my PMDD gone!
Goodvicki	do they check your hormones post op if you keep your ovaries?
julesyoder	cmtsp - did you have a hysterectomy
sosity	oh no
peppermintpeggy	i am heavy.....darn, guess i still have hot flashes to look forward to
mjd2491	goodvicki -- not necessarily
Riled	what should I expect after the BSO and HRT?
mjd2491	But you'll know if yours are working
mjd2491	If they aren't right after surgery, it will probably be temporary
mjd2491	That's a good thing
tauruslady	Goodvicki - not necessarily and they may wait awhile until things get out of your system.
cmtsp	vicki~if you need them too, yes
mjd2491	Mine really never "napped" but it does happen
tauruslady	Riled- what do you mean...what should you expect?
Riled	What about thyroid. I have hypothyroidism already
mycookiebaker	should i ask for a patch even though I am keeping my ovaries??
PrincessMH	riled, my doc said i should notice a change in a day or so after starting HRT...
cmtsp	Yes jules~TAH
mjd2491	mycookiebaker -- No, I wouldn't
mjd2491	Usually you won't have a problem if you keep the ovaries
tauruslady	Riled - I can't help you with that one
mycookiebaker	ok :)
sosity	hoping they are going to regulate the hormones are out of whack now, can't be any worse
mjd2491	Another important thing is to remember that you'll often have hormone fluctuations right after surgery
mjd2491	No matter if you keep your ovaries or not.
sosity	my ovaries are going i have cysts
mjd2491	Your sex drive may go into.... overdrive.
julesyoder	cmtsp - That is comforting to know that your one is still working after surgery
cmtsp	Riled~your doc will likely check your numbers
mjd2491	It happened to me a couple of weeks after surgery
mjd2491	But then my sex drive went away... for months.
mjd2491	OK..... Any questions about recovery?
agy	Does anyone know what is the chance of getting a fistula after hysterectomy
sosity	i thought so too
cmtsp	Yes, jules, very glad to have one left!
mjd2491	ARE your "recovery rooms" ready?
mjd2491	agy - No, I don't know
sosity	can i go upstairs if my husband carries me to go to bed?
tauruslady	agy - I don't either
cmtsp	sosity~I had cysts too, but kept one ovary
jergens	not yet
Riled	TEll me what you suggest for recovery room

mjd2491	That's a good question for your doc, in case you have a particular condition which might make you more susceptible.
tauruslady	sosity - how many steps. I did 7 steps very slowly when I ame home
Bookcrazy	not yet, I am doing laundry and try to organize
julesyoder	NO not yet, stil working in the yard
sosity	can i go upstairs ... slowly to my bed, i dont want to sleep on the couch
mjd2491	For my recovery room... I picked the living room because it was on the main level, near the kitchen.
tauruslady	Riled - I recommend a chair in the bathroom to help you up off the toilet
mjd2491	I fixed up the couch like a bed....
mjd2491	Because I slept there.
sosity	about 20
Bookcrazy	I have a massaging recliner
tauruslady	I had a recliner
PrincessMH	sosity, it all depends on your doc's discharge instructions...all are different
mjd2491	My bed required me to get on a stepstool, and there was no way I was doing that.
mjd2491	I slept on the couch, sitting up, for TWO weeks.
mjd2491	Gradually I could lie down
tauruslady	sosity - don't do them alot but if you do them slowly you should be able to do them
mjd2491	And I took pain meds 'round the clock
tauruslady	take them one at a time; talk to your doctor to be sure
sosity	i like my bed better
Goodvicki	I have to go upstairs that is where bathroom is
mjd2491	I had steps to climb
PrincessMH	i'm still in the recliner...27 days out
julesyoder	Why did you sleep sitting up for two weeks
mjd2491	And I did them two or three times a day
tauruslady	Recliner sitting up was great.
mjd2491	My recliner was a kick-in one, so I couldn't use it. :(
sosity	i am going back to work in 2 weeks, have to
cmtsp	My recliner saved me! Slept in it for weeks
mjd2491	sosity -- sorry to hear that.
tauruslady	Jules - too hard to get up flat from bed
mjd2491	Please stay out longer if you're not feeling well.
mjd2491	I know it sounds corny, but no job is worth that.
tauruslady	too much pulling, if you are in bed use lots of pillows to prop you up
mjd2491	I stayed off 6 weeks, should have taken 8
mjd2491	And I was the boss, so I thought I was indespensible.... how wrong I was.
sosity	robotic is faster recovery i thought
Chocolat425	I made my bedroom my recovery room and I'm in 3 level townhouse. When I got home, I went up the stairs..verrrrryyyy slowly and stayed for a week or 2.
julesyoder	Oh I see, is there anyway to get out of bed easier
cmtsp	I took seven weeks off
PrincessMH	most docs will allow you to stay out 6 weeks if needed
tauruslady	sosity - not necessarily; it all depends on your individual healing
mjd2491	julesyoder -- this is why I slept mostly sitting up

tauruslady	they say 2 weeks for initial recovery for some.
mjd2491	I'm heavy, so it was very hard for me to lift myself without pulling the incision
Riled	What about driving?
PrincessMH	i've read on the HS site that putting a chair by the bed for support helps
Chocolat425	Make sure you have tons of pillows, books, magazines, cordless phone close to the bed, remote on the bed, laptop somewhere near you, and all of these things within "grabbing" distance:)
cmtsp	Usually after two weeks, Riled
tauruslady	I was off 6 weeks and doctor ws thinking 8 weeks. I had more done because of cancer dx
peppermintpeggy	sleeping and turning over in bed was the hardest part for me, very painful but only for about the first week
tauruslady	and was slow healer and surgical menopause was not nice for me.
sosity	are u talking about robotic?
tauruslady	Sosity - yes
mjd2491	peppermintpeggy -- I thought the nights were toughest
tauruslady	Sosity - there are some on the site that did the 2 week thing, but that wasn't me
julesyoder	tauruslady - Sorry you had such a hard time
mjd2491	I'd wake up with the pain pills all worn off, and it would take me 10 minutes to stand up to go get them!
PrincessMH	Also...make sure to keep a timeline of when you take your meds. especially the first couple of days...don't want to miss or double-up on anything
tauruslady	Listen to your body and talk to your doctor
sosity	shouldn't be that much pain
tauruslady	THanks Jules
mjd2491	princessMH -- great tip!
peppermintpeggy	definitely! at first i could only sleep an hour at a time but that got better
Riled	What should I expect for my kids? Age 3 and 6
mjd2491	I staged my meds.... every 3 hours I was taking something
tauruslady	Sosity - that is the thing on the daVinci, with the small incisions
mjd2491	Riled -- my son was 3 when I had my surgery
mjd2491	And it was hard.
tauruslady	people forget they still had major surgery and do too much too soon
fritzi64	Riled, if you go to our post-op resources page, you'll find an article listed about recovering with small children. That might give you some tips, too.
mjd2491	I couldn't lift him
sosity	i have a 2 year old
mjd2491	Couldn't do alot for him.
PrincessMH	i kept my meds timeline for about the first week and a half
mjd2491	I was soooo tired
peppermintpeggy	that's great advice princess, i have been doing that too because it's easy to forget when you take your meds
mjd2491	And just not feeling well
julesyoder	Time line is great because when you are on meds you forget everything
mjd2491	I bought my son a "special toy" he could have in my recovery area
tauruslady	Jules - I think there is something in pre-op about how to get out

	of bed, rolling over and pushing yourself up.
mjd2491	And we watched lots of movies and such
mjd2491	I couldn't really care for him.
sosity	my 11 year old just got her period fri, i am very emotional right now
mjd2491	I depended on DH and my daughter (16) to do that.
tauruslady	Sosity - hugs
mjd2491	sosity -- oh, my!
mjd2491	hugs to you
PrincessMH	sosity...hugs your way
fritzi64	Okay, let's move on to talk about returning to work and a regular routine...and after that we'll talk about intimacy.
julesyoder	I remember my first period, said "I hate men"
Bookcrazy	Aww...I am waiting for that to happen soon here too.
peppermintpeggy	another bit of advice about meds--i have tried not taking the vicodin but i find that i am actually more tired without it because the pain is tiring, the vicodin gives me energy--i only take 3-4 a day but am allowed up to 12 so that isn't bad
sosity	i know, thanks sisters!
tauruslady	It is easier to control pain in advance than catch up after the fact
mjd2491	peppermintpeggy -- good advice. Really, take those pain meds the first week or so. No one is going to pin a medal on you for going without them!
mjd2491	Your body can't heal if it's fighting pain.
fritzi64	What questions do you have about the return to work, regular routine, etc.?
PrincessMH	make sure to take your pain meds to keep ahead of the pain. you don't want to wait until you hurt so bad it takes longer for them to kick in....
julesyoder	When will we feel better
peppermintpeggy	amen
tauruslady	Remember to walk at home, up for a few minutes every hour to get thing routine again, get the gas out and such
mjd2491	jules--- that's the \$64,000 question!
sosity	if i sit a lot will i be ok
tauruslady	I agree w/ MJ - everybody is different
mjd2491	Honestly, it was 5 weeks before I had bursts of time when I felt OK
fritzi64	Sosity, I had a hard time sitting much at first (maybe because I had a TVH?).
tauruslady	Remember that the weeks your doctor gives you is initial recovery
PrincessMH	jules, you just take it one day at a time. i'm feeling pretty good most days, but if i over do it, my body lets me know
jergens	is the recovery process too hard to handle if you don't have support there with you
mjd2491	And it was about 3 months before I had days I didn't think about the surgery
tauruslady	Long term full recovery takes much longer
mjd2491	Up to a year for full recovery!
cmtsp	jergens~I live alone and coped fine
fritzi64	I'm eight months post-op, and it's really been the past month when I've felt like myself every day.
PrincessMH	jergens, i had someone here the first 4 days, then no one as i live alone. i did ok, even with pets to take care of

Bookcrazy	but with a rectocele were aren't supposed to sit,yes?
tauruslady	Jergens - if no one is there make sure you can get to food, drinks etc without lifting, reaching
tauruslady	give up on the house cleaning too.
peppermintpeggy	i keep thinking i'm "all better" and then i get so unbelievably tired very suddenly
julesyoder	cmtsp - How did you do without help
PrincessMH	oh yes, my house is a MESS!
mjd2491	After the first week, I really could have been alone
mjd2491	Except for changing the bandages
cmtsp	I really didn't have pain, so it was a matter of just taking it slow
mjd2491	My husband did that for me because I couldn't see to do it
fritzi64	For the first week, I couldn't even lift a pitcher of iced tea to pour for myself--or even the teapot to pour myself something hot.
mjd2491	If you have someone to check in on you, that is probably sufficient
mjd2491	You won't be bedridden
PrincessMH	peppermintpeggy, me too. our bodies make sure we don't go too overboard. i slept a lot today after the doc appt yesterday and then walgreens and then grocery store
mjd2491	But you will be tired
peppermintpeggy	i can't imagine not having help, sorry princess
julesyoder	what bandages do you have to change??
mjd2491	And there will be times you won't be doing well.
mjd2491	julesyoder - I had a hip-to-hip incision
mjd2491	It was left open
mjd2491	So I had lots of bandages
tauruslady	You shouldn't be totally bedridden you do need to walk
peppermintpeggy	i needed help showering and changing bandages
mjd2491	Stock in Johnson&Johnson!
mjd2491	lol
mycookiebaker	oh my
mjd2491	yep
mjd2491	I took a shower every morning, then allowed the incision area to air-dry for an hour
mjd2491	I watched TV during that time
peppermintpeggy	also, because i am large, i need my husbands help after i go to the bathroom if you know what i mean
mjd2491	And then DH would put on clean bandages
julesyoder	Riled - when is your surgery scheduled??
PrincessMH	peppermint, it was a bit scary the first couple of days after my aunt left.
cmtsp	Showers were exhausting!
mjd2491	peppermintpeggy -- yes I know what you mean. I'm large too, but I didn't need help. You'll just have to see
mjd2491	Showers were awful at first
fritzi64	I'm also pretty large, and I needed no help with bathroom or shower--although I always made sure someone was around just in case.
PrincessMH	showers are still exhausting!
PrincessMH	peppermint, i had lap surgery so no bandages
mjd2491	I had my husband stand by for the first few days because I wasn't steady on my feet
mjd2491	And I also had drains to clip to a washcloth during bathtime
mjd2491	So I only had one hand for "washing"

mjd2491	What a pain
Riled	I am scheduled for Monday 8.31
fritzi64	Any more questions about early recovery and the return to normal routine?
peppermintpeggy	i'm just too stiff to bend that way, i hate having him do that but he's been a trooper
mjd2491	And then one day blood starting pouring down my leg
mjd2491	It was very scary
julesyoder	can we talk about the sex thing
mjd2491	And when I look back on it, this was probably from the hematoma they ended up removing later
fritzi64	Yes, Jules, that's what's next!
PrincessMH	i have a deep innny belly button and my doc told me it was a bit red. to prevent yeast infection, he wants me to put corn starch in belly button every day
peppermintpeggy	that is scary!
mjd2491	julesyoder-- what question do you have about sex???
mjd2491	And the room falls silent... ;)
fritzi64	I'd like to remind everyone that this website is PG-13 and that questions and comments should have a mature tone....
fritzi64	(Sorry, I have to say that :)
mjd2491	Oops.... Does that mean me, too?
mjd2491	;))
lmc516	how long after TVH
peppermintpeggy	lol
PrincessMH	fritzi...LOL
mjd2491	Then I quit right now.
Riled	does it hurt?
julesyoder	Will I still have vaginal contractions after a orgasm
cmtsp	Especially you, MJ
mjd2491	lmc516 -- your doc will tell you how long to wait
fritzi64	Jules, yes for me to the vaginal contractions
mjd2491	For most of us, it's nothing in the vagina for 4-6 weeks
mjd2491	Sometimes shorter, sometimes longer.
mjd2491	I got the "go-ahead" at 5-1/2 weeks
mycookiebaker	my doctor said 6 wks :(
mjd2491	But we waited until about EIGHT weeks
mjd2491	Because DH and I just weren't ready yet
fritzi64	I was so nervous the first time.
mjd2491	I still had an open incision
peppermintpeggy	i was told 3 weeks but that seems too soon
jergens	will sex be different after the surgery; will my partner feel a difference in my body
cmtsp	That does seem soon, peggy
julesyoder	fritsi64 - That is good to hear because I enjoy them so.
Bookcrazy	I have no desire at all
lmc516	peppermintpeggy - what kind of hyster?
tauruslady	I had to wait pretty close to 12 weeks
tauruslady	I was a slow healer
mjd2491	jergens -- I think I can answer that one..... NO, he will NOT be able to feel anything different
cmtsp	jergens~likely, no
tauruslady	Bookcrazy - I've had to do the testosterone thing and it is helping
fritzi64	jergens, my husband doesn't notice anything different. In fact,

	after not having sex for so long, I don't think he would have cared even if he had.
mjd2491	My hubby isn't any more or less sensitive than anyone else, and he wouldn't be able to "feel" a cervix.
Riled	our poor husbands
mjd2491	lol
peppermintpeggy	total
PrincessMH	LOL
mjd2491	And the question about where does the sperm go???
tauruslady	Jergens - my husband doesn't notice anything, I do and it has taken a little while for me to get used to my MIA cervix
mjd2491	Well, I just think about how small the hole is in the cervix.
cmtsp	lol
mycookiebaker	my poor hubby has already waited 6 wks now another 6 wks poor guy
Riled	Will it hurt?
mjd2491	Trust me, ladies... not much of it was getting through before your surgery!
mjd2491	mycookiebaker -- hugs to DH
mjd2491	lol
Bookcrazy	Maybe i can try that..tried to to to my doc but he blew me off
mjd2491	riled -- it might
mjd2491	I had issues with dryness
mjd2491	And I still do
tauruslady	Riled - it can hurt, take it slow
mjd2491	I used to have lots of lubrication, but I guess that's one thing the cervix does for us!
tauruslady	possibly not full penetration
fritzi64	Riled, I ached the following day for the first month of sex--but I don't anymore!
Riled	cookie I hear ya!
Goodvicki	yeah I was wondering about dryness
Bookcrazy	tried to talk to my doc
mjd2491	But there are scads of lubrication fluids out there!
tauruslady	Since I had BSO I got the vaginal atrophy and dryness so I'm using vaginal estrogen
mjd2491	There's a very good one sold in the hyster Sisters store
tauruslady	I also use some lubrication
mjd2491	Very Personal Moisture
mjd2491	And KY has all sorts of good ones out now
mycookiebaker	just talking about sex makes me cramp more :(
julesyoder	If you keep your cervix the vagina will not be shorten
mjd2491	julesyoder -- that's true
mjd2491	But even so, ladies, please don't worry about your vagina's size.
tauruslady	Jules - even without the surgery it is minute, unless you had a radical hyster (usually for sisters w/ cervical cancer)
cmtsp	Even without the cervix, those tissues will stretch back out
mjd2491	(Oh, I love what's coming next..... it's one of my favorite Hyster Sisters answers.)
fritzi64	mycookiebaker, I felt the same way before my surgery. I was afraid afterwards that arousal would be painful. I'm happy to report that it wasn't, and I have enjoyed the no-cramps lifestyle
PrincessMH	cookie, me too!!
mycookiebaker	been bleeding since 07/13 :(
mjd2491	The average vagina is 3-1/2 inches long!

sosity	BSo causes vaginal atropy???
Bookcrazy	can you get testosterone in the store?
mjd2491	Did you know that?
mjd2491	The vagina contracts (to hold a tampon)
mjd2491	And it also expands (to accomodate the penis)
cmtsp	I knew that was coming, MJ!
mjd2491	So it really shouldn't be an issue
mjd2491	cmtsp -- I just love this subject!
tauruslady	Bookcrazy - no it is prescribed...technically not for women but my uro-gyn prescribed it.
peppermintpeggy	i didn't know that mj!
sosity	vaginal atrophy??
mycookiebaker	this too shall pass lol
mjd2491	lol
mjd2491	I just hope no one comes and looks at my hard drive
tauruslady	Loss of the estrogen can cause vaginal atrophy / thinning of walls.
mjd2491	peppermintpeggy -- yes, it's true!
cmtsp	Book~there is estrogen and progesterone etc
sosity	oh no
tauruslady	It is a normal menopausal thing so if you have surgical menopause you can have it
mycookiebaker	lol
Bookcrazy	mine must have been broken because tampons never stayed in
mjd2491	Think about it... when you put in a tampon, you "hit" your cervix lots of the time.... and when you have sex, your husband fits all the way in.
cmtsp	sosity~dryness and shortening
mjd2491	book -- lol
peppermintpeggy	makes sense
mjd2491	And if you have a vaginal birth, it expands to let the baby through!
fritzi64	All right. I'm going to remove the moderation in just a moment.
fritzi64	Your posts will appear immediately.
mjd2491	fritzi -- you mean this was MODERATED? We're gonna go nuts when you take it off.
mjd2491	lol
jergens	if your patner is of large size , should your wait be longer
Bookcrazy	I have a severely retroverted uterus and wondered how much of my issues were caused by that
tauruslady	Sosity - it's just one thing to have your doctor check on, nothing to be scared of
mjd2491	jergens -- no..... it won't matter.
julesyoder	The people who have dryness is that because you are in menopause
mjd2491	Just go slow and be gentle.
tauruslady	jergens - not necessarily but just take it slow
mjd2491	And if you hurt, STOP!
cmtsp	jergens~just go slowly
fritzi64	[b]The chatroom will be open for another 15-20 minutes.[/b]
tauruslady	bookcrazy - could be, hard to say
sosity	so/ my cervix is going, will he feel a shorter vagina?
mjd2491	juesyoder -- not necessarily -- I'm not in menopause.
tauruslady	sosity - no
mjd2491	sosity -- no, he will NOT feel you being shorter.

peppermintpeggy	i have been feeling sexier lately than i have in many years, ths is going to be interesting!
julesyoder	Does the vagina walls create lubrication or the cervix
mjd2491	Not at all.
cmtsp	yes, jules, but there are good options out there
mjd2491	juesyoder -- I think it's a combination... because sometimes I have lubrication and other times I don't.
mjd2491	But I do not know for sure.
mjd2491	I think it has something to do with hormones
sosity	k
julesyoder	Does the cervix have anything to do with that
tauruslady	mj - I agree
mjd2491	But unfortunately, my libido has never really retured?
tauruslady	jules - possibly
PrincessMH	good old hormones!
mjd2491	:(
mjd2491	yep
fritzi64	:((((MJ)))
tauruslady	mj - hugs
mjd2491	yeah, well, that's how the cookie crumbles
julesyoder	MJ - hugs
mjd2491	I can still do it, I just don't always feel like it like I used to....
sosity	my 2 year old is my last baby, and my daughter is in puberty, i am veery emotional, kind of depressed and sad
mjd2491	Which is sort of odd.
Bookcrazy	doc said I have 4 kids, I have medical issues so me not having a sex drive is normal
mjd2491	sosity -- I can understand that
tauruslady	mj - I'm with you, that's why the testosteroe
mjd2491	Check out our Aching Hearts forum!
mjd2491	I'm also a hostess over there
Bookcrazy	I say it is missing and I want him to find it
fritzi64	Sosity, I'm sorry you're having a rough time right now :(
mjd2491	We deal with the issues surrounding loss of fertility and such
julesyoder	sosity - sorry you are having a rough time
mjd2491	It's really normal!
tauruslady	Sosity - hugs for your feelings
sosity	i try not to cry over losing my uterus! but it has to go
mjd2491	But that doesn't make it any easier
julesyoder	when is your surgery
mjd2491	sosity -- that's so true for many of us
sosity	sept 14
fritzi64	My daughter began getting her periods shortly I stopped having them. I felt like it was a kind of passing of the torch.
Goodvicki	mine is sept 14 too
julesyoder	I think we all have some feelings of loss over our uterus
sosity	that's a good way to think of it
fritzi64	And I'm glad I can fully support my daughter and not be dealing with my own bleeding and pain
Bookcrazy	I can only hope my girls won't suffer like I do
sosity	yeah
peppermintpeggy	this isn't about sex but i want to encourage everyone, especially those of us who are larger, to exercise as much as possible before surgery, you need all the physical strength you can get

sosity	another chapter in life
Goodvicki	The hardest part for me has been the waiting
fritzi64	Yes, and think of the wonderful long chapter you can have that will be pain-free and blood-free.
sosity	i am going to try yoga
julesyoder	thinking of surgery can be so overwhelming
tauruslady	Goodvicki - waiting is tough. too much time to think and contemplate
Goodvicki	yes
PrincessMH	yes, the waiting and questioning before surgery is the hardest part
julesyoder	right
sosity	yeah
jergens	i must agree the waiting is killing me
peppermintpeggy	yes, the waiting is awful, believe it or not, after it's over, you feel better than you did before, at least emotionally, because the fear of surgery is behind you
tauruslady	do we have any cancer dx out there
mjd2491	jergens -- the waiting is sooo hard
lmc516	anxiety hit me hard few days ago
fritzi64	My favorite thing about waiting was --NOTHING! I hated waiting.
PrincessMH	and, you'll feel better physically too
tauruslady	lmc516 - hugs
mycookiebaker	i just noticed I have 6 days until surgery
mjd2491	And unfortunately, no one can say "waiting is the hardest part"
mjd2491	Because for some of us it isn't true.
mjd2491	:(
sosity	grandma had adenocarcinoma of endometrium
peppermintpeggy	i had uterine cancer, surgery removed it 100% and it hadn't spread so i am cancer free!!!
mycookiebaker	I was happy I thought it was 5 days until surgery man oh man
fritzi64	But the morning of the surgery was wonderful. I was wheeled into the OR and had piles of lovely warm blankets draped over me. It was like a giant hug.
tauruslady	Peppermint - great
PrincessMH	very true, mjd
mjd2491	That's why it's so important to research and decide that this is the best and last option for you
lmc516	peppermintpeggy TG
cmtsp	That's great peppermintpeggy!
mycookiebaker	oh today is almost over
peppermintpeggy	thank you
mjd2491	Because then if something does happen (like it happened to me) you can go forward and deal with it rather than living in regret
julesyoder	peppermint - congratulations
mjd2491	peppermintpeggy -- hooray!!!
fritzi64	Yay, peppermintpeggy!
peppermintpeggy	after surgery, just remember that each moment is closer to feeling better, you sometimes have to takes it one moment at a time
peppermintpeggy	thank you everyone
julesyoder	what can we do to ease the stress of thinking about surgery
sosity	good nite all , toddler time
julesyoder	good nite to you
mycookiebaker	nite sosity

mjd2491	julesyoder -- for me, I "f futurized" it
fritzi64	Goodnight Sosity
peppermintpeggy	jules-pray, pray, pray
cmtsp	Goodnight, sosity!
mjd2491	In other words, I thought about how I'd feel in several months....
fritzi64	We'll keep the chat room open for another ten minutes.
mjd2491	Rather than, "GEE, I'm going to hurt when I wake up!"
mjd2491	That helped me
tauruslady	jules - I listened to some CDs and prayed alot
julesyoder	I think I am getting cold feet
PrincessMH	jules, you'll do fine
Bookcrazy	does anyone know if removing ovaries would lesson the PMDD symptoms
julesyoder	I do realize that I havent prayed enough
mjd2491	jules -- I do hope you do OK
mjd2491	But we can't guarantee it
Goodvicki	yeah, I've been waiting over two months for my surgery and I went through many sleepless night up thinking about it
mjd2491	I wish we could
peppermintpeggy	yeah, the morning of surgery i told the nurses i was changing my mind, but i knew if i did that, i would have to go back and do it again anyway, lol
tauruslady	I also didn't have long between cancer dx and surgery (3weeks)
tauruslady	Hi marry1121
Bookcrazy	hi mary
fritzi64	Hi marry1121. The chatroom is going to close up soon, but do you have any questions you'd like to ask while you're here?
marry1121	Hi everyone!
mycookiebaker	hi marry
Chocolat425	book: removal of my uterus lessened my pmdd symptoms! :)
peppermintpeggy	i had 3 months to think about it, in a way that was good but in a way, not
peppermintpeggy	i just want to tell everyone good luck!
Goodvicki	thank you
mycookiebaker	thanks peppermintpeggy
marry1121	Having a TAH in two weeks
julesyoder	I hope removal of my uterus lessens my pmdd
jergens	thank you
julesyoder	thank you peppermintpeggy
Bookcrazy	Really Choc? Was it worth it?
marry1121	How soon will the chat archives be available?
cmtsp	Have you had the chance to research PMDD and hyster, jules?
peppermintpeggy	just believe you can get through it and you will
julesyoder	No
tauruslady	marry - do you have some quick questions
Chocolat425	Yes, totally worth it. Knowing that I no longer have to go thru at least 3 weeks of constant bleeding, is the best thought in the world.
fritzi64	I shoudl have the chat archives posted tomorrow morning sometime.
tauruslady	Marry - what's the date of your surgery
Bookcrazy	I have horrible mood swing right before I would start
fritzi64	I'd like to point out that if you'd like to contact any of the hostesses about the conversation we've had tonight, you can feel free to send us a private message through HysterSisters.

marry1121	My surgery is 9/9, very nervous. How long does it take to get semi back on your feet?
tauruslady	Most definitely
fritzi64	Also, when the chat archives are posted, you'll see the names of the other women who were here tonight. Feel free to post visitor messages, etc. to say "hi" and stay in touch with each other as well.
PrincessMH	we have the hostesses with the mostest =)
marry1121	Thanks, just joined tonight and I am still trying to figure out how everything works
Goodvicki	:)
julesyoder	Yes, thank you very much
tauruslady	Marry - that one all depends on each person. That initial recovery is 6 to 8 weeks and you'll improve slowly
fritzi64	Aw, shucks. We all started as members who were supported by the other members and hostesses, too.
tauruslady	Check out hte pre-op checkpoints to give you ideas of how things will / might progress
tauruslady	Thank you ladies :)
fritzi64	Wow, marry1121, you just joined us tonight? You're the newest (((sister)))!
cmtsp	I think we're great too
tauruslady	Marry- I asked because we have another chat on 9/10 and you'll already be 1 day post-op
PrincessMH	Marry, you have lots of time to research and read from the H/S website.
tauruslady	cmstp - :)
marry1121	I will get going on reading posts etc to try and get info
mjd2491	Marry -- you can be like me!
julesyoder	Mary- my surgery date is 9/3/09
mjd2491	Be on teh site 24/7!
Goodvicki	my pre op appointment is 9/10
jergens	i want to say thank you for this website// in the coming weeks i am going to lean on it a lot
fritzi64	As you continue to prepare for your surgery, please post your questions and concerns on the pre-op forum and check out the pre-op resources pages as well.
mjd2491	I still think that's why they asked me to be ahostess...
tauruslady	Marry - check out the link on Hysterectomy Checkpoints, also go to the pre-op page
mjd2491	:)
tauruslady	the checkpoints page has videos as well
fritzi64	Me too MJ :)
PrincessMH	It's amazing how much information is on the site and how much it helps
Bookcrazy	Thanks,everyone!
mjd2491	Post questions. Doesn't matter if it has been asked a thousand times before
mjd2491	Go ahead and ask us!
Goodvicki	Yes, this is a wonderful site!
fritzi64	We have just a couple minutes left (yes, I'm the party pooper).
marry1121	Good luch Jules
mjd2491	Every party has a pooper...
mjd2491	;)
fritzi64	What other questions do you have that we can help you with

	before the room closes?
Bookcrazy	I couldn't find a video of a rectocele repair
julesyoder	Good luck to you, stay in touch
fritzi64	That's my job, MJ--hostess/chat moderator, and pooper of parties
peppermintpeggy	lol
cmtsp	Book~Did you try You Tube?
tauruslady	book - don't know if there is one of those
PrincessMH	To my sisters-in-waiting...best of luck on your upcoming surgeries, and we'll see you on the other side!!
mycookiebaker	well it was great thanks for all this info
peppermintpeggy	it sure is wonderful to have you unselfish hostesses to dedicate your time to us
PrincessMH	to everyone else...hugs and thanks for all the support =)
mycookiebaker	good luck to everyone :)
mjd2491	:)
Bookcrazy	no hadn't tried youtube
Goodvicki	thank you
Bookcrazy	bye
tauruslady	Night book
peppermintpeggy	good luck all!
mycookiebaker	time to watch yo gabba gabba with my 3 yr old :)
PrincessMH	g'night all
mycookiebaker	nite ladies
jergens	good luck to everyone
julesyoder	Thank you and good night
tauruslady	Goodvicki - you are welcome
fritzi64	Okay everyone, the pooper of parties has to ask you to leave our lovely chat room now.
tauruslady	jules - you are welcome
fritzi64	I'll get the archives posted in the morning
tauruslady	marry - we'll look for you on the boards
fritzi64	Thank you so much for coming and for your wonderful questions and support of each other.