

Pre-op Chat

September 24, 2009

Cinda2009	hello all
fritzi64	Hi Cinda2009!
LookingforaSis	Welcome Cinda
Cinda2009	hi thanks
Cinda2009	Hows everyone this evening?
LookingforaSis	i am great, how are you?
Cinda2009	good thanks
fritzi64	I'm sitting her trying to not smell my stinky dog. He has bad breath tonight.
Cinda2009	ewww
LookingforaSis	LOL!!!
fritzi64	There are worse things I could be doing!
Cinda2009	true
Cinda2009	so everyone in here waiting to have surgery?
Cinda2009	ewps
Cinda2009	wb
fritzi64	I clicked on the wrong button, but I'm back now
Cinda2009	good wb
fritzi64	When is your surgery, Cinda?
Cinda2009	Sept 30th
fritzi64	Hi tauruslady!
LookingforaSis	Welcome tauruslady!
tauruslady	Hi Cinda
Cinda2009	Hi TaurusLady
fritzi64	My surgery was December 26 last year.
tauruslady	Hi fritzi
Cinda2009	what kind did you have?
fritzi64	TVH, kept ovaries
tauruslady	I'm doing some color testing so ignore me
Cinda2009	mines the LSH hopefully
tauruslady	seeing what works
fritzi64	I've heard that is an easier recovery.
Cinda2009	My Dr wont know til she gets me in the OR room cause Imma big girl
tauruslady	I had the daVinci w/ BSO
Cinda2009	she may have to cut me open
fritzi64	I am, too, Cinda.
tauruslady	Hi jergens
fritzi64	Hi jergens!
LookingforaSis	welcome!
Cinda2009	Iam nervous
Cinda2009	scared
tauruslady	That is normal
Cinda2009	yea
Cinda2009	Hi Jergens
jergens	hello everyone

tauruslady	glad you could make it tonight
Cinda2009	Iam sure it will all work out
Cinda2009	the not knowing part is what worries me
fritzi64	When is your surgery, jergens?
fritzi64	Hi hoping4happy!
tauruslady	Hi hoping4happy
LookingforaSis	That was the same for me cinda.
Cinda2009	HI Hoping4happy
jergens	my surgery is sept 29
Cinda2009	day before mine
Cinda2009	gl
tauruslady	Cinda- you are right "not knowing is tough"
Cinda2009	yes it is
fritzi64	Hi bandimal
bandimal	good evening sisters
tauruslady	Hi LookingForASis
Cinda2009	Hi Bandimal
tauruslady	Hi Bandimal
hoping4happy	Hi Cinda2009, all
bandimal	<<< post-op, here to help
Cinda2009	HI cmtsp
fritzi64	Hi cmtsp
tauruslady	Hi cmtsp
cmtsp	Hello!
Cinda2009	<~~~~scared
bandimal	Cinda - I hope this chat will help you then
bandimal	hi jergens
Cinda2009	me too
Cinda2009	thats why Im here
bandimal	hi cmtsp
bandimal	hi LookingforASis
bandimal	hi hoping4happy
bandimal	and of course, hi fritzi
LookingforaSis	Hi :)
fritzi64	Bandimal and jergens, you were here last time, too. How are you doing?
tauruslady	Hey MJ
Cinda2009	Bandimal....when did you have yours?
fritzi64	Hi mjd2491
bandimal	Quite frankly, not so well but it is not related to the surgery
jergens	feeling nervous and scared
bandimal	Cinda - 20 August
hoping4happy	Hi Bandimal
bandimal	hi mehitabel
fritzi64	Hi mehitabel74
bandimal	hi mjd
Cinda2009	what kind did you have?
bandimal	total laparoscopic
mehitabel74	Hi!
fritzi64	Hi APERFECTSUNSET
bandimal	hi APerfectSunset
Cinda2009	mine may be as well

tauruslady	Hi mehitabel74....wasn't that the cat in "Cats" and in the eecumming poen
tauruslady	Hi APerfectSunset
APERFECT SUNSET	Hi
Cinda2009	was anyones same day?
mehitabel74	No, mehitabel was a cat character in "archy and mehitabel", by Don Marquis.
APERFECT SUNSET	Hi fritzi64
bandimal	not mine
mehitabel74	I do love "Cats", though!
tauruslady	There you go
fritzi64	We'll get started in a few minutes, after a few other people have a chance to find the room and get logged in
APERFECT SUNSET	Hi Tauruslady
Cinda2009	ok
tauruslady	I remebered Archy & Mehitable but couldn't remember who
Cinda2009	Imma grab a water
hoping4happy	fritzi64, are you the moderator?
bandimal	hi taurusladu
bandimal	*lady
tauruslady	Hey bandimal
mjd2491	hoping.... oh, is she ever! ;)
fritzi64	Yes, I am hoping
fritzi64	I mean:: Yes, I am, hoping.
hoping4happy	:)
bandimal	hi cmsf
fritzi64	I must be going comma-tose to celebrate National PUnctuation Day
fritzi64	Hi cmsf
bandimal	LOL
tauruslady	She's the bestest moderator :)
tauruslady	Hi cmsf
APERFECT SUNSET	hi bandimal
hoping4happy	Well I am looking forward to this then!
Cinda2009	back
fritzi64	Well, let's go ahead and get started. I know some others will continue to join us throughout the chat.
tauruslady	Fritiz reminds me of the grammar book "Panda eats shoots and leaves"
tauruslady	and how missig commas change the meaning of sentences
fritzi64	Welcome to our live pre-op chat!
fritzi64	We are so excited that you are able to attend tonight's chat.
cmsf	greetings
fritzi64	It was just a year ago that I was facing my own decision to have a hysterectomy.
fritzi64	I am now 9 months post-op, having had a total vaginal hysterectomy. I kept my ovaries.
fritzi64	I remember the anxiety, the questions, the worries, the excitement,...
fritzi64	the obsession with HysterSisters!
bandimal	LOL
fritzi64	I'm going to be the moderator tonight. I'll be spending most of my time behind the scenes.
fritzi64	Although I will pop into the conversations from time to time

fritzi64	Here's the way this chat will work...
fritzi64	Our guest for tonight is tauruslady, one of our hostesses.
fritzi64	She will introduce herself and relay some basic information for our hysterectomy journey.
fritzi64	We will also transition through various topics that usually interest pre-op princesses.
fritzi64	After her "presentation," we'll ask for your questions about...
fritzi64	...preparing for surgery...
fritzi64	recovering at home...
fritzi64	...hormones...
fritzi64	...returning to work...
fritzi64	..and a return to intimacy.
fritzi64	To help everyone follow the conversation, most of the chat will be moderated.
fritzi64	That means that when you post a question or comment, it will be held until it fits a topic of conversation.
fritzi64	It will help us to know a little bit about how you've used HysterSisters so far.
fritzi64	Which of our resources have you used so far? Checkpoints? Videos? The forums? The Pre-Op resources page?
fritzi64	Could you let us know what you've used on the site so far?
722tiger	checkpoints and forums
hoping4happy	Checkpoints, pre-op resources and new posts
cmsf	checkpoints and pre-op forum
722tiger	yeah, the new posts mostly
hoping4happy	...pre-op and post-op forums
jergens	check points and pre-op forums
mehitabel74	Pre-op, hyst-ory, recipe ideas...
mehitabel74	and the endo forum
fritzi64	Before we turn it over to tauruslady, would you all like to tell us when your surgeries are scheduled?
hoping4happy	yes-I checked out the endo forum as well, since that is the reason
mehitabel74	October 5th
Cinda2009	Sept 30th
hoping4happy	October 23
cmsf	oct 6
722tiger	Wed sep 30
jergens	sept 29
APERFECT SUNSET	LSH September 28th
fritzi64	Wow! Some of you will be having surgery soon. We're so glad you could attend this cht before you go to the castle.
fritzi64	Okay, I'm going to set the room to moderated now.
722tiger	glad i found you
fritzi64	I'll do my best to let everyone's questions through. Please be patient with me, though. Sometimes a question might not fit until the end, or by the time I see a comment we will be past that part of the conversations. And sometimes I make mistakes and click on the wrong button.
fritzi64	Tauruslady, why don't you tell us a little about yourself and get started?
tauruslady	Thank you Fritzi.
tauruslady	Hi everybody! My Hystersister's name is Tauruslady. You can call

	me "G" which is shorter than both my screen name and my given name.
Cinda2009	welcome TaurusLady
tauruslady	I am a hostess on the Pre-Op forum.
tauruslady	I am married with no children. We do have 2 horses and a cat. I work in Information Technology.
tauruslady	I joined HysterSisters after an unexpected cancer diagnosis after a D&C and hysteroscopy.
tauruslady	My gyn wanted my surgery done soon because there is a risk that a hysteroscopy could spread cancer cells.
tauruslady	HysterSisters was a God send for me. I was totally terrified about the whole thing.
tauruslady	I found information I could use in the Pre-Op checkpoints and questions for the doctor.
tauruslady	I found women who could relate to all my fears, anxieties and concerns and who were incredibly supportive.
tauruslady	The thing that was best of all was that I found a different surgery option.
tauruslady	Originally my surgery was going to be an open abdominal surgery with uterus, cervix, ovary & tube removal.
tauruslady	An oncologist would be attending for lymph node sampling and pelvic washings.
tauruslady	From information here at HysterSisters I found out about the daVinci surgery option.
tauruslady	I was able to find a gynecological oncologist who gave me a second opinion and he did my daVinci surgery.
tauruslady	My surgery was November 2008 so I all too well remember the questions, the nerves and the concerns that are part of being pre-op.
tauruslady	Well enough about me, now I have a question for you.
tauruslady	From the introductions you did already we know we have differen types of surgery out there.
tauruslady	so to make it easier for you on the forums, since most people use abbreviations, I'm going to go over them now.
tauruslady	We'll start with hysterectomy types, remember the word hysterectomy means the removal of the uterus and cervix only.
tauruslady	Hysterectomies can either be done abdominally (A) or laproscopically (L)
tauruslady	Laprosopic surgeries can be subdivided into a standard procedure where the surgeon or attendants physically hold the camera and laprocopic instruments versus
tauruslady	A robotically assisted procedure where the surgeon sits at a console and utilizes a daVinci surgical system to hold and manipulate the camera and instruments.
tauruslady	It is a computerized system. The doctor has 3-D vision and a 10x magnification of the area.
tauruslady	So when you see TAH that's a total abdominal hysterectomy.
tauruslady	A TAH means that the uterus and cervix will be removed via an abdominal incision.
tauruslady	A TVH means the uterus and cervix will be removed via a vaginal incision.
tauruslady	An LAVH is a laproscopically assisted vaginal hysterectomy where the uterus and cervix will be removed via a vaginal incision.
tauruslady	A DVH or RALH are procedures where the daVinci system is used

	to perform a vaginal hysterectomy removing the uterus and cervix.
tauruslady	DVH is daVinci vaginal hysterectomy; RALH is robotically assisted laproscopic hysterectomy.
tauruslady	You may also see an S as in LSH. The S stands for supracervical.
tauruslady	This means that only the uterus is being removed, the cervix is staying intact. It is also sometimes called a partial hysterectomy.
tauruslady	So an LSH is a Laproscopic Supracervical Hysterectomy and a SAH is a Supracervical Abdominal Hysterectomy
tauruslady	A DSH or RASH would be a daVinci Supracervical Hysterectomy or a Robotically Assisted Supracervical Hysterectomy.
tauruslady	You may also hear someone say they are having a radical hysterectomy. This is different than a total hysterectomy.
tauruslady	A radical hysterectomy means that a portion of the vagina will also be removed along with the uterus and cervix.
tauruslady	Notice we haven't said anything about ovary removal, that's an oophorectomy.
tauruslady	Or fallopian tube removal, the word for tubes is salphingo.
tauruslady	So someone who is having both ovaries and tubes removed is undergoing a BSO.
tauruslady	Bi-lateral (both sides), salphingo (tubes), oophorectomy ovaries.
tauruslady	LSO or RSO means only the tube and ovary from the right or left side.
tauruslady	You can find information on these items in the Hysterectomy checkpoints on the site.
tauruslady	There are videos, checkpoints and questions for your doctor listed there.
tauruslady	My surgery was a RALH BSO.
tauruslady	***
fritzi64	Okay, we're going to move to your questions now.
fritzi64	We'd like to start with your questions about preparing for your surgery. What would you like to ask?
fritzi64	Tauruslady and some of our other hostess will help answer your questions.
Cinda2009	I have a question
wackycamper	Should we bring a night shirt to the hospital, or just where there stuff.
cmtsp	camper~I wore a hospital gown the whole time
tauruslady	Wackycamper - I was in for only one night & with IV's wore their stuff, I did bring tummy pillow
mehitabel74	Is a "Swelly Belly" or support band necessary for an LAVH?
tauruslady	Mehitabel - I used my tummy pillow but I did get Swelly Belly even w/ lapro surgery
cmtsp	mehitable~many do not use a band with your type of surgery, but some do
Cinda2009	Iam having a LSH possibly something different cause of being a big girl My DR may have to cut my belly open...what should I do to prepare for bowel prep?
hoping4happy	I have read many ranges of weeks it takes to recover from an LAVH. Everything from 3-8 weeks. What can I expect?
bandimal	mehitabel - your doctor will tell you if you need one of those, but a lot of us have found them helpful even when not required

bandimal	wacky - you might never get out of your hospital gown, but a change of soft, loose fitting clothing, non-skid slippers, and a robe might be comforting
tauruslady	Cida - Dr will tell you what to do for bowel prep
LookingforaSis	I had an lavh/bsc, was back to work in two weeks. NOT typical though.
wackycamper	Do hospitals supply a tummy pillow, or should I buy a nice hard pillow?
cmtsp	hoping~that varies a lot--hence the large range
mehitabel74	Also, what kind of pillow did you all use? Was it small or large, soft or firm?
Kathy	Mehitabel, the abdominal binder is a great thing for any hysterectomy.
tauruslady	Some drs do them and some don't so follow their orders
bandimal	Cinda - the doc should give you bowel prep instructions
Cinda2009	ok ty
APERFECT SUNSET	How long does one usually stay in the hospital for an LSH?
tauruslady	Tummy pillows you get on your own, I found a stuffed animal
cmtsp	cinda~your doctor will give you specific instructions
bandimal	wacky - if you're concerned you should bring your own. My hospital did not give me a special tummy pillow
tauruslady	It was this stuffed schnauzer (we used to have that for a dog) and people chuckled when I walked the halls.
LookingforaSis	lol G!
bandimal	Sunset - it depends on how you recover; ask your doctor
wackycamper	Is a bed pillow good, or a smaller pillow better?
tauruslady	Hoping - range of recovery they tell you is 4 to 8 weeks for INITIAL RECOVERY
cmtsp	camper~I had a lot of pillows in my room
APERFECT SUNSET	Why will we need a tummy pillow?
miss_sunshine	i had a smaller pillow
bandimal	wacky - something at least that you can hold over your incision(s)
tauruslady	Full recovery can take months so don't get depressed if you aren't all perky and "normal" in a week or 2.
hoping4happy	Thank you G
Cinda2009	Mine is less than a week away and I am scared...
fritzi64	Cinda, I think just about everyone is scared before the surgery.
tauruslady	My "schnauzer" was medium sized and medium "support"
bandimal	Cinda - you're not alone. Facing surgery often comes with fear.
wackycamper	Mne is next Thurs.
bandimal	Sunset- to splint your incisions when you cough, move, sit up
tauruslady	Scared is very, very normal.
cmtsp	Sunset~it helps when you are getting out of bed
Cinda2009	your right
722tiger	One minute I think I'm not scared and the next I'm tearing up
mehitabel74	I always get the most nervous about going under, not the actual surgery.
tauruslady	Also remember tummy pillow for on the way home put it between belly & seat belt
miss_sunshine	i had my TAH a year ago and this Monday, I'm having a BSO
tauruslady	I used mine for weeks, even after I was back to work and I was driving

fritzi64	I found a lot of comfort by practically living in the pre-op forum, with other women who could understand my feelings.
cmtsp	mehit~Me too, but I don't remember much of it anyway
bandimal	mehitabel - me too. I have had complications with anesthesia so I have a reasonable amount of fear.
mehitabel74	Can I ask for a tranquilizer before the surgery, when I check in?
bandimal	mehitabel - you can usually ask to speak with an anesthesiologist before your surgery
tauruslady	Tearing up both before and after is normal, especially from anesthesia.
bandimal	mehitable - ask your doctor
tauruslady	Mehitabel - talk to our dr. some allow xanax
hoping4happy	It's funny. My doctor told me four weeks probably. HIS nurse/secretary said-girl-prepare for longer than that!
mehitabel74	I had a bad experience with ab surgery last year, so I'm really nervous.
cmtsp	Mehit~you will be sedated, yes
Cinda2009	is there somewhere where I can see a video of the type of surgery Iam having?
APERFECT SUNSET	Is LSH usually a quicker recovery?
tauruslady	On my daVinci people said 2 weeks, my gyn onc said 6 maybe 8. Reason because they had to do lymph node dissection.
fritzi64	Cinda, we have a video section. You can find the link at the top right of the screen.
bandimal	Cinda - a google search might turn up one
hoping4happy	Cinda2009 - I saw a video section on the site
tauruslady	Recovery is very persona thing you have to pamper the princess and listen to your body
bandimal	right, I forgot about the video section!
tauruslady	DO NOT just go by the time frame.
tauruslady	It may disappoint or elate you depending on whether you are doing better or "worse" :)
LookingforaSis	Great point G!
tauruslady	Plus ups and downs are normal, oe day good, one day down.
bandimal	Also some people think of recovery as "can drive, can go back to work, etc." rather than the total recovery time until your body is completely healed
fritzi64	Do you have any other questions about how to prepare for your surgery?
cmsf	did you change your diet or add vitamins before your surgery?
Cinda2009	yes
tauruslady	CMSF - not really
Cinda2009	what should we pack?
hoping4happy	G - I guess it all depends, eh? I took 2 weeks off work from a laser laparoscopic for endo! I have a high pace job and don't want to go back to early.
LookingforaSis	cmsf-- check with your doc, there are some things you'll have to stop.
cmtsp	cmsf~Your doctor will instruct you on what you can take, and what to omit
tauruslady	and in fact you have to stop things about 10 days before surgery anyway (whatever your doctor tells you).
bandimal	cmsf - yes, stopped taking any supplements that had Vitamin E or C in them (bleeding risk) and avoided NSAIDs for my preop

	pain
tauruslady	Hoping - you are totally right.."your mileage may vary" we are all different.
LookingforaSis	hoping--if that is your goal, i have one suggestion, take it VERY VERY slow and pamper yourself those 2 weeks.
fritzi64	Cinda, I packed way more than I needed. All I used were my ipod, chapstick, and clean underwear for the trip home :)
tauruslady	Cinda - things to pack - your hairbrush, chapstick (although hospital gave it to me)
cmtsp	All I wanted was my toothbrush!
tauruslady	IPod was good w/ earphones
bandimal	One thing I would pack is a holder for a cell phone - something that you can strap to the bedside rail
APERFECT SUNSET	My doctor told me that I can drive after 5 days and can resume intimacy at the 2 week mark....has anyone been told anything like this. I was shocked.
tauruslady	One thing you may want to do is see if you can get a private room
tauruslady	I had to pay \$20 more but it was way worth it.
cmtsp	Sunset~that is early
hoping4happy	Looking for a sis-thanks. What I meant was I needed a two weeks for a simple laser lap for endo, I'm afraid I can only imagine what I'll need for my LAVH!
bandimal	also if you need sensitive skin soap or shampoo, bring a small amount with you
LookingforaSis	aperfect-- i drove that quickly, no intimacy until 6 weeks for me though.
tauruslady	Sunset - that sounds early, I would wait until they see how you are healing
tauruslady	You might be a "slow" healer, I was.
miss_sunshine	i also packed girdle panties....helps tremendously with an abdominal surgery
bandimal	Sunset - I was told two weeks or when I was off the narcotic pain meds
Cinda2009	why a private room?
LookingforaSis	hoping---oops, i misunderstood you! I went back to work within a day or two after scopes.
APERFECT SUNSET	thanks
tauruslady	YOU don't have to deal with room mate "noises"
bandimal	I couldn't get a private room because I was on medicaid
cmtsp	I was so happy to have a private room--nice and quiet
hoping4happy	Glad I'm not the only one! I also have a low tolerance for pain!And I'm going for the private room, too.
tauruslady	If you want to watch TV you don't have to worry about bothering someone, that type of thing.
bandimal	I did have a great roommate though
fritzi64	Any more questions about preparing for the surgery?
tauruslady	Bandimal - it can all depend, I'm glad it worked.
Cinda2009	I have very low pain tolerance
miss_sunshine	your roommates visitors can be annoying as well
fritzi64	If not, let's move on to your questions about what to expect at the hospital--getting into surgery, recovery, and pain relief.
bandimal	fritzi - can I make a suggestion?
fritzi64	yes

hoping4happy	Lookingforasis-WOW! My doc wrote me off for 7-10 days each one I had! I guess I'm not much of a trooper:)
hoping4happy	Is there typically any prep at the hospital before the day of?
LookingforaSis	hoping--- trust me, i am just not normal in that aspect, lol
tauruslady	Hoping - your pre-op may occur several days before.
tauruslady	My operation was on a Monday and my pre-op was the Thursday before.
fritzi64	The prep at the hospital will vary.
bandimal	About anesthesia - if you have ever had a bad or distressing reaction to ANY medication , you should tell the anesthesiologist beforehand so that s/he can avoid giving it to you while you're under
APERFECT SUNSET	What is the average time that an LSH takes? This is the one question that I forgot to ask my doctor
hoping4happy	Thanks.
fritzi64	Great suggestion, bandimal!
bandimal	hoping - just your preop tests
tauruslady	They will ask you if you are allergic to anything. They marked my chart and banded me.
hoping4happy	OKay, perfect-thanks bandimal, fritzi
tauruslady	It could be antibiotics not just anesthesia. I can't do Levaquin get violently ill
fritzi64	Sunset, I don't know how long that procedure takes. You might want to call the hospital and ask.
Cinda2009	Yea how long does an LSH take?
bandimal	I did not know they would give me phenylephrine to support my blood pressure, and what happened was my blood pressure went up and down a lot during the surgery... because I'm quite sensitive to it
hoping4happy	I'd like to ask about pain relief typically provided immediately following surgery. Is it normal to be assigned a PDA?
cmtsp	Yes, hoping
fritzi64	Hoping, I did not have the patient-dispenser thing at all.
tauruslady	Cinda - I don't know might want to call the dr.
fritzi64	I had decided before my surgery that I only needed to remember one word--"pain." When I was hurting, that's all I said and I got attention right away. :)
tauruslady	They had an IV port where they dropped the pain meds in my IV
bandimal	Sunset - each procedure varies according to your doctor's sense of what needs to be done, and your own anatomy
Cinda2009	I know my DR has the OR room blocked off for 2 hours and 40 minutes
bandimal	I got the button within moments of getting to the recovery room
bandimal	hoping - It's called PCA (Patient Controlled Analgesia) and I did have it
hoping4happy	Okay. The first time I heard about it was through forums on this site, but I've never had them for my laser laps for endo-wondered if it was different for hysterectomies
miss_sunshine	I didn't have the pain pump because morphine makes me very itchy....I just had Tylenol 3
APERFECT SUNSET	Can husbands usually be present right up to the time that they take me into the operating room?
tauruslady	They took me back by myself did some prep than allowed my husband in until they took me to the OR,

cmtsp	I was able to have people in prep
LookingforaSis	hoping-- i hadn't had them before either. Had a morphine pump after my lavh/bs0.
tauruslady	I was freaking out (first surgery) so having him there helped to calm me down.
bandimal	Perfect - it depends on the hospital, but most in the U.S. will allow someone to be with you until they take you out of pre-op (but not to the OR door)
Cinda2009	Ya my bf was with me
hoping4happy	tauruslady-for my former surgeries, that's how they've done it...Thanks. I did mean PCA-thanks for clarifying bandimal
bandimal	My parents and a good friend were with me until they wheeled me off
darceyd	how long do they usually keep the epidural in, if you get one, after surgery?
tauruslady	Darcey - can't help on that one I had mine through IV
722tiger	Do they leave catheter in after surgery? LAVH
tauruslady	Mine was in until the following morning
cmtsp	My cath was in for one day
tauruslady	They wanted to make sure I could urinate and was at least passing gas before they released me.
Cinda2009	I heard catheters hurt
cmtsp	I couldn't really feel mine
tauruslady	The only time my catheter hurt was when it airlocked (they had the hose curled)
fritzi64	I cannot handle the insertion of a catheter very well, but it wasn't inserted until I was unconscious. After I woke up, I couldn't even feel it.
darceyd	will they take cath out if you request?
bandimal	[b]About surgery time[/b] I was blocked for five hours due to my anatomy and it was exactly 90 minutes skin to skin, just over 3 hours in the OR
tauruslady	That hurt bad because things were putting stress on the surgery area, other than that didn't hurt (but that was bad, bad, bad)
Cinda2009	good
bandimal	Catheters hurt going in, but believe me the pain meds help afterwards
cmtsp	I requested mine out
JDTagish	Previous abdominal surgery for me, they removed it after I proved I could walk around the unit a few times
hoping4happy	DOes anyone recommend GasX while at the hospital to help with the gas build-up, particiular from LAVH?
LookingforaSis	darcey--mine was in and out while I was knocked out
722tiger	Anybody had tubular? How does pain compare?
tauruslady	I didn't know they put my catheter in they did that after I was out in the OR room
bandimal	Catheters are usually placed after you are under anesthesia. Removal doesn't generally hurt too much
mehitabel74	I had a catheter last year and it was a little uncomfortable sometimes, but not at all painful. Removal didn't hurt either.
cmtsp	Yes, hoping, definitely!
bandimal	hoping - absolutely!!!
Cinda2009	I bought some Gas X
fritzi64	Gas X became my new best friend

darceyd	last surgery i had they put it in and took out while I was still "asleep"
LookingforaSis	722--- tubular? like tubes tied? I had a csection, pain was worse.
APERFECT SUNSET	I know that when I had a tubal the gas pain was terrible. I even felt pain going down into my arm]
mehitabel74	My doctor said Gas-X was okay, but that she'd get rid of it before she was done with the operation. Is that possible?
bandimal	722 - could you elaborate on "tubular"?
tauruslady	My dr did good on my "gas" removal, I kept thinking I had a vaccination until I figured out it was gas.
darceyd	how do i explain that pain meds made me sick to stomach when i am not really sure which ones cause it?
722tiger	Wrong term maybe -- tubaligation
bandimal	Oh I see now.
hoping4happy	OKay-that seals it! I'm buying a big bottle. I've heard so much about it, I'm going to get some!
fritzi64	Are there any more questions about what to expect at the hospital?
LookingforaSis	hoping--they have strips too :)
hoping4happy	I had awful gas pain after previous laser laps-couldn't lay down even
Cinda2009	I wanna wish everyone the best of luck on their upcoming surgeries....
bandimal	I had a prior laparoscopy (exploratory only) and I had more intestinal gas this time but less pain in my shoulders
tauruslady	Mehitabel - yes it is possible :)
darceyd	i have one about pain management
darceyd	how do i explain about pain meds making me sick when i am not sure which ones causes it?
mehitabel74	Oh, good. She may have to move to a TAH anyhow, but I'm scared of the gas pains!
tauruslady	Dareceyd - do you have any clue which ones made you sick before? OR what class?
tauruslady	Tell them as much as you know
bandimal	darcey - you should describe this to the anesthesiologist
JDTagish	FYI, the store brands of Gas-Ex work just as well as the brand name too
hoping4happy	Cinda2009-that's kind, thanks. You as well.
722tiger	Oh, what about tummy sleepers? Am I going to be able to sleep on my stomach?
bandimal	S/he may be able to discern what type of medication likely caused your problems
tauruslady	722 - not right away.
LookingforaSis	722-- i didnt sleep on my tummy for several months post op
cmtsp	I spent weeks sleeping on my back
tauruslady	I could feel things "moving" around getting thier new position, slept in a reclinder for several weeks
Cinda2009	My friend told me she slept in a recliner
hoping4happy	JDTagish-thanks, good to know.
JDTagish	Not going to be comfy sleeping on tummy for a bit - get a body pillow to lean on, it helps keep you from trying to turn over too much
tauruslady	Also had lots of pillows on my bed so when I did go to bed I was

	"propped" up.
tauruslady	Body pillows - good thing
fritzi64	Let's go ahead and move into your questions about recovering at home now.
hoping4happy	Any recommendations if someone doesn't have a recliner? I've heard alot say those work well
Cinda2009	ok
cmtsp	Recliners are a life saver those first weeks
hoping4happy	OKay-body pillows...got it
Cinda2009	Imma tummy sleeper
darceyd	everyone i have tried have made me sick....at first i usually have to have something on my stomach and can only take half
722tiger	how long?
722tiger	do you think any sooner for LAVH?
bandimal	I highly recommend a pillot to support your belly if you are a side sleeper
722tiger	I literally cannot sleep on my back. I think that's my biggest fear.
mehitabel74	Should I have asked about a bladder tack or bladder sling? If I need one, will my doctor just go ahead and do it?
bandimal	Get a husband pillow and use it on a futon or other back-sloping sofa-type thing
JDTagish	yeah, I have kept them on both sides of me at night, cause my tendencey is to try to turn over in my sleep, and it keeps me from doing it
LookingforaSis	722-- i had an lavh/bso.. it wasnt comfy on my tummy for quite some time.
tauruslady	722 - I had lapro and it was awhile
fritzi64	mehitabel74, I had to have a urodynamics study done in order for my doctor to know if a bladder tack would have helped. As it turned out, I had a different issue that cannot be corrected through surgery.
tauruslady	Mehitabel - I asked my dr, so do that
bandimal	mehitable - you should discuss this with your doctor before surgery, call tomorrow
hoping4happy	Recovering at home - can we ask questions now?
cmtsp	Mehit~that is a great question for your doctor
fritzi64	yes, hoping!
bandimal	fritzi - me too
722tiger	guess i'll stock up on tylenol pm
bandimal	darcey - they can give you anti-nausea medication in the hospital and a prescription to go home with
bandimal	go hoping
APERFECT SUNSET	Do the doctors usually give you clear instructions for recovery.....do's and don'ts?
hoping4happy	I wondered what to expect the first couple of days...I've heard you shouldn't go up and down stairs for two weeks...is this true?
tauruslady	Not necessarily, sign up for checkpoints here, they give you a better idea
tauruslady	Hoping - stairs - a couple times a day and very very slowly.
fritzi64	Hoping, I was told to limit staircase trips to a couple times a day. Somehow I forgot this, and at four days post-op did about 15 trips. It was a bad choice!
cmtsp	I never received instructions about stairs

bandimal	Perfect - usually they are pretty clear but it would be best to write down any questions you might have before you go in...
JDTagish	Usually guidelines that are kind of generic - learn LISTEN to your body and don't overdo!
bandimal	hoping - depends on the extent of your surgery, and your doctor's instructions... mine said stairs were OK from the beginning
tauruslady	I did 7 steps down to my bedroom, we have bathroom on that floor and I would avoid them for a couple days.
hoping4happy	how frequently should you be walking around to prevent blood clots?
bandimal	ditto on the slowly
722tiger	I have to climb 20 steps to get up to my house. I e-mailed my doc and he said to take it slow, but I should be able to manage.
tauruslady	5 to 10 minutes and hour, also walking helps get bowels moving again.
bandimal	absolutely on the bowel thing - my body always took a cue from a five minute walk
hoping4happy	okay-I've jotted that one down G
hoping4happy	Thanks G and Fritzi and bandimal
bandimal	hoping - my instructions said get up and walk at least every two hours
cmtsp	Hoping~even just getting up for a minute once an hour helps, also, flex your feet to stretch your calves
cmsf	what were your most helpful things that helped you out?
fritzi64	Cmsf, the most helpful thing was HysterSisters.
tauruslady	Chair in the bathroom so I could lean on the back of it getting off and on the potty.
LookingforaSis	cmsf--take it slow, dont push yourself to keep up with what someone elses recovery is like...
tauruslady	Gripper for when I could try to pick things up.
fritzi64	I was on the website looking for information on every little blip and twinge and leak..
APERFECT SUNSET	My doctor made the subject of recovery sound like no big deal after an LSH. He actually said that "I would bounce back right away". Like I said before, I have an appointment at the 2-week post op mark and he told me at that time that he would give me the OK to return to intimacy. He even told my hubby.
bandimal	cmsf - someone to cook, clean and grab things off shelves! :)
hoping4happy	HOw about bending after an LAVH? Is it as painful as after TAH?
722tiger	do i need to make notes or will i be able to access this chat later to make my notes?
tauruslady	Perfect - Dr can't tell how your body will react so just wait and see
LookingforaSis	hoping--bending wasnt too bad, just took it sloooow
fritzi64	722tiger, the transcript for the chat should be posted by tomorrow afternoon at the very latest. You'll be able to find it at our chatroom entrance page.
hoping4happy	bandimal-I'm with you on that. TRying to make arrangements!
tauruslady	Hoping - I didn't do bending, bent at the knees
LookingforaSis	hoping--use your legs :)
tauruslady	I avoided just like a TQAH
fritzi64	My husband brought me M&M's every day, which were then used to bribe other family members to bring me the things I needed.

tauruslady	TAH, it did bother me
bandimal	Perfect - if it's done laparoscopically there is less chance of severe pain afterwards, but your body is your body
hoping4happy	THanks LookingforaSis
bandimal	hoping - get your friends scheduled now :)
cmsf	did you get a special bed tray? I read that someone 'rented' a hospital table
tauruslady	I just used a bunch of TV trays
LookingforaSis	cmsf, i spent more time on my couch, no trays
APERFECT SUNSET	bandimal Thanks I agree
bandimal	cmsf - TV trays will do
hoping4happy	fritzi - your husband sounds great! I think I'll try that to bribe my family!
fritzi64	What other questions do you have about your early recovery at home?
hoping4happy	After an lavh?
JDTagish	There is a table called TableMate II that works great - about \$30 and you can get it at Bed Bath and Beyond or similar places - it slides under chairs, a bed or chair so you can get it right up to you
hoping4happy	What about baths?
cmsf	what foods did you eat?
tauruslady	No baths until dr. releases you
cmtsp	anything with fiber, cmsf
LookingforaSis	cmsf---stuff that didnt normally cause me bloating.
fritzi64	Cmsf, all I really wanted to eat was broth-based soup, oatmeal, and crackers for a few days.
bandimal	hoping - ask your doctor, but usually no baths, shower only
bandimal	cmsf - avoid foods that create intestinal gas
hoping4happy	Thanks G
tauruslady	CMSF - regular foods, add fiber and things to get things moving
fritzi64	Our next set of questions will be about hormones and menopause issues.
LookingforaSis	Fiber = best friend post op
tauruslady	lol
fritzi64	So start sending those questions in. After that, we'll move into a return to work and a return to intimacy.
bandimal	I was on a regular diet on the night after surgery
hoping4happy	and bandimal
JDTagish	Any suggestions for surgical menopause? Having LVAH & BSO next week
LookingforaSis	JD-- are you planning to take hormones?
tauruslady	Surgical menopause is very personal
bandimal	<<< kept ovaries, bowing out of this section, will be back
hoping4happy	IS it possible, with the removal of only one ovary to experience any adjustments in hormones?
APERFECT SUNSET	from my understanding , hormonal replacement is only needed when the ovaries are removed?
JDTagish	I hope not to, but it remains to be seen
tauruslady	Some people have symptoms right away, others don't, Mine hit 5 days after surgery.
LookingforaSis	APERFECT--sometimes your ovaries "sleep" or do not function properly afterwards.

tauruslady	Sunset - not necessarily, blood flow to ovaries may cause them to sleep
fritzi64	Sunset, I kept both my ovaries, but they seemed to go to sleep for me. So now I'm on estrogen replacement therapy.
cmtsp	hoping~I had menopausal symptoms for a few months with my one ovary left
hoping4happy	REALLY?
JDTagish	this may be stupid, but how do you "know" when symptoms start
tauruslady	Oh you will know
LookingforaSis	JD---you will FEEL it.
cmtsp	For me, it was the hotflases
tauruslady	I had a thundering headache for 3 days and felt like my body was going to 200 degrees
tauruslady	and then it would fade away
JDTagish	LOL
hoping4happy	I am a bit scared now. I am leaving one ovary in because I want to avoid HRT_I am terrified (mo mother had breast cancer after taking HRT)
40sladyz	If your ovaries dont adjust right away after surgery-is it recommended that you take hormones on a temp. basis until they do?
APERFECT SUNSET	OK how does one know if the Ovaries are sleeping? sorry if I sound stupid but this is ALL new to me
fritzi64	Since I had my ovaries and wasn't expecting any troubles, I didn't even make a connection between my ovaries and what I was experiencing.
cmtsp	hoping~I did not use hrt
tauruslady	Hoping - you may not have any symptoms
fritzi64	It was when I burst into tears in my doctor's office at six weeks post-op complaining that I felt like she'd removed my brain that we realized I was having estrogen symptoms.
tauruslady	Sunset - you will have menopausal symptoms
tauruslady	Hot flashes; cold flashes
fritzi64	Hoping, some symptoms, such as hot flashes, can be addressed with certain other medications (such as some anti-depressants).
bandimal	Perfect - I can answer that. You might get menopausal symptoms. But if you are really concerned the only way to find out is to have a blood test for the hormones
hoping4happy	G, cmtsp, thanks. I guess I'll have to wait and see.
APERFECT SUNSET	fritzi64 what were you experiencing?
tauruslady	Hoping - unfortunately yes.
fritzi64	I had major brain fog, exhaustion, daily emotional meltdowns, and then hot flashes on occasion.
tauruslady	40slady - talk to your doctor some dr's put people on HRT right away others don't
fritzi64	I couldn't concentrate more than 20 minutes, and that is a huge problem in my job.
Cinda2009	IM keeping my ovaries
hoping4happy	Thanks fritzi
JDTagish	Great - things to look forward to I guess. How long does that last?
tauruslady	Cinda - again the blood flow could get interrupted and they might sleep and you'll have menopausal symptoms.

fritzi64	My doctor told me to stay on the estrogen for a year while my body continued healing from the hysterectomy. Then we'll re-evaluate.
Cinda2009	oh
APERFECT SUNSET	they can do bloodtests to check? I get some "hot flashes" now due to a medication that I am on
bandimal	Sisters - it is important to get these symptoms checked out with your doctor if you kept your ovaries - just because there are other conditions that might be causing them. I had a high blood pressure crisis yesterday and averted disaster by seeking prompt care.
cmtsp	Yes, Sunset, there are tests to check your levels
40sladyz	Ok I wasn't sure if it would be best to "wait for it" or not, I wondered if the hormones would affect how efficiently your ovaries adjust post op... some have said they have waited up to three months before they seemed to work again
cmtsp	It was three months for me
tauruslady	40s - you are correct, so talk to the Dr.
fritzi64	We have a Hormone Central forum, with places there to go for support depending on whether or not you kept your ovaries or are on HRT.
hoping4happy	bandimal-that's good advice, you are so helpful. You should see me taking notes-I even had to get my husband to bring me up a snack so I didn't miss anything!
APERFECT SUNSET	nothing can be worse than my Adeno pain.....lol. Atleast I will be free of that
fritzi64	As we take any more questions on hormone issues, start sending through your questions on returning to work and resuming other regular activities.
hoping4happy	Thanks fritzi, I will check that out
bandimal	hoping - there will be a transcript of the chat after it's over
hoping4happy	I know. I remember better when I write. It's the way I learn:)
Cinda2009	:)
fritzi64	Okay, what are your questions about returning to work and other regular-life activities?
bandimal	good, I am glad y'all are enjoying the chat
fritzi64	Hmm, you're quiet this evening.
APERFECT SUNSET	I just have one more question that doesn't relate to the topic at the moment. How much bleeding can you expect post-op ?
tauruslady	Sunset - I didn't have much.
fritzi64	And I bled for 5 1/2 weeks.
cmtsp	I spotted from day 16 to almost 6 weeks
tauruslady	I had a stitch come lose and had to use a pad but it wasn't soaking through
fritzi64	Well, after the second week it was more discharge than bleeding
bandimal	Perfect - it depends on your body, but there are some signs you need to be aware of that warrant a Dr's office call or ER visit
hoping4happy	I know I already asked about how long I might be off for a LAVH, the doctor said maybe 4 weeks, but his nurse said 6. Although I have an "office job", I work in a very high-pace, environment. I am always running around, hardly at my desk! ANY experiences to share?
tauruslady	Fritzi - yep, spotting
LookingforaSis	hoping--6 is a good time frame.
tauruslady	Hoping -I don't think you'll be "running" :)

fritzi64	Hoping, my strongest recommendation is that for your first two weeks back, be sure you have no evening or weekend commitments. That way, you truly can lie down and recover from the day or the week.
tauruslady	Shoot for 6 and if you get back earlier would be good
bandimal	hoping - I would suggest that you talk with your doctor - and your work supervisor - about this
JDTagish	Does every state have short term disability through the state?
APERFECT SUNSET	I run my own financial services business so I will decide on when to return to a full schedule
722tiger	Wow. I asked for 4 and thought I was being a "weenie".
LookingforaSis	JD, no.
tauruslady	My first 2 weeks back I did part-time.
722tiger	Everybody is entitled to FMLA -- 12 weeks sick leave (doesn't have to be paid) protected by the Feds.
bandimal	JD - you should contact your local social services agency to ask about your particular jurisdiction
JDTagish	They should!
cmtsp	I started back part time as well. I was very glad
bandimal	Perfect - perfect :)
JDTagish	CA does, but a friend in AZ was having trouble finding it. She has to delay her surgery to save up to be off work
bandimal	I'll just tell you that I made sure my surgery was no less than two weeks before I went back to graduate school. And luckily, most of my classes are online so I can self-pace
JDTagish	I just mailed in the forms and had no trouble at all getting the claim in
hoping4happy	G- I am truly laughing out loud at that one. Lookingforasis-thanks_thanks, that's what I've planned from work, so hopefully I am covered. Since I manage a team, I had to plan for coverage to ensure nothing fell apart while I was gone
hoping4happy	I think I'm the only Canadian on here. My employer offers a STD and LTD package, which help me -
JDTagish	I just assumed all the states had it
40sladyz	I understand we will have pain at different levels as we are each different. How much pain is OK? At six week post op, I anticipate being very active-is say a pain level 3 OK? I dont want to impede my healing.... but I also want to be active enough to heal as fast as possible. We cant go back and do this over.. ;-)
tauruslady	My employer offers short-term but you have to sign-up and pay for it.
722tiger	FMLA just protects your job, not your paycheck during your absence from work. But you have to submit the proper paperwork. Your employer should have the forms.
tauruslady	40slady what type of surgery and what do you mean by "very active"
bandimal	40s - there is a guide to pain levels on the Weeks 1&2 post-op page... Have a look at it, it might help
fritzi64	Okay, let's move to everyone's favorite subject . . . sex.
LookingforaSis	40-- I was taking motrin for pain control at that point in my recovery.
tauruslady	At 6 weeks going to work and sitting at a desk wore me out and I had swelly belly when I got home
fritzi64	And I'd like to remind everyone that this is a PG-13 website, so please be respectful in your questions.

bandimal	Each person's pain scale is different... and tolerances are different... I tolerate up to about a six before I go to the doctor
mehitabel74	This is kind of a gross question, maybe, but after sex (if your cervix is removed), what happens to the semen? And does it hurt the first time?
40sladyz	Yes FMLA gives you the right to have the time off work, but with no pay. My work allowed me to use my vacation and sick leave during a prior surgery.
APERFECT SUNSET	I walk 3-5 miles several times per week.....can I expect the doctor to say that I can start walking 2 weeks post op?
40sladyz	Active as on my feet for most of the day
hoping4happy	It's hard to picture that, since because of the issues leading to hysterectomy have kind of dwindled in that department.
40sladyz	My job is alot of standing and walking...
LookingforaSis	aperfect-- i started walking small distances 1 weeks post op. depends on your body and your healing process
fritzi64	Hoping, I felt the same way. So it was great to at least be able to have sex without the pain that I was used to.
APERFECT SUNSET	LookingforaSis thanks
bandimal	mehitabel - they generally create a "vaginal cuff" and close the end of the vagina, so the semen won't go anywhere up in your abdomen. Other than that, I don't know
bandimal	Perfect - I started walking at least 100 yards on post-op day 1 and have been extending that to up to 1/4 mile
tauruslady	40s - you may be very worn out
tauruslady	Mehitabel - first few times can hurt
fritzi64	mehitabel, what I've found is that there is more semen that comes back out of me since there's no place for it to go.
tauruslady	Take it very, very slowly. Have lube on hand
bandimal	I'll clarify that even intercourse should be approved by your doctor before you engage
APERFECT SUNSET	bandimalthere is hope...lol
hoping4happy	I truly hope that is the case. My poor husband, truly. I feel sorry for him.
tauruslady	I agree with fritzi
722tiger	I've heard 6 - 8 weeks post op before sex. I'm worried about my hubby too.
hoping4happy	Does anyone have any experiences they can share on if it was more difficult emotionally, or physically after a hysterectomy
tauruslady	722 - there are "other" things you can do for hubby, mine ended up being 12 weeks
fritzi64	Hoping, that's such an important question.
722tiger	OMG -- trying to think of a pg-13 response.
tauruslady	Hoping - for me it was on all those counts because my hyster was totally unexpected.
40sladyz	I can also tolerate quite a bit of pain, (I think all women can :-)) but dont want to injure myself during the healing process either. I am having my cervix removed it seems like that will just take forever to heal.... just the thought , well i try not to think about it
hoping4happy	Emotionally in that hormonally or depression wise, just didn't feel like it after the surgery?
JDTagish	Is anyone able to comment on sex without men? (women with women?)
tauruslady	I didn't have pain before, didn't know I needed a hyster or

	anything like that
fritzi64	JD, I think all the same rules apply--nothing in the vagina until the doctor says it's okay, and get clearance for anything that might stimulate the area. Sometimes full pelvic rest is needed. Even arousal brings more blood flow to the healing tissues, and for some women that may be a problem.
tauruslady	until cancer diagnosis and it hurt me on all those items. I cried a lot
bandimal	JD - not by experience, but there should be nothing in the vagina at all until your doctor clears you; outercourse leading to climax should also be cleared with the doctor first
hoping4happy	I just hear so much about what a women feels after this operation
bandimal	hoping - I am actually feeling very good about mine, but I have had some minor complications that made me very upset (note that I DO have an anxiety disorder)
APERFECT SUNSET	I am very emotional these few days before operation. Started crying because I feel as if it is the last "O" I might be experiencing
cmtsp	JD~Doctors vary on when outercourse can begin, and of course, nothing inside for a number of weeks
tauruslady	Hoping - yep, that is where I was; I ended up w/ depression
bandimal	my greatest emotion was "joy" because the source of my chronic pelvic pain is [b]gone gone gone![/b]
tauruslady	It is frequent that if you had pain before it may be great, if you didn't than you might have issues.
LookingforaSis	APERFECT-- I worried about that as well!
JDTagish	I think my Dr. actually blushed when I asked her about it.
hoping4happy	Thanks bandimal
722tiger	i don't have pain with sex either -- just can't have it but 2 weeks a month cause bleeding the rest of the time.
hoping4happy	Did anyone have success with achieving a goal that they couldn't BEFORE the surgery such as getting in shape, weight loss, etc?
40sladyz	Ladies-this is such a life altering event, I am sure many have depression-Question: How long did you suffer with severe depression? Were meds required until you felt closer to yourself again?
cmtsp	Sunset~you will likely still have orgasms
bandimal	hoping - I have lost 20-30 lbs. (depending on the scale??)
cmsf	do you still feel pain or discomfort after several months?
JDTagish	likely??????
fritzi64	JD, unfortunately there are no guarantees.
LookingforaSis	40---- i suffered with depression years ago and was on meds for quite awhile. After my lavh/bsc, i was ok.
cmtsp	JD~I guess I am not aware of anyone not having orgasms post op
fritzi64	For me, orgasm feels different. And although I'm 9 months post-op, I can tell that I'm still healing.
APERFECT SUNSET	bandimal What made you loose the weight that you were not able to do pre-op?
40sladyz	I am soooooo excited, finally lose weight!!!! 20 pounds overweight and stubborn it is!
JDTagish	Uh Oh.....
bandimal	I have also changed my diet significantly... no more McDonald's and the cravings aren't there either

hoping4happy	WOW-good for you! I don't need to lose weight, but I am OUT of shape and only 36!
tauruslady	CMSF - I had pain until end of June (due to muscle triggers), now I'm feeling more pain free.
fritzi64	For some women, there is a change in libido and arousal, so while orgasm itself may not be a problem, getting up to that point may be an issue.
tauruslady	I do still ahve some nerve pain, from nerves being agitated by pelvic lymph node dissection.
bandimal	If anyone here is already suffering from depression, bipolar, etc. I would suggest trying to schedule an appointment with your therapist or psychiatrist within a few weeks after your surgery, just as a check up
JDTagish	Whew - I guess it's not the be all and end all, but I sure would change things to NOT be able to
722tiger	JD -- my sis-in-law and her partner have both had hys and we don't really talk about it, but they both say it's best thing they ever did. So take that for what it's worth.
LookingforaSis	hoping-- i was too! one year post op, I am in AMAZING shape now!
bandimal	Perfect - better diet, energy being devoted to healing, more exercise
tauruslady	JD - I think we all agree with that.
tauruslady	I can orgasm but takes longer, I ended up on testosterone to get some of the arousal response back.
fritzi64	There are risks to a hysterectomy, and it's important to be aware of those. This surgery may fix some problems and cause others. At HysterSisters, we encourage women to seek second and third opinions and to ask lots of questions.
cmtsp	JD~my doctor told me that three-fourths of her patients report better sex because they no longer deal with the complications of pre-op
APERFECT SUNSET	bandimal I pray that it works for me as well!
hoping4happy	Awesome lookingforasis.I aim for that too.
tauruslady	It definitely feels different because I don't get the blood rush in the pelvic area like I did before, Orgasms very good just take longer.
40sladyz	I just have this "feeling" that this is right for me and will help with health issues... I am happy to finally have come to terms with my decision but anxious as well. Starting a new exercise regiman with my daughter next week - four weeks pre-op...
JDTagish	I'm hoping that will be the case
fritzi64	We have ten more minutes, so I'm going to remove the moderation so we can continue to interact a bit more.
40sladyz	Does removal of the cervix affect orgasms alot? I am concerned with this.
tauruslady	40s that is absolutely great and the best way to think of it.
tauruslady	Some people believe it does, I could feel mine and missed it when it was gone
cmtsp	40s~many say they feel the same
fritzi64	I no longer have a cervix, and while orgasms feel different because of changes in the blood vessels, I still have them and they are good.
40sladyz	I hope so, glad to hear that
tauruslady	Just recently getting over that but I have great orgasms, just

	takes longer
dafadilly615	Hi..first day here!
bandimal	Regarding preop appointments, risks, etc.: I am a veteran of 12 surgeries and I still go to each appointment with the same basic questions. I expect the doctor to listen and respond to each question. I also expect to take as much time with the doctor as [b]I need[/b] to get my questions answered.
fritzi64	Unfortunately, some women struggle with sexual dysfunction, which is why we unfortunately have to provide a Sexual Dysfunction forum :(
cmtsp	Hi dafadilly615
bandimal	welcome dafadilly
hoping4happy	I hope you ladies don't mind, but I am so tired and need to get to bed now! Thank you so much G, Fritzi and the rest of you -it's been so helpful. Goodluck to you all.
40sladyz	I have a "list of questions" permanently on my table and add to it regularly and take it with me
dafadilly615	Thankx!
tauruslady	Good night Hoping, glad you were here.
bandimal	good night hoping, and best wishes
dafadilly615	night
722tiger	okay i know this may be tmi but is there a position that works better after hys for achieving the "o"?
40sladyz	Good night, thanks for all the input!
bandimal	722 - individual results may vary
cmsf	thanks for the input -- all the best!
fritzi64	As we head toward the end of the chat, I'd like to thank tauruslady for being our guest speaker this evening.
dafadilly615	Thanks and c'ya!
tauruslady	Glad I could be here
APERFECT SUNSET	Thank you Tauruslady
fritzi64	Tomorrow you should find the transcripts posted on the chatroom page.
722tiger	thanks tlady
bandimal	thanks taurus - you bring a more mature perspective that I couldn't possibly give ;)
camby_12	Fritzi at what point should i get a 2nd or 3rd opinion my doc usually tries to prevent anything drastic almost waiting to the last minute to do the drastic decision, this tumor I have just popped up and my only option is a TAH, plus I have the endometrial hyperplasia should I really be seeking a 2nd and/or 3rd opinion
fritzi64	Thank all of you for coming and sharing your questions and concerns with each other.
APERFECT SUNSET	I love hystersisters...so glad I came upon it in my search.
tauruslady	Camby - what kind of surgery are they suggesting
camby_12	TAH
jergens	good luck to everyone, see you on the other side
fritzi64	Well, camby_12, it's never too early or too late to see another doctor for another opinion.
bandimal	camby - I would suggest you make your doctor wait... you always have the right to a second opinion.
mehitabel74	Thanks to the mods and speakers!
tauruslady	YOur only option is not an abdominal surgery, you could do

	laproscopic
camby_12	I don't know what to think or do
APERFECT SUNSET	Doctors really need to have more brochures in their waiting rooms on Hysterectomies. Mine had NOT one!
fritzi64	I would recommend seeing another doctor before your surgery is scheduled, if possible.
camby_12	abdominal
bandimal	Perfect - why not recommend this site to your Doctor? The doc can order HysterSisters brochures for the office
camby_12	i will do thank u
tauruslady	From that perspective I would say go for that additional opinion. Did they say atypia?
fritzi64	Ask lots of questions, and ask about what's best for your OWN medical situation. Even if the second doctor agrees with the first one, perhaps the second doctor will do a better job of explaining things in a way that makes sense for you.
APERFECT SUNSET	I will do that!
bandimal	fritzi - I agree wholeheartedly with that one!
tauruslady	If they said atypia than you may want to talk to a gynecological oncologist so they can check fo rcancer
LookingforaSis	Good night my lovely sisters.
camby_12	that's the point I am at now
fritzi64	The chatroom will be closing in five minutes. What other questions do you have?
APERFECT SUNSET	Are there chats for post-op?
camby_12	atypical
camby_12	thanks ladies
tauruslady	Defintiely get another opinioin with a gynecological oncologist
camby_12	I will thank you
tauruslady	possibly one that does less invasive - daVinci surgery
bandimal	Perfect - I don't know, but the post-op threads are often fast enough to seem like chats
tauruslady	you can look to the link on the site and research doctors in your area if you don't know one
APERFECT SUNSET	Thanks and goodnight!
fritzi64	Sunset, we don't yet have post-op chats. I'd love for us to have them, but it's been hard to find the right time for post-op members when our volunteer hostesses can be there to help out. (But we're trying to figure something out.)
tauruslady	Night perfect :)
bandimal	Goodnight perfect
APERFECT SUNSET	:)
tauruslady	Glad you came
APERFECT SUNSET	Goodnight Bandimal, thanks for your help
jergens	good night
tauruslady	good night jergens
APERFECT SUNSET	Thank you G for the good work that you do
bandimal	good night jergens
fritzi64	Goodnight, ladies. Thank you all for coming.
tauruslady	you are most welcome, why we are all here
bandimal	Fritzi - great chat as usual
fritzi64	Thanks for coming again, bandimal. When was your surgery again?

bandimal	20 August
fritzi64	So you're about five weeks post-op.
bandimal	G, you're great at explaining everything
fritzi64	JDTagish and 722tiger, do you hav any more questions for us?
tauruslady	Sounds like you are doing well
tauruslady	Thanks Bandimal
bandimal	Yeah, I hit five weeks yesterday when I was at the ER
JDTagish	sorry - we were off talking to each other
JDTagish	I'm good, thanks
tauruslady	No problem
fritzi64	That's fine. I've been on about eight side chats tonight myself.
722tiger	Oh, no. Sorry -- both having surgery 30th.
tauruslady	Ohhh ER never good
fritzi64	So this is your last pre-op weekend coming up, then.
JDTagish	yep
bandimal	I've had two minor wound infections (thank G-d for small laparoscopic wounds) and then this hypertensive episode - glad that I was able to get them all under control quickly
fritzi64	Do you have anything exciting or relaxing planned?
JDTagish	feel like it should be a party or something
722tiger	yep --
tauruslady	The hypertensive thing does not sound good at all
JDTagish	I've been cleaning my house trying to get ready for my mom to come
bandimal	JD- some of the sisters have had "going away" parties for their uterus
722tiger	actually trying to "take care of" my hubby all weekend since it'll be his last for a while
tauruslady	Don't forget the frozen food prep, although I told people to bring it to me lol
JDTagish	We talked about that, but left it to the last minute - most of our friends had plans this weekend
fritzi64	I didn't do any cleaning at all since I was in so much pain. And it's okay, because my mom would've re-cleaned everything anyway so at least this way she had actual work (as opposed to imaginary work)
bandimal	G - yeah, they thought it was a UTI but I went back to my doc's office for a recheck on my blood pressure and it was still 160/100... time for some ACE inhibitors.
tauruslady	Wow, you are lucky
JDTagish	LOL - yeah that too. We are talking about checking into a hotel with a heart shaped jacuzzi
bandimal	So it's possible that the whole thing - symptoms and all - was caused by high blood pressure rather than a UTI
tauruslady	JD sounds good
fritzi64	Okay, 722tiger, bandimal, and JDTagish, the room needs to close now, so don't take it personally if you get a "kicked" message.
JDTagish	k
bandimal	OK I got kicked once already
bandimal	take care
722tiger	k
tauruslady	Night :)
fritzi64	Have a terrific weekend, and I hope your surgery goes smoothly!

bandimal

and may G-d bless us all!