

## Pre-Op Chat

October 8, 2009

fritzi64	<b>Welcome to our live pre-op chat!</b>
bandimal	welcome dnb3mlb
fritzi64	<b>We are so excited that you are able to attend tonight's chat.</b>
fritzi64	<b>It was just a year ago that I was waiting for my own a hysterectomy.</b>
fritzi64	<b>I remember the anxiety, the questions, the worries, the excitement,...</b>
fritzi64	<b>...the addiction to HysterSisters!</b>
bandimal	welcome kay m
fritzi64	<b>I'm going to be the moderator tonight. I'll be spending much of my time behind the scenes.</b>
fritzi64	<b>Although I will pop into the conversations from time to time</b>
fritzi64	<b>Here's the way this chat will work...</b>
fritzi64	<b>Our guest for tonight is cmtsp, one of our hostesses.</b>
fritzi64	<b>She will introduce herself and relay some basic information for our hysterectomy journey.</b>
fritzi64	<b>We will also transition through various topics that usually interest pre-op princesses.</b>
fritzi64	<b>After her "presentation" we'll ask for questions about...</b>
fritzi64	<b>....preparing for surgery...</b>
fritzi64	<b>.... recovering at home...</b>
fritzi64	<b>....hormones....</b>
fritzi64	<b>...returning to work...</b>
fritzi64	<b>...and a return to intimacy.</b>
fritzi64	<b>To help everyone follow the conversation, much of the chat will be moderated.</b>
fritzi64	<b>That means that when you post a question it will be held until it fits a topic of conversation.</b>
fritzi64	<b>I'll do my best to let everyone's questions through.</b>
fritzi64	<b>Please be patient with me, though.</b>
fritzi64	<b>If your question doesn't appear right away, . . .</b>
fritzi64	<b>. . . it's being saved for the time in the program when we will be discussing that topic, . . .</b>
fritzi64	<b>. . . by the time I see it to let it through, it doesn't make sense anymore (like, "Me too!"), . . .</b>
fritzi64	<b>. . . or I press the wrong button on my screen (oops).</b>
fritzi64	<b>At the end of the chat, we'll remove the moderation for a while.</b>
fritzi64	<b>If any of your questions were not posted through, please feel free to ask them again.</b>
fritzi64	<b>It will help us to know a little bit about how you've used HysterSisters so far.</b>
fritzi64	<b>Which of our resources have you used so far? Checkpoints? Videos? The forums? The Pre-Op resources page?</b>
fritzi64	<b>(And the room isn't moderated yet, so what you type will show up!)</b>
ShannonH	<b>It's become my bible. I've used just about every area there is. I'm drawn here everyday and learn new things each time</b>
dnb3mlb	<b>i've been reading everything</b>
benham1123	<b>i live in the forums!</b>
dnb3mlb	<b>haven't had a preop yet so i was very lost till this site</b>
ShannonH	<b>Me too benham and found the videos fascinating</b>
benham1123	<b>i havnt found the video's yet?!?!?!?</b>

<b>bandimal</b>	<b>welcome donnad603</b>
<b>daisy1210</b>	<b>Same as ShannonH first thing i do when i get off work:) i also enjoy the videos</b>
<b>bandimal</b>	<b>welcome binkers</b>
<b>fritzi64</b>	<b>That's great! It helps us get to know you a little bit more as we start into the next part of our chat.</b>
<b>donnad603</b>	<b>ty</b>
<b>bandimal</b>	<b>We are sharing how you have used the Hystersisters site so far</b>
<b>binkers</b>	<b>ty</b>
<b>fritzi64</b>	<b>I'm going to set the room to moderated now...</b>
<b>kbcreede</b>	<b>I have used the checkpoints and the store is great</b>
<b>fritzi64</b>	<b>The chat has now been set to "moderated."</b>
<b>fritzi64</b>	<b>Before I turn it over to our guest speaker, I'd like to introduce two other people with us this evening:</b>
<b>fritzi64</b>	<b>tauruslady, one of our pre-op hostesses,...</b>
<b>fritzi64</b>	<b>...and kay m, one of our alumni hostesses.</b>
<b>fritzi64</b>	<b>Thanks for helping out, (((sisters)))!</b>
<b>fritzi64</b>	<b>Cmtsp, it's all yours!</b>
<b>cmtsp</b>	<b>Thanks Fritzi</b>
<b>cmtsp</b>	<b>Hi everyone</b>
<b>cmtsp</b>	<b>I'm so glad that you have found your way to HS</b>
<b>cmtsp</b>	<b>and decided to join us tonight</b>
<b>cmtsp</b>	<b>I had my hysterectomy just last Nov</b>
<b>cmtsp</b>	<b>so what you are going through is very fresh in my mind</b>
<b>cmtsp</b>	<b>I started having issues with pain last spring</b>
<b>cmtsp</b>	<b>Unlike many women who live with issues of pain for a very long time</b>
<b>cmtsp</b>	<b>I reached a decision to have surgery fairly early on in the process</b>
<b>cmtsp</b>	<b>My doctor thought that I had endometriosis</b>
<b>cmtsp</b>	<b>but she wanted to perform surgery to rule out anything more serious</b>
<b>cmtsp</b>	<b>I ended up having a Total Abdominal Hysterectomy</b>
<b>cmtsp</b>	<b>I had my uterus, cervix, right ovary and tube, as well as my appendix removed</b>
<b>cmtsp</b>	<b>It turned out to be endometriosis and fibroids that were causing my pain</b>
<b>cmtsp</b>	<b>and I am relieved that thus far, my endo has not returned.</b>
<b>cmtsp</b>	<b>Well, enough about me</b>
<b>cmtsp</b>	<b>Now I have a question for you</b>
<b>cmtsp</b>	<b>What kind of surgery are you going to have?</b>
<b>benham1123</b>	<b>LAVH</b>
<b>ShannonH</b>	<b>davinci</b>
<b>dnb3mlb</b>	<b>lah</b>
<b>donnad603</b>	<b>I'm having LSH</b>
<b>fritzi64</b>	<b>Anyone else?</b>
<b>kbcreede</b>	<b>tah taking out ovaries too</b>
<b>binkers</b>	<b>TAH</b>
<b>fritzi64</b>	<b>Thanks, everyone!</b>
<b>donnad603</b>	<b>keeping my cervix and both ovaries</b>
<b>cmtsp</b>	<b>We have different types of surgery out there</b>
<b>cmtsp</b>	<b>So, to make it easier</b>
<b>cmtsp</b>	<b>Let's go over the abbreviations that are used</b>
<b>cmtsp</b>	<b>We'll start with hysterectomy types</b>
<b>cmtsp</b>	<b>Remember a hysterectomy is the removal of uterus and cervix only</b>
<b>cmtsp</b>	<b>Hysterectomies can be done either abdominally or vaginally</b>

cmtsp	Laparoscopic surgeries can be subdivided into a standard procedure
cmtsp	where the surgeon or attendants physically hold the camera and laparoscopic instruments
cmtsp	versus
cmtsp	A robotically assisted procedure
cmtsp	where the surgeon sits at a console and utilizes a daVinci surgical system to hold and manipulate the camera and instruments
cmtsp	in the procedure the doctor controls the instruments via the computerized system
cmtsp	and has 3-D vision and a 10x magnification of the area
cmtsp	When you see TAH, that is a Total Abdominal Hysterectomy
cmtsp	A TAH means that the uterus and cervix will be removed via an abdominal incision
cmtsp	A TVH means the uterus and cervix will be removed via a vaginal incision
cmtsp	An LAVH is a Laparoscopically Assisted Vaginal Hyst.
cmtsp	where the uterus and cervix will be removed via a vaginal incision
cmtsp	A DVH or RALH are procedures where the DaVinci system is used
cmtsp	to perform a vaginal hyst. removing the uterus and cervix
cmtsp	DVH is daVinci Vaginal Hyst
cmtsp	RALH is Robotically Assisted Laparoscopic Hyst
cmtsp	you may also see an S, as in LSH
cmtsp	The S stands for supracervical
cmtsp	This means that only the uterus is removed
cmtsp	The cervix stays intact.
cmtsp	This is sometimes called a partial hyst.
cmtsp	So an LSH is a Laparoscopic Supracervical Hyst
cmtsp	and a SAH is a Supracervical Abdominal Hyst
cmtsp	A DSH or RASH would be a daVinci Supracervical Hyst or a Robotically Assisted Supracervical Hyst
cmtsp	You may also hear someone say they are having a Radical Hyst
cmtsp	This is different than a Total Hyst
cmtsp	A Radical Hyst means that a portion of the vagina will also be removed with the uterus and cervix
cmtsp	Notice that we have not said anything about ovary removal
cmtsp	That is an Oophorectomy
cmtsp	Sorry. Oophorectomy
cmtsp	A Salpingectomy is removal of the fallopian tubes
cmtsp	When someone is having both ovaries removed
cmtsp	and tubes removed
cmtsp	It is called a BSO
cmtsp	A Bilateral Salpingo-Oophorectomy
cmtsp	Bilaterals (both sides), Salpingo (tubes) Oophorectomy (ovaries)
cmtsp	LSO or RSO means only the left tube, or the right tube, are removed
cmtsp	You can find information on these items in the "Hysterectomy Checkpoints" of the site
cmtsp	There are videos, checkpoints
cmtsp	and questions for your doctor listed there
cmtsp	**
fritzi64	Okay, let's get back to you. So our first topic is "Preparing for surgery" What kinds of questions do you have about preparing for surgery?
fritzi64	As you're sending those questions through, I'd like to remind you that we'll be talking about preparing for surgery...the surgery/hospital experience...recovery...returning to

	<b>work...hormones...and a return to intimacy, in that order.</b>
<b>ShannonH</b>	<b>Does a total hysterectomy always mean the removal of the cervix as well as the uterus?</b>
<b>cmtsp</b>	<b>Yes</b>
<b>bandimal</b>	<b>shannon - yes. You can speak to your surgeon about the supracervical option, if you wish</b>
<b>fritzi64</b>	<b>What are some of you doing (or thinking about doing) to prepare yourselves or your homes for your surgery?</b>
<b>benham1123</b>	<b>does everyone have to do a bowel prep?</b>
<b>cmtsp</b>	<b>No, benham, your doctor will let you know</b>
<b>mjd2491</b>	<b>I didn't have a bowel prep, just nothing to eat or drink after midnight</b>
<b>ShannonH</b>	<b>I don't have my pre-op appt until 5 days before my surgery. I have read on the site that you should not take ibuprofen for 2 weeks prior to surgery. Is that always true? I've only done one week with others</b>
<b>donnad603</b>	<b>my mother in law will be staying with me for a few days....i have my pre op on tuesday</b>
<b>kay m</b>	<b>only do a bowel prep if your Dr prescribes one.</b>
<b>bandimal</b>	<b>benham - especially if you are having a laparoscopic procedure, it's likely</b>
<b>kbcreede</b>	<b>Should a special diet be done a few days before surgery</b>
<b>cmtsp</b>	<b>Shannon-for me it was one week</b>
<b>mjd2491</b>	<b>shannon- good thing to check with doc about ibuprofen -- it can thin the blood</b>
<b>mjd2491</b>	<b>I was told 2 weeks on ibuprofen, too</b>
<b>kay m</b>	<b>Well, diet pre-surgery, is an individual thing, and each of us is different</b>
<b>fritzi64</b>	<b>The instructions for diet and medication vary according to your surgery type, the hospital, the doctor, etc.</b>
<b>cmtsp</b>	<b>Kb~you will receive instructions</b>
<b>kay m</b>	<b>I had steak and potato the night before</b>
<b>fritzi64</b>	<b>And I had Christmas dinner the day before my surgery, with pie and ice cream for supper :)</b>
<b>mjd2491</b>	<b>kbcreede - I would just follow doc's instructions -- I had big bowl of ice cream at 11:30 night before -- yummy!</b>
<b>kay m</b>	<b>your Dr will prescribe what is right for your personal surgery and health needs</b>
<b>cmtsp</b>	<b>Really, Kay?</b>
<b>benham1123</b>	<b>the only thing</b>
<b>benham1123</b>	<b>as far as prep, all we are doing is having DH</b>
<b>benham1123</b>	<b>sorry fritz my laptop is freaking out on me and sending before i can finish typing</b>
<b>kay m</b>	<b>yes</b>
<b>ShannonH</b>	<b>Is the bowel prep with magnesium citrate the same thing as used for colonoscopy. It says 10 oz, is that something that is mixed with the HUGE amount of water?</b>
<b>kay m</b>	<b>and i had a tah/bso</b>
<b>benham1123</b>	<b>im having DH take off work to stay with me for a few days/week</b>
<b>cmtsp</b>	<b>That's what I used for both, Shannon</b>
<b>dnb3mlb</b>	<b>im a smoker and am concerned about that, ive tried the patches, but with my nerves like they are it made it worse, my surgery is next week and im concerned</b>
<b>cmtsp</b>	<b>Good idea, Benham</b>
<b>tauruslady</b>	<b>dnb3mlb - talk to your doctor about it</b>
<b>kay m</b>	<b>tell your anesthesiologist also that you smoke</b>
<b>ShannonH</b>	<b>Ugh, was hoping it was just 10 oz cmtsp</b>

<b>mjd2491</b>	<b>dnb3mlb - They'll work with you..</b>
<b>cmtsp</b>	<b>dnb~You could try our SmokeOut! forum. Perhaps you will get some good ideas</b>
<b>cmtsp</b>	<b>I only used 10oz, Shannon</b>
<b>dnb3mlb</b>	<b>preop is tues the day before surgery, so ive relied on this site to get me to this point its a big help</b>
<b>ShannonH</b>	<b>It wasn't mixed with a bunch of water?</b>
<b>cmtsp</b>	<b>That's good to hear</b>
<b>cmtsp</b>	<b>No, Shannon</b>
<b>tauruslady</b>	<b>Dnb3mlb - good for you, glad it is helping</b>
<b>kay m</b>	<b>really get familiar with Checkpoints,</b>
<b>fritzi64</b>	<b>What other questions do you have about preparing for your surgery?</b>
<b>ShannonH</b>	<b>Oh great, I can handle that :)</b>
<b>kay m</b>	<b>do you all have comfy loose clothing to wear while recovering?</b>
<b>cmtsp</b>	<b>Good idea, kay</b>
<b>bandimal</b>	<b>dnb - and you should yes, tell the anesthesiologist even if you manage not to smoke between now and then</b>
<b>mjd2491</b>	<b>I wore loose-fitting sundresses for weeks</b>
<b>kay m</b>	<b>I wore lounging clothes so that I wouldn't look like I was ready to do anything</b>
<b>bandimal</b>	<b>dnb - stick with the patches if you can, perhaps ask your surgeon for short term anti-anxiety medication. Smoking pre-op increases your risk for complcations</b>
<b>bandimal</b>	<b>I have some suggestions before surgery, Fritzi</b>
<b>bandimal</b>	<b>Write down all of your medications, drug allergies, and sensitivities... and any concerns and take these to the hospital with you so they can put them in your chart</b>
<b>benham1123</b>	<b>i plan on livin in PJ's or sweats</b>
<b>ShannonH</b>	<b>Yes, I went and bought the baggiest stuff I could find</b>
<b>kbcreede</b>	<b>absolutely</b>
<b>dnb3mlb</b>	<b>yes, lost alot of weight in the past year and still have the clothes!!</b>
<b>cmtsp</b>	<b>Your tummy will thank you</b>
<b>mjd2491</b>	<b>bandimal -- good suggestion on the medication list</b>
<b>ShannonH</b>	<b>I thought the idea of bringing ear plugs was great</b>
<b>mjd2491</b>	<b>You can never give too much information!</b>
<b>kay m</b>	<b>I took earphones with a music player</b>
<b>mjd2491</b>	<b>I also brought a small battery-operated alarm clock to put on the tray table by my bed</b>
<b>mjd2491</b>	<b>Because I'm really nearsighted and wanted to be able to see the time 24/7</b>
<b>kay m</b>	<b>ha, not me, didn't want an alarm.....lol</b>
<b>fritzi64</b>	<b>Okay, let's go ahead and move on to the actual surgery and hospital experience.</b>
<b>fritzi64</b>	<b>What questions do you have about what to expect at the castle?</b>
<b>ShannonH</b>	<b>And I've loaded up with Gas-X and Colace</b>
<b>benham1123</b>	<b>ohhh i do have another question.. can you wear contacts??</b>
<b>tauruslady</b>	<b>after the surgery</b>
<b>fritzi64</b>	<b>Gas-X was my best friend, Shannon :)</b>
<b>kay m</b>	<b>don't take the Gas-X or colace without your Dr knowing first</b>
<b>kay m</b>	<b>for many it is okay and good, but it can cause problems for some</b>
<b>fritzi64</b>	<b>My doctor told me it was a good idea, and I used it when needed (which was a lot for me!)</b>
<b>tauruslady</b>	<b>Behham check with your dr. but don't believe they would let you have them in for the surgery.</b>
<b>bandimal</b>	<b>benham - not while you are in surgery</b>
<b>ShannonH</b>	<b>I have to go in 4 hours ahead and not looking forward to waiting</b>

	<b>all that time</b>
<b>kbcreede</b>	<b>is it really that noisy that you would need ear plugs</b>
<b>ShannonH</b>	<b>LOL Fritz, I've never taken it...but this site has warned me about the gas pains...so I'm prepared</b>
<b>benham1123</b>	<b>i only ask because im blind as a bat, and dont own glasses, they give me a migraine</b>
<b>tauruslady</b>	<b>Shannon - you won't wait all that time.</b>
<b>kay m</b>	<b>oh, and I wasn't allowed chapstick</b>
<b>cmtsp</b>	<b>Shannon~I felt anxious to get started once I was there</b>
<b>tauruslady</b>	<b>You will wait a part of that and then they will start getting you ready, changing into the gowns, getting Ivs i that part.</b>
<b>tauruslady</b>	<b>They let my DH in for awhile and that helped calm me down.</b>
<b>cmtsp</b>	<b>kb~I heard a man screaming in pain all night my second night</b>
<b>kay m</b>	<b>the best thing for gas is walking</b>
<b>kay m</b>	<b>yikes</b>
<b>fritzi64</b>	<b>benham, I wear contacts, too, but the truth is that I was happy to have everything blurry that day. It helped encourage me to close my eyes and rest</b>
<b>dnb3mlb</b>	<b>phayzyme chewables are the best</b>
<b>ShannonH</b>	<b>Yes, hospitals can be very noisy</b>
<b>bandimal</b>	<b>Shannon - you may be able to have friends or family with you until they take you to surgery, according to hospital policy</b>
<b>echidna</b>	<b>Im preop and just wondering if anyone has ever had any trouble peeing,i have a prolapse bladder,uterus and bowel.</b>
<b>ShannonH</b>	<b>Hoping they give me some Versad</b>
<b>ShannonH</b>	<b>Yes, have heard that too Kay. I have a nurse friend staying with me for a week and she plans on having me walking alot</b>
<b>bandimal</b>	<b>benham - I'm blind as a bat without my glasses but I still had to give them up until I was in recovery</b>
<b>cmtsp</b>	<b>post op ecidna?</b>
<b>ReinaRoelle</b>	<b>Is there anybody having/ had DaVinci that is/ or did go home same day? My doc said it was my choice.</b>
<b>echidna</b>	<b>preop</b>
<b>benham1123</b>	<b>:( after you got in recovery were you awake enough to put them back in?</b>
<b>fritzi64</b>	<b>benham, I slept most of the first day after my surgery, so I didn't put them in</b>
<b>tauruslady</b>	<b>I had the daVinci surgery</b>
<b>kay m</b>	<b>same here, slept the whole day</b>
<b>cmtsp</b>	<b>You are not sure if during preop prep if you will be able to,</b> <b>echidna</b>
<b>ShannonH</b>	<b>I am Reina. I'm staying over nite</b>
<b>bandimal</b>	<b>benham - I kept my glasses with me but ended up with them behind my butt the next morning ;)</b>
<b>echidna</b>	<b>have 2 more weeks to go before i have my op</b>
<b>tauruslady</b>	<b>Reina - I stayed in overnight, they consider that same day if you weren't in for 24 hours.</b>
<b>fritzi64</b>	<b>Does anyone have questions about pain relief in the hospital?</b>
<b>echidna</b>	<b>im having problems now with being able to pee.</b>
<b>fritzi64</b>	<b>((((echidna)))</b>
<b>bandimal</b>	<b>echidna - call your surgeon and ask about this; better safe than sorry.</b>
<b>kay m</b>	<b>hhave you discussed that with your surgeon?</b>
<b>cmtsp</b>	<b>What has your doctor suggested, echidna?</b>
<b>echidna</b>	<b>is this normal</b>
<b>dnb3mlb</b>	<b>i have severe restless legs syndrome, and must stop my meds, has anyone heard of problems with that condition with being in bed so</b>

	<b>much?</b>
<b>ReinaRoelle</b>	<b>The doc told me I could be home 'same day' which meant that afternoon. Didn't know there was a different definition to 'same day'. Interesting.</b>
<b>bandimal</b>	<b>dnb - I have severe RLS/PLMD.</b>
<b>kay m</b>	<b>well, my bladder was smashed, and wouldn't hold much before my surgery</b>
<b>cmtsp</b>	<b>dnb~I have heard this can be an issue. Talk to your doctor before.</b>
<b>ShannonH</b>	<b>Why will you have to stop med for that dnb? I have restless leg too</b>
<b>echidna</b>	<b>wasnt this bad before</b>
<b>bandimal</b>	<b>dnb - I was able to take my meds the night before surgery, and then I demanded they give them to me that evening in the hospital. They were not going to give me oral medications but I insisted, as was my right.</b>
<b>dnb3mlb</b>	<b>i also have high tolerance to drugs as ive been on so many high levels and am worried that pain relief will not be strong enough</b>
<b>dnb3mlb</b>	<b>tylox is like tylenol for me</b>
<b>ReinaRoelle</b>	<b>I have urine leaking daily. Not sure if that is what you are talking 'bout Echidna. That is after my endo surgery last Dec.</b>
<b>echidna</b>	<b>no im the opposite lol</b>
<b>kay m</b>	<b>discuss any medical concerns with the surgeon, even if you don't think it matters.</b>
<b>fritzi64</b>	<b>Any concerns you have--about medication, urination/elimination processes, etc., talk with your doctor.</b>
<b>kay m</b>	<b>because what my Dr might suggest for me, might be different than your needs</b>
<b>fritzi64</b>	<b>At HysterSisters, we all can share our own experiences, but it's really important to talk with your doctor about what's best for you and your own medical situation</b>
<b>fritzi64</b>	<b>Yes, what Kay said!</b>
<b>bandimal</b>	<b>dnb - there are combinations that they can give you; for example, they can give you naproxen (Aleve) with Percocet (oxycodone and acetaminophen)</b>
<b>dnb3mlb</b>	<b>im on ultram for the legs and take so many they want me off all pain meds for 48 hours</b>
<b>ShannonH</b>	<b>I will be doing the same band. Is there anything beside ibuprofen that should not be taken before the surgery?</b>
<b>bandimal</b>	<b>dnb - write down your pain relief concerns and discuss these with the anesthesiologist and surgeon</b>
<b>cmtsp</b>	<b>Sometimes tylenol, Shannon</b>
<b>fritzi64</b>	<b>Shannon, I was allowed all of my prescription medications--but some women aren't. It depends on the surgery type, your medications, etc.</b>
<b>ReinaRoelle</b>	<b>I did &amp; I'm going to ask him to look at my bladder to see if the last doc nicked it a bit.</b>
<b>echidna</b>	<b>so i should go back to my doctor for this problem im having now.</b>
<b>cmtsp</b>	<b>Oops, I meant that I could take Tylenol</b>
<b>kay m</b>	<b>Your Dr should give you a list of meds to discontinue and avoid</b>
<b>kay m</b>	<b>other than that, don't take ANYTHING without asking them first</b>
<b>cmtsp</b>	<b>Def discuss it it, echidna, yes</b>
<b>fritzi64</b>	<b>I got my list of medication do's and don'ts during my hospital pre-registration conversation</b>
<b>kay m</b>	<b>many have had their surgeries cancelled</b>
<b>ShannonH</b>	<b>Hmm, for my ablation they told me tylenol was ok. I have alot of joint pain and can't imagine not being able to take anything</b>
<b>kay m</b>	<b>because they had taken something that they thought was ok</b>

fritzi64	I was also allowed to take Tylenol.
dnb3mlb	the 2 days before surgery are going to be hard, plus nerves lol my dh best rest up!!
ShannonH	I'm sure I will too fritz, but it's not til 4 days before surgery
cmtsp	I could take Tylenol, Shannon. I typed it wrong earlier
fritzi64	Shannon, you might want to call your doctor or hospital earlier than that to ask specifically about the medication
ShannonH	k cmtsp. thanx
echidna	i always thought with a prolapse bladder you would pee all the time.
bandimal	dnb - sorry to hear that. If you'd like to, you can e-mail me using the private message interface to discuss the RLS issue.
tauruslady	echidna - the ureters could be "bent"
tauruslady	so keeping the urine from flowing
fritzi64	Okay, let's move ahead into the early recovery--what to expect when you get home from the hospital.
tauruslady	Don't forget a tummy pillow for your drive home
tauruslady	Some members have said ask for pain med before you leave
kay m	don't forget clothes for your drive home :-)
kay m	or at least a bathrobe
cmtsp	I wore my jammies there, and again home
echidna	thank you taurus lady
ReinaRoelle	Pain!
bandimal	Amen, taurus!
fritzi64	My pain relief when I got home involved alternating percocet and ibuprofen. As long as I took them as scheduled, the pain was tolerable (and I'm a wuss).
kay m	and, do wear your seatbelt for safety.
ReinaRoelle	I wonder how much pain tho for recovery.
kbcreede	what is the purpose of a tummy pillow
cmtsp	That varies alot, Reina
kay m	I had less pain after my surgery than I had before
cmtsp	I had no pain after leaving the hospital
kay m	I was on a morphine drip in the hospital
mjd2491	For me, there was lots of pain :( and discomfort
tauruslady	Kb - protect your tummy from the seatbelt, also help you hold your tummy when you cough and such
mjd2491	I was on vicodin for a full six weeks
bandimal	Reina - mine was pretty much controlled after my TLH
tauruslady	Or even when walking help support the tummy
dnb3mlb	i have alot of steps, and of course the pain
kay m	after I came home, no pain
TinkerBell1972	i was too Kay...i had the morphine drip
kay m	the most important pain control, is to NOT OVERDO during recovery
dnb3mlb	im going to have a morphine drip in the hospital, unsure what at home yet
kay m	doing too much will cause pain every time
ReinaRoelle	I'm having DaVinci so I hope it won't be as painful. But it IS organs being removed!
ShannonH	I'm most worried about my cats jumping on my belly. One of them loves to sleep on me and the other jumps over me on my stomach. I've tried putting a pillow on my stomach, but know I won't be able to keep one on me all nite. Maybe I need some armor :)
mjd2491	kay - right. Slow, slow, slow
tauruslady	Reina - don't count on it
kay m	ack, I did say morphine drip, but it was morphine spinal drip

fritzi64	Reina, I had a vaginal hysterectomy--even with no external incisions, I had pain. There are a lot of ligaments that need to be cut and reattached, and I had nearly 50 stitches inside me.
mjd2491	Each person's reaction and concept of pain is so different.
ShannonH	Reina, are you having your cervix out too?
bandimal	Shannon- I kenneled my cats for two weeks at a great cats-only place.
ReinaRoelle	I have cats too who love to cuddle & be on my lap.
cmtsp	Right, MJ
kay m	no matter what kind of surgery you are having, the same repairs are being done on the inside
fritzi64	If your cats are lap-jumpers, having the tummy pillow in place might help you out a bit.
kay m	you still have the same amount of healing to do
ShannonH	I couldn't stand to do that bandimal
ReinaRoelle	Everything is being taken out.
dnb3mlb	i have a doberman who sleeps with us- im taking the recliner in the living room!!
cmtsp	My recliner was a lifesaver!
mjd2491	It's a good plan to count on 6 weeks of initial recovery, although of course hoping for something quicker and easier is always good. :)
kay m	start training the pets now, to not jump on you
cmtsp	I even slept in it for weeks
fritzi64	I have a Norwegian Elkhound who doesn't typically sleep on the bed. However, during my recovery, he would very gently crawl over to me and put his chin on my arm, just to keep me company.
kbcreede	i have steps to negotiate when i get home.is this a major problem
tauruslady	Reina - I keep getting booted so if this went through before I'm sorry....remember not to push yourself with the small incisions some people over do it. you still had major surgery
kay m	how sweet, fritzi
mjd2491	kbcreede -- I had steps too -- no real problem
kay m	I have steps
mjd2491	Key with steps is to take them very slow
tauruslady	Better to exceed expectations than feel like you "aren't normal"
benham1123	that is sweet fritzi
kay m	just take them slow, and if you are on pain meds, have someone go up and down with you
cmtsp	kb~not everyone has restrictions with stairs--ask your doctor
mjd2491	For a few days, I just avoided them unless someone was right behind me because I wasn't steady on my feet
fritzi64	I found that going down the stairs was harder than going up.
ShannonH	I'm moving my recliner into the living room, but hope to sleep in my bed. What have y'all found to be more comfortable...in bed or recliner?
kay m	I spent my days downstairs, but wanted to sleep in my bed
kay m	upstairs
cmtsp	Recliner!
mjd2491	shannon -- in all honesty, I slept sitting up on the couch for three weeks
tauruslady	I liked having a chair in the bathroom so I could push off the back to get up and help me when I sat down.
mjd2491	I couldn't lie down (or more directly, I couldn't get back up!)
fritzi64	We don't have a recliner, so I stayed in bed or on the couch.
tauruslady	Recliner for several days and then bed with major pillows and my recliner couch

mjd2491	And our recliner was a "kick-in" recliner, so I couldn't be in that either
fritzi64	I kept a cane nearby, just in case I needed some help in hoisting myself to a vertical postion.
bandimal	Shannon - I slept with a bed wedge and pillows
kay m	I put a chair by my bed to use to pull myself up with
ReinaRoelle	It's odd 'cos the nurse said I could walk, drive, not lift anything over 25#'s w/in a few days. But I'm still gonna take it easy for WEEKS. My restrictions is only nothing vaginal & no baths for 8-10 weeks.
ShannonH	Ok, question about the stool in front of toilet. Do you just put your legs on top of it, straight?
mjd2491	I learned to roll to my side and use my arm/elbow to help me get up, too ;)
kay m	no driving while on pain meds
tauruslady	Body pillows help in bed
fritzi64	Put in underneath your feet, Shannon, so your knees are at a more acute angle
kay m	I was released to drive at 4 weeks
ShannonH	I have a bed wedge
cmtsp	That works for some women, Shannon
dnb3mlb	ive bought 10 pillows for the bed or recliner
ShannonH	Have one of those too Taurus
benham1123	no baths for 8-10 wks???
ShannonH	Ok
mjd2491	Showers were OK for me, just no baths
kay m	if you can't sit up comfortably and put pressure easily with your "brake foot" then you should probably not drive
tauruslady	Reina - I don't know about that driving thing be careful with it
mjd2491	I let my incision (hip-to-hip) "air dry" after the shower every day
fritzi64	My doctor told me no baths for six weeks, but since I prefer showers, I don't think I've taken a bath since my surgery!
ReinaRoelle	I know. I like taking baths. So calming!
tauruslady	My gyn-onc said I had to be able to stomp on the brake pedal and turn around without feeling discomfort.
kay m	right tauruslady
benham1123	im a big bath taker!i hate showers :(
ReinaRoelle	I will be careful w/ driving & general do's even tho they said I 'could'.
fritzi64	The first few times I drove, I made sure it was for very short trips and that I had someone with me.
mjd2491	benham -- learn to enjoy that warm water on your shoulders and on your back. It's pretty good!
tauruslady	Reina - good thing, might want to practice in the driveway first.
kay m	because someone could pull out in front of you, or an animal run out or something
fritzi64	Oh, and before driving, make sure you're comfortable being a passenger in the car.
tauruslady	He didn't want me lifting anything over 10lbs for several weeks.
mjd2491	I was actually told to "dry run" driving -- a true 15-minute test including "slamming" on the brake, looking over my shoulder, etc.
kay m	I was allowed to lift an 8 ounce glass of water for the first 2 weeks
ReinaRoelle	Lucky for us we have a long driveway!
mjd2491	You have no idea how "out of shape" you get and how it hurts to twist yourself to see behind you!
kay m	then it was a gallon of milk

benham1123	i hate showers bc thats where i wash my hair, and i have enough for 5 people so its very tiring NOW, i dread how its going to be after surgery
mjd2491	I was in no hurry to drive
TinkerBell1972	i couldn't lift anything over 5 lbs for 3 months in case I got a hernia
mjd2491	I just didn't feel "well enough" to do it for a few weeks
ShannonH	I think the hardest for me is going to be not being able to bend
kbcreede	i'm gonna miss baths:( :(
ReinaRoelle	Benham, I hate showers too & am not looking forward to the 8-10 weeks then the shower night before & day of w/ the special cleanser they want me to do.
kay m	well, I could bend, very very slowly
kay m	when I had too
mjd2491	shannon- that is a hard one... Try the "ballerina bend" if you have good enough balance
mjd2491	lol
tauruslady	Hernias can happen with laproscopic surgeries too, annother reason gyn-onc had me on lifting restrictions.
fritzi64	I think I'm going to switch our order a bit. Before we talk about returning to work, let's go ahead and talk about hormones.
fritzi64	What questions do you have about hormonal changes you may experience after your hysterectomy?
ShannonH	Not good balance here
kay m	but, absolutely, without any doubt, housecleaning of any kind is not allowed :-)
cmtsp	:)
benham1123	do hormones change much even without the removal of both ovaries?
kay m	during the surgery, your ovaries are manipulated
cmtsp	They can, for a time, benham
fritzi64	Benham, I kept my ovaries but experienced hormonal changes.
kay m	and the blood supply is limited
kay m	and it is common, that they might not work up to par in the beginning
kay m	however, some women's ovaries work immediately
fritzi64	I'm 44 and had already begun to experience perimenopausal symptoms, and my ovaries kind of freaked out for a while.
cmtsp	My remaining ovary took a few months to "wake up"
kay m	some women need a little help for a few weeks while the ovaries are healing and adjusting to a new blood supply
fritzi64	My doctor prescribed a low dose of estrogen for me, and it's worked wonders. At ten months post-op, I can sense that my ovaries are beginning to work again.
ShannonH	With surgical menopause do you feel effects immediately or is it different for eveyone?
tauruslady	Shannon - different for everyone
dnb3mlb	im keeping one ovary, so is there a big chance that i might still get menopause or not?
benham1123	erg... lol I am already moody as all get out...
TinkerBell1972	I take 2 medicines for hormones. I still have both my ovaries. They are not working right now
ShannonH	My dr wants to wait and see if I will need hormones...I don't want to be miserable
kay m	Our bodies store estrogen in body fat and tissues
dnb3mlb	ok if the hormone prob is worse than the nerves now, my house is in trouble

<b>tauruslady</b>	<b>Mine hit 5 days after surgery, i wasn't perimenopausal at all so it was like going cold turkey off drugs</b>
<b>cmtsp</b>	<b>dnb~I felt menopausal for about three months</b>
<b>tauruslady</b>	<b>Headaches for 3 days and hot flashes.</b>
<b>kay m</b>	<b>so many can go for months after having their ovaries removed without feeling any symptoms</b>
<b>kay m</b>	<b>others have hot flashes in recovery</b>
<b>ReinaRoelle</b>	<b>I'm hoping it will make me NOT so moody! &amp; my cold hands &amp; feet, maybe I may be 'normal' w/ hot flashes!</b>
<b>ShannonH</b>	<b>I've been in perimenopause forever...maybe my hormones are already being depleted and it won't be so bad</b>
<b>ShannonH</b>	<b>Hope I'm one of those Kay</b>
<b>tauruslady</b>	<b>Things are a better now but I'm on effexor for depression and that helps the flashes. I can't take estrogen patches and such because of cancer dx</b>
<b>kbcreede</b>	<b>are their any good natural products out there that anyone has tried</b>
<b>kay m</b>	<b>the important thing to remember</b>
<b>kay m</b>	<b>is that if you are having any discomfort due to hormonal imbalance, tell your Dr</b>
<b>tauruslady</b>	<b>Shannon - ovaries still produce some hormones so may still have a change</b>
<b>kay m</b>	<b>because there is no need to suffer quietly</b>
<b>bandimal</b>	<b>kbcreede - you should check with your doctor even if you're going to use natural products... they are still "ingested substances"</b>
<b>ReinaRoelle</b>	<b>I'm into natural as well so that is a good question</b>
<b>fritzi64</b>	<b>Are there any more questions about hormones?</b>
<b>kay m</b>	<b>and also remember, that not all surgeons are good HRT doctors</b>
<b>tauruslady</b>	<b>Kay - amen on that one</b>
<b>fritzi64</b>	<b>You may want to visit our Hormone and Menopause Central forum. It has sub-forums based on whether or not you kept your ovaries and whether or not you're using HRT.</b>
<b>ShannonH</b>	<b>I'm expecting that Taurus since my sister had an emergency hsyto at age 51 and immediately went into severe menopause</b>
<b>tauruslady</b>	<b>My surgeon told me "I'll handle the cancer and get you the help you need for anything else"</b>
<b>ShannonH</b>	<b>My gyn has promised to work with me on HRT after surgeon does surgery</b>
<b>kay m</b>	<b>if your Dr isn't willing to help you find what you need</b>
<b>tauruslady</b>	<b>((Shannon))</b>
<b>kay m</b>	<b>then find another Dr, don't try to argue with him/her</b>
<b>echidna</b>	<b>am wondering once your monthlys completely stop if i would be post menopausal.am i likely to get menopause symptoms again after surgery.</b>
<b>kay m</b>	<b>I woke up with a patch on my hip</b>
<b>kay m</b>	<b>echidna, are you having your ovaries removed?</b>
<b>fritzi64</b>	<b>Okay, let's go ahead and take your questions about returning to work and a regular routine.</b>
<b>kay m</b>	<b>echidna, will you keep your ovaries?</b>
<b>ShannonH</b>	<b>Taurus, how long did it take you after daVinci to return to some normal routine?</b>
<b>kay m</b>	<b>healthy ovaries continue to produce estrogen long after menopause</b>
<b>tauruslady</b>	<b>echidna - there are members here who had their ovaries removed and have experienced symptoms even though they were post-menopausal prior to surgery</b>
<b>tauruslady</b>	<b>Shannon - they did more "stuff" becuae of the cancer dx, my</b>

	<b>surgeon told me 6 weeks maybe 8.</b>
<b>kay m</b>	<b>if you have those ovaries removed, yes, you may have symptoms</b>
<b>echidna</b>	<b>im keeping my ovaries</b>
<b>ShannonH</b>	<b>Well if estrogen is stored in fat cells I should have an abundant supply LOL</b>
<b>kay m</b>	<b>then you may not experience any symptoms at all</b>
<b>kay m</b>	<b>((((ShannonH)))) I hear you. I had estrogen for many months</b>
<b>fritzi64</b>	<b>Shannon, I thought the same thing about me but it didn't do the trick :(</b>
<b>tauruslady</b>	<b>My initial recovery and release back to work was 6 weeks, exhausted the first 2-3 weeks of work (no energy, depressed and menopausal because of ovary removal).</b>
<b>dnb3mlb</b>	<b>luckily my job is going to continue to pay me, but i am going to work after a week due to the type of job i have. my doc says 6 weeks / 4 min, but where im at the main thing is not sitting up for long periods of time.</b>
<b>tauruslady</b>	<b>Remember the initial few weeks is initial recovery</b>
<b>ShannonH</b>	<b>No chemo or radiation Taurus?</b>
<b>tauruslady</b>	<b>Dr. almost went 8 weeks out, I have just started to feel normal in the last couple of months (a few issues)</b>
<b>tauruslady</b>	<b>No Further Treatment - NFT</b>
<b>bandimal</b>	<b>But I have been quite tired since I started back at my classes, two weeks after surgery - and I'm now at 7 weeks today.</b>
<b>fritzi64</b>	<b>Bandimal, that's a pretty early return to normal activities. I hope you're continuing to pamper yourself!</b>
<b>tauruslady</b>	<b>Full recovery is months. My gyn-onc said with daVinci that women are ahead for 6 months and then things level out between abdominal and daVinci for next 6 months.</b>
<b>fritzi64</b>	<b>And it's important to pay attention to your body. If you feel tired, you should lie down for a while.</b>
<b>ShannonH</b>	<b>Great Taurus</b>
<b>kbcreede</b>	<b>im having tah/bsc I have a pretty easy retail sales job. is 2 weeks too soon to go back</b>
<b>bandimal</b>	<b>fritzi - my classes are online. :)</b>
<b>ShannonH</b>	<b>I bet you were bandimal</b>
<b>fritzi64</b>	<b>Even online classes can be a challenge.</b>
<b>cmtsp</b>	<b>kb~wow, that is very early after TAH</b>
<b>fritzi64</b>	<b>I am a college professor. I went back part-time (as in, only 8-10 hours per week on campus) at four weeks, to teach just two classes. I was absolutely exhausted.</b>
<b>tauruslady</b>	<b>Shannon - you are welcome</b>
<b>cmtsp</b>	<b>kb~do you work pt?</b>
<b>ShannonH</b>	<b>I find just recovering from the anesthesia takes weeks</b>
<b>kbcreede</b>	<b>I thought it might be</b>
<b>echidna</b>	<b>has anyone had sweaty feet before? and what would cause this symptom.</b>
<b>kay m</b>	<b>((((Fritzi)))) wow, I tried to teach sunday school for 1 hour at 4 weeks and thought I would die.</b>
<b>fritzi64</b>	<b>Yes, it's hard.</b>
<b>tauruslady</b>	<b>Shannon - you are right there, that hit me too.</b>
<b>tauruslady</b>	<b>echidna - can't help with that one</b>
<b>fritzi64</b>	<b>And as the professor, I could choose to sit or stand or let class go early if I wanted. I was completely wiped out.</b>
<b>fritzi64</b>	<b>One recommendation I would make is that when you return to work, try to schedule no evening or weekend commitments for the first two weeks. You'll be glad of the chance to lie down and recuperate.</b>

kay m	<b>I don't think that sweaty feet is a hormonal issue</b>
dnb3mlb	<b>i have a couch in my office, and recliner, so hopefully a week after ill be good to go , cant take off more time</b>
bandimal	<b>echidna - lots of medications can cause sweating, and your feet are a good place for getting sweaty.</b>
ReinaRoelle	<b>The gas pain in the shoulders is what I don't like.</b>
mjd2491	<b>I took six weeks off work, should have taken eight</b>
ReinaRoelle	<b>Maybe hyperhydrosis Echidna?</b>
ShannonH	<b>Yep, only had minor surgeries before...but the anesthesia made me so tired for at least 3 weeks...foggy, no energy</b>
kbcreede	<b>no i'm full time so maybe i better take a couple more weeks then</b>
tauruslady	<b>If you do go out have an "escape" route somebody who can get you out when you wear out. I would tell my DH "gotta go NOW"</b>
mjd2491	<b>I was very sluggish after surgery</b>
cmtsp	<b>I went back to work pt after 7 wks, kb</b>
fritzi64	<b>kb, you're better off to plan on more time than you think you'll need. If you feel terrific, you can go back early--but it's hard emotionally to go back early and then have to take more time off</b>
kay m	<b>I was easily tired for the first year</b>
Ginny56	<b>since I am past menopause (2 years not period) will I experence things that I have already gone through again?</b>
kay m	<b>lots more in the beginning</b>
tauruslady	<b>Reina - my dr was good at getting the gas out so all I felt was a sting in my upper arm like someone gave me a vaccinatio.</b>
mjd2491	<b>I'm the one who fell asleep waiting for her six-week checkup (even drooled on the chair) :lol:</b>
kay m	<b>Ginny, are you keeping your ovaries?</b>
mjd2491	<b>lol</b>
fritzi64	<b>Shannon, it can take a few weeks for the anesthesia to work its way out of your system.</b>
tauruslady	<b>MJ :)</b>
ShannonH	<b>LOL mjd</b>
cmtsp	<b>lol MJ</b>
kay m	<b>lol</b>
Ginny56	<b>No</b>
mjd2491	<b>honest -- I fell asleep for 45 min in the waiting room</b>
mjd2491	<b>I was mortified</b>
kay m	<b>Ginny, then you may experience some symptoms</b>
cmtsp	<b>I would be proud of myself if I did that</b>
kbcreede	<b>thats very good advice thanks fritzi</b>
Ginny56	<b>everything is coming out.</b>
mjd2491	<b>I woke with a start and the receptionist said, "Don't worry, he had an emergency. I didn't want to wake you."</b>
mjd2491	<b>ACK</b>
ReinaRoelle	<b>LOL MJD</b>
kay m	<b>do you have a reason why you wouldn't be able to take HRT?</b>
fritzi64	<b>Okay. Our chat is scheduled to go for only another five minutes. I'll go ahead and keep the room open a little longer than that tonight, though:)</b>
cmtsp	<b>:)</b>
kay m	<b>I'm 54 years old, and take a very low dose bioidentical estrogen which keeps me at a post-menopausal level</b>
tauruslady	<b>Remember if you are losing ovaries you still may want to talk to DR about vaginal estrogen.</b>
fritzi64	<b>However, I'd like us to move on to everyone's favorite subject ;) -sex.</b>
cmtsp	<b>8)</b>

<b>tauruslady</b>	<b>The vaginal estrogen (estrace) helped me a lot.</b>
<b>fritzi64</b>	<b>And I'd like to remind everyone that this is a pg-13 website. Please be respectful in tone and word, as we ask in the forums :)</b>
<b>ShannonH</b>	<b>My dr is hesitant about HRT because of history of breast cancer in family</b>
<b>Ginny56</b>	<b>Please, What about sex. With everything gone I have worried about it.</b>
<b>dnb3mlb</b>	<b>just want to praise this site again, if i hadnt found it i would be nuts right now</b>
<b>echidna</b>	<b>dont know what sex is these days lol</b>
<b>tauruslady</b>	<b>Shannonn - if ovaries are going still talk about vaginal because it will stay "local" won't go systemic keeps things healthier</b>
<b>kay m</b>	<b>there are conflicting studies, Ginny, you may want to check out the hormone resources</b>
<b>tauruslady</b>	<b>Ginny - everybody is differen</b>
<b>tauruslady</b>	<b>different</b>
<b>fritzi64</b>	<b>Echidna, sex was very painful for me before my surgery. I decided that even if it never felt good again, I would be grateful to not have it be painful. And as it turned out, everything worked well afterwards.</b>
<b>kay m</b>	<b>ask your question in Hormone and Menopause Central</b>
<b>echidna</b>	<b>been over 2 years for me since i was first diagnosed and its too painful.</b>
<b>ShannonH</b>	<b>Good to hear Taurus. I'll definitely do that</b>
<b>dnb3mlb</b>	<b>sex is a major issue, as the pain from my condition has made it diffucult for over a year</b>
<b>tauruslady</b>	<b>In my humble opinion if you had pain before you have better chance of things being "better" post op</b>
<b>Ginny56</b>	<b>Amen, I agree on the now sex! Oh to be young again. LOL</b>
<b>mjd2491</b>	<b>I was very apprehensive and I waited until 7-8 weeks or so... it was OK then but just "OK" :(</b>
<b>mjd2491</b>	<b>And then my sex drive took a big nosedive -- and I kept my ovaries, too. :(</b>
<b>tauruslady</b>	<b>echidna - than you may find things are better</b>
<b>mjd2491</b>	<b>It still hasn't really returned if you want to know the truth</b>
<b>kay m</b>	<b>It is very important though, to wait until your Dr releases you for sexual activity</b>
<b>mjd2491</b>	<b>I can still enjoy things, but it isn't the same and it probably won't be.</b>
<b>mjd2491</b>	<b>I've had to adjust to a different sex life.</b>
<b>cmtsp</b>	<b>My doctor told me that 75% of her patients report that sex is better after since pre surgery issues are resolved</b>
<b>ReinaRoelle</b>	<b>Remember, sex is not just the sexual organs but the brain as well.</b>
<b>tauruslady</b>	<b>MJ - my ovaries are gone w/ depression and quick cancer dx, I struggled but things are getting better. I am on lose dose of compounded testosterone</b>
<b>echidna</b>	<b>i truly hope so.lucky for me my partner is very understanding.</b>
<b>mjd2491</b>	<b>Well, I'm 5 years post-op... I just don't think it's coming back.</b>
<b>mjd2491</b>	<b>It's at about 75% of where it was, which is still better than some.</b>
<b>fritzi64</b>	<b>Reina, you're right, although it's also true that even with the brain and heart fully engaged, the physiological aspects of sexual response can change as a result of the surgery.</b>
<b>tauruslady</b>	<b>Good point - remember have to check on both intercourse and outercourse because pelvic rest means don't stress the muscles and organs at all.</b>
<b>kay m</b>	<b>sex was so painful for me before my surgery, that even with a few minor issues now, it is much better.</b>

ShannonH	I took compounded testosterone for a while and it helped me
dnb3mlb	is losing the cervix a big deal or not
mjd2491	I'm not trying to scare anyone, but there are cases of serious sexual dysfunction after hyst, and you can't "will" yourself to get better or just relax
fritzi64	dnb, that's individual. I had my cervix removed and don't experience any difference.
cmtsp	dnb~that varies
mjd2491	dnb3 -- for me the cervix didn't really have an impact
kay m	the cervix is a part of the uterus, NOT a seperate organ
TinkerBell1972	i don't have my cervix anymore, since i had cervical cancer. doesn't feel different too me
mjd2491	I couldn't tell I had one and couldn't tell it was gone!
Ginny56	My hubby is very supportive as well. Thankfully for that
tauruslady	dnb3 - depends on who you ask, if it was the source of your pain you'll be glad to have it gone. Mine was "collateral" damage had to go and I missed it because it didn't cause me pain before and helped in stimulation. I'm getting better about it now
mjd2491	ginny - that's such a plus
kay m	so whatever is troubling your uterus, could also visit your cervix in the future
ShannonH	Sex with my cervix has been painful at times so I hope to see improvement after
ReinaRoelle	I'm being optimistic that it will be better. Having endo & my cervix removed (which caused pain) WILL help. Gotta think positively.
kay m	I kept my cervix, and now have fibroids on it,
mjd2491	Kay :(
tauruslady	Shannon & Reina - could very well be.
tauruslady	Sending positive vibes for you.
fritzi64	Kay, will you have to have your cervix removed now?
mjd2491	Having fibroids was the main reason I wanted the cervix gone.
cmtsp	Sorry to hear that (((Kay)))
kay m	no, my cervix is attached to my bladder by scar tissue
fritzi64	(((hugs)))
kay m	I have to see a gyn/onc once a hear to check it out
kay m	make sure it is all okay and not cancerous
dnb3mlb	since i have a large fibroid on the back of my uterus, causing the pain during sex, she decided to take the cervix also because of cryo several years ago
ShannonH	I didn't know you could get fibroids on cervix too
kay m	trust me, you can
tauruslady	Same tissue as uterus so "yep"
kay m	and half of my cervix was removed
cmtsp	The cervix is part of the uterus
mjd2491	yep -- my sister had a 3-lb. fibroid on her cervix removed
kay m	any problem you uterus has, your cervix can have too
kay m	oh wow,
ShannonH	Wow mjd
tauruslady	Ohh side note even with cervix gone you should still have paps to check the vaginal vault for any issues.
ShannonH	Personally I'd rather have everything out so I don't have to worry about it
fritzi64	A hysterectomy is a major surgery, and no one can know in advance how her long-term recovery will be. That's why HysterSisters encourages women to seek second and third opinions and to be fully informed patients.

kay m	also, if you keep your ovaries and your cervix, you can have mini-periods
Ginny56	This is helping can we do this again the night before my surgery. I am so nervous.
fritzi64	When is your surgery, Ginny?
bandimal	taurus - I got a different answer from my doc
ShannonH	How many stitches did you have with DaVinci Taurus?
tauruslady	With the exception of cancer diagnosis it is considered elective so have to be sure.
kay m	(((Ginny)))
echidna	when you have your uterus removed do they also take the cervix?
cmtsp	echidna~not with everyone
kay m	you can ask for support on the pre-op boards anytime
tauruslady	echidan - not necessarily
kay m	we understand nerves
ReinaRoelle	Mjd, you talked of not being able to will yourself or just relax, I do understand that too! I have a history of abuse so I know it's not easy but it CAN happen!!
tauruslady	in a total hysterectomy they will;partial or supracervical they will not.
dnb3mlb	mine is next wed, the 14th, just trying to get to the 15th thats all i want lol
Ginny56	November 10
TinkerBell1972	i don't have my cervix and uterus anymore
ShannonH	I know with DaVinci much is cauterized
bandimal	echidna- depends, if you are having a supracervical hysterectomy
tauruslady	Shannon - I can't tellyou number of stitches. I had 5 small incisions.
fritzi64	WE do have another pre-op chat scheduled for November 5. You're welcome to come to that one, too!
echidna	im not nervous at all i just want it to happen now lol
fritzi64	Okay, everyone, I've removed the moderation.
ShannonH	Taurus, I meant with vaginal vault
mjd2491	Best wishes to all. :)
tauruslady	Shannon - if they have bleeding they cauterize the it, you are correct
ReinaRoelle	I'm not patient either.
dnb3mlb	thanks
fritzi64	So you can chat freely for about ten more minutes--and then I (the party pooper) need to close the chat room :(
tauruslady	Shannon - don't know really - didn't ask that one :)
tauruslady	Reina - you'll learn that one :)
dnb3mlb	been a big help good luck 2 all
echidna	what is a vaginal vault?
fritzi64	And before I forget to do so, I would like to thank cmtsp for being our guest speaker tonight.
fritzi64	Thanks cmtsp!
cmtsp	You're welcome
ShannonH	I keep hearing about hundreds of stitches and I know with daVinci there will not be as many
ReinaRoelle	I'll be the patient patient then LOL
kay m	Ladies, it has been a joy visiting with you, but I have a family with the flu who needs me. If you have any hormone questions, be sure and go to Hormone and Menopause Central. And Best wishes to all of you.
benham1123	Thank you everyone for all the advise and answers :)
fritzi64	And thanks to hostesses mjd2491 and tauruslady and alumni

	<b>hostess kay m for being here as well this evening.</b>
<b>tauruslady</b>	<b>dnb3 - glad we could help</b>
<b>bandimal</b>	<b>Vaginal vault = vaginal cuff = imagine a tube sock, where the toe stitches are where your uterus used to be</b>
<b>fritzi64</b>	<b>Goodnight, Kay. Thanks for being here!</b>
<b>ShannonH</b>	<b>Thanks so much kay</b>
<b>mjd2491</b>	<b>Thanks Kay</b>
<b>cmtsp</b>	<b>Night Kay</b>
<b>benham1123</b>	<b>night kay :)</b>
<b>dnb3mlb</b>	<b>thanks taurus</b>
<b>Ginny56</b>	<b>Thanks for listening. This has been helpful. I will try to not be a whiner. : )</b>
<b>ShannonH</b>	<b>Best of luck Ginny</b>
<b>Ginny56</b>	<b>thanks so much.</b>
<b>tauruslady</b>	<b>Ginny - I think we've all whined at some point in time :) I know I did</b>
<b>Ginny56</b>	<b>thanks again. this is all making me smile. Those who have not been through this don't understand.</b>
<b>echidna</b>	<b>thanx bandimal</b>
<b>mjd2491</b>	<b>ginny - that's so true!</b>
<b>bandimal</b>	<b>Ginny, we're all whiners at one time or another, I think</b>
<b>ReinaRoelle</b>	<b>I agree!</b>
<b>cmtsp</b>	<b>Not me lol</b>
<b>bandimal</b>	<b>no prob, echidna. You like sponges?</b>
<b>fritzi64</b>	<b>I've been whining all week!</b>
<b>benham1123</b>	<b>Alrighty gal's hope everyone has a good night :) I need to get to bed, hubby is sick :(</b>
<b>echidna</b>	<b>my guy whines more than me lol</b>
<b>ShannonH</b>	<b>Yep, many act like it's no big deal. It is to us</b>
<b>Ginny56</b>	<b>I am a pack rat and like to keep everything. LOL</b>
<b>fritzi64</b>	<b>And I can't blame it on my hysterectomy anymore</b>
<b>cmtsp</b>	<b>night benham</b>
<b>bandimal</b>	<b>I was a real whiner before my surgery because I was sick with severe abdominal pain</b>
<b>fritzi64</b>	<b>Goodnight benham</b>
<b>ReinaRoelle</b>	<b>Night benham</b>
<b>bandimal</b>	<b>and I didn't want to miss my surgery</b>
<b>bandimal</b>	<b>good night benham</b>
<b>ShannonH</b>	<b>Nite benham</b>
<b>tauruslady</b>	<b>Night benham</b>
<b>echidna</b>	<b>night benham</b>
<b>ShannonH</b>	<b>I've been in hospital with my Mom and so afraid I'll catch swine flu before my surgery</b>
<b>Ginny56</b>	<b>bandimal you will be in my prayers.</b>
<b>fritzi64</b>	<b>Okay, ladies--five-minute warning before the chatroom closes</b>
<b>ShannonH</b>	<b>Bout to run out of antibacterial soap :)</b>
<b>bandimal</b>	<b>Ginny - thanks, I am doing OK now other than the fatigue</b>
<b>TinkerBell1972</b>	<b>night night everyone :)</b>
<b>tauruslady</b>	<b>Night Tinker</b>
<b>ShannonH</b>	<b>Nite Tinker</b>
<b>bandimal</b>	<b>good night tinkerbelle</b>
<b>fritzi64</b>	<b>thanks for coming tinkerbelle</b>
<b>Ginny56</b>	<b>I work in a school and have worried about getting sick before my surgery as well.</b>
<b>TinkerBell1972</b>	<b>yw</b>
<b>ShannonH</b>	<b>I was a teacher Ginny, retired this summer</b>

<b>tauruslady</b>	<b>Stay healthy Shannon</b>
<b>echidna</b>	<b>when i go into hospital i will have an injection for swine flu</b>
<b>ShannonH</b>	<b>Know all about those kiddie germs</b>
<b>ShannonH</b>	<b>I'm working on it Taurus</b>
<b>ReinaRoelle</b>	<b>I'm off too. I thank you all for this wonderful site. I've learned a lot &amp; have received tremendous support!</b>
<b>bandimal</b>	<b>echidna - you might want to ask the surgeon about that,</b>
<b>tauruslady</b>	<b>:)</b>
<b>Ginny56</b>	<b>Well thanks all again. I am wrapping up for the night. : ) Hope to chat again</b>
<b>bandimal</b>	<b>good night Reina</b>
<b>bandimal</b>	<b>good night Ginny</b>
<b>ShannonH</b>	<b>My dr said do not take a flu shot under any circumstances before surgery</b>
<b>echidna</b>	<b>its hospital policy in australia</b>
<b>cmtsp</b>	<b>echidna~I was offered a flu shot when I was in the hospital</b>
<b>fritzi64</b>	<b>Thanks for coming to our chat</b>
<b>ShannonH</b>	<b>Niters Ginny, take care</b>
<b>bandimal</b>	<b>echidna - OK well then they will probably do it afterwards</b>
<b>bandimal</b>	<b>but not beforehand</b>
<b>echidna</b>	<b>i really dont want it though</b>
<b>cmtsp</b>	<b>Right. I had mine the following day</b>
<b>ShannonH</b>	<b>Thank you cmtsp, Taurus and Fritzi for all of your help and support</b>
<b>bandimal</b>	<b>echidna - hopefully it will do OK for you</b>
<b>echidna</b>	<b>i get awfully sick with the flu shots</b>
<b>cmtsp</b>	<b>You're welcome, Shannon</b>
<b>ShannonH</b>	<b>Will see you all on the other side</b>
<b>bandimal</b>	<b>echidna - then you should tell them about that, too - you might have an allergy that they need to know about</b>
<b>bandimal</b>	<b>Good luck, Shannon</b>
<b>tauruslady</b>	<b>Shannon you are welcome</b>
<b>tauruslady</b>	<b>Good luck</b>
<b>ShannonH</b>	<b>Thanks so much</b>
<b>cmtsp</b>	<b>When is your surgery, echidna?</b>
<b>echidna</b>	<b>29th oct</b>
<b>echidna</b>	<b>been waiting 2 years already</b>
<b>tauruslady</b>	<b>it will be here soon</b>
<b>cmtsp</b>	<b>Wow</b>
<b>fritzi64</b>	<b>Echidna, we have another pre-op chat scheduled for October 22</b>
<b>echidna</b>	<b>cant wait to have this over and done with lol</b>
<b>cmtsp</b>	<b>I'll bet</b>
<b>bandimal</b>	<b>echidna - I would suggest trying some deep breathing exercises, to help relieve stress before surgery</b>
<b>fritzi64</b>	<b>The first part of the program is the same, but feel free to come back if you like</b>
<b>bandimal</b>	<b>and I hope it does go well with you.</b>
<b>fritzi64</b>	<b>Okay, echidna and bandimal.</b>
<b>echidna</b>	<b>im not stressed at all</b>
<b>fritzi64</b>	<b>I need to close the room up now.</b>
<b>bandimal</b>	<b>OK.</b>
<b>tauruslady</b>	<b>echidna - that's great</b>
<b>echidna</b>	<b>night all</b>
<b>fritzi64</b>	<b>Echidna, I wish you luck in your surgery preparations</b>
<b>cmtsp</b>	<b>Goodnight</b>
<b>tauruslady</b>	<b>good luck</b>

<b>bandimal</b>	<b>good night echidna</b>
<b>fritzi64</b>	<b>Bandimal, continue healing well!</b>
<b>bandimal</b>	<b>thanks</b>
<b>tauruslady</b>	<b>good night echidna</b>

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