

Pre-Op Chat

October 8, 2009

fritzi64	Welcome to our live pre-op chat!
bandimal	welcome dnb3mlb
fritzi64	We are so excited that you are able to attend tonight's chat.
fritzi64	It was just a year ago that I was waiting for my own a hysterectomy.
fritzi64	I remember the anxiety, the questions, the worries, the excitement,...
fritzi64	...the addiction to HysterSisters!
bandimal	welcome kay m
fritzi64	I'm going to be the moderator tonight. I'll be spending much 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 cmtsp, 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 questions about...
fritzi64preparing for surgery...
fritzi64 recovering at home...
fritzi64hormones....
fritzi64	...returning to work...
fritzi64	...and a return to intimacy.
fritzi64	To help everyone follow the conversation, much of the chat will be moderated.
fritzi64	That means that when you post a question it will be held until it fits a topic of conversation.
fritzi64	I'll do my best to let everyone's questions through.
fritzi64	Please be patient with me, though.
fritzi64	If your question doesn't appear right away, . . .
fritzi64	. . . it's being saved for the time in the program when we will be discussing that topic, . . .
fritzi64	. . . by the time I see it to let it through, it doesn't make sense anymore (like, "Me too!"), . . .
fritzi64	. . . or I press the wrong button on my screen (oops).
fritzi64	At the end of the chat, we'll remove the moderation for a while.
fritzi64	If any of your questions were not posted through, please feel free to ask them again.
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	(And the room isn't moderated yet, so what you type will show up!)
ShannonH	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
dnb3mlb	i've been reading everything
benham1123	i live in the forums!
dnb3mlb	haven't had a preop yet so i was very lost till this site
ShannonH	Me too benham and found the videos fascinating
benham1123	i havnt found the video's yet?!?!?!?

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

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

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

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

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

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

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 suppor 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

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

	surgeon told me 6 weeks maybe 8.
kay m	if you have those ovaries removed, yes, you may have symptoms
echidna	im keeping my ovaries
ShannonH	Well if estrogen is stored in fat cells I should have an abundant supply LOL
kay m	then you may not experience any symptoms at all
kay m	((((ShannonH)))) I hear you. I had estrogen for many months
fritzi64	Shannon, I thought the same thing about me but it didn't do the trick :(
tauruslady	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).
dnb3mlb	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.
tauruslady	Remember the initial few weeks is initial recovery
ShannonH	No chemo or radiation Taurus?
tauruslady	Dr. almost went 8 weeks out, I have just started to feel normal in the last couple of months (a few issues)
tauruslady	No Further Treatment - NFT
bandimal	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.
fritzi64	Bandimal, that's a pretty early return to normal activities. I hope you're continuing to pamper yourself!
tauruslady	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.
fritzi64	And it's important to pay attention to your body. If you feel tired, you should lie down for a while.
ShannonH	Great Taurus
kbcreede	im having tah/bsc I have a pretty easy retail sales job. is 2 weeks too soon to go back
bandimal	fritzi - my classes are online. :)
ShannonH	I bet you were bandimal
fritzi64	Even online classes can be a challenge.
cmtsp	kb~wow, that is very early after TAH
fritzi64	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.
tauruslady	Shannon - you are welcome
cmtsp	kb~do you work pt?
ShannonH	I find just recovering from the anesthesia takes weeks
kbcreede	I thought it might be
echidna	has anyone had sweaty feet before? and what would cause this symptom.
kay m	((((Fritzi)))) wow, I tried to teach sunday school for 1 hour at 4 weeks and thought I would die.
fritzi64	Yes, it's hard.
tauruslady	Shannon - you are right there, that hit me too.
tauruslady	echidna - can't help with that one
fritzi64	And as the professor, I could choose to sit or stand or let class go early if I wanted. I was completely wiped out.
fritzi64	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.

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

tauruslady	The vaginal estrogen (estrace) helped me a lot.
fritzi64	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 :)
ShannonH	My dr is hesitant about HRT because of history of breast cancer in family
Ginny56	Please, What about sex. With everything gone I have worried about it.
dnb3mlb	just want to praise this site again, if i hadnt found it i would be nuts right now
echidna	dont know what sex is these days lol
tauruslady	Shannonn - if ovaries are going still talk about vaginal because it will stay "local" won't go systemic keeps things healthier
kay m	there are conflicting studies, Ginny, you may want to check out the hormone resources
tauruslady	Ginny - everybody is differen
tauruslady	different
fritzi64	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.
kay m	ask your question in Hormone and Menopause Central
echidna	been over 2 years for me since i was first diagnosed and its too painful.
ShannonH	Good to hear Taurus. I'll definitely do that
dnb3mlb	sex is a major issue, as the pain from my condition has made it diffucult for over a year
tauruslady	In my humble opinion if you had pain before you have better chance of things being "better" post op
Ginny56	Amen, I agree on the now sex! Oh to be young again. LOL
mjd2491	I was very apprehensive and I waited until 7-8 weeks or so... it was OK then but just "OK" :(
mjd2491	And then my sex drive took a big nosedive -- and I kept my ovaries, too. :(
tauruslady	echidna - than you may find things are better
mjd2491	It still hasn't really returned if you want to know the truth
kay m	It is very important though, to wait until your Dr releases you for sexual activity
mjd2491	I can still enjoy things, but it isn't the same and it probably won't be.
mjd2491	I've had to adjust to a different sex life.
cmtsp	My doctor told me that 75% of her patients report that sex is better after since pre surgery issues are resolved
ReinaRoelle	Remember, sex is not just the sexual organs but the brain as well.
tauruslady	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
echidna	i truly hope so.lucky for me my partner is very understanding.
mjd2491	Well, I'm 5 years post-op... I just don't think it's coming back.
mjd2491	It's at about 75% of where it was, which is still better than some.
fritzi64	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.
tauruslady	Good point - remember have to check on both intercourse and outercourse because pelvic rest means don't stress the muscles and organs at all.
kay m	sex was so painful for me before my surgery, that even with a few minor issues now, it is much better.

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

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

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

bandimal	good night echidna
fritzi64	Bandimal, continue healing well!
bandimal	thanks
tauruslady	good night echidna

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