

*Pre-Op Chat*  
*October 22, 2009*

mjd2491	Hi!
fritzi64	Hi benham1123
fritzi64	Hi mjd2491
benham1123	Hi everyone ;)
mjd2491	Hey benham
fritzi64	When is your surgery, benham?
benham1123	11-13 21 days from tomorrow!!!!
benham1123	not that im counting down lol
mjd2491	Of course not ;)
fritzi64	I counted down, too, once I got to 21 days
benham1123	LOL, nice to know im not the only one
fritzi64	Hi cmtsp and amys1
mjd2491	Hey, ladies!
benham1123	hi cmtsp and amys1
cmtsp	Helloooo
amys1	hi
fritzi64	We'll get started with our program in about 8-10 minutes.
mjd2491	In the meantime, why don't I sing a song or two?
mjd2491	Any requests?
benham1123	ok sounds good....
benham1123	LOL
mjd2491	Atually, I do sing
fritzi64	Feel free to play around with the program a little bit if you like. You can set your color by clicking on the color palette above the typing box
mjd2491	But you won't be able to hear me... except the little bubble sound
fritzi64	I don't sing, so if I sang you a song you'd all run away screeching
fritzi64	in pain
benham1123	i try to sing
cmtsp	I can't sing, but I can dance
mjd2491	Ooooh dancing is good
fritzi64	just don't dance on the keyboard :)
cmtsp	lol
benham1123	haha
cmtsp	Wish I could sing
mjd2491	[b]OK.... I just changed my color
mjd2491	Do I show up purple now?
fritzi64	Wow! I wish we had a sunglasses smilie
mjd2491	:)
fritzi64	You're very bright and purple
fritzi64	amys1, when is your surgery?
cmtsp	How about this
mjd2491	But I would have to make myself "bold" each time
fritzi64	Hi Goodvicki
mjd2491	cmtsp -- that's rather.... yellow
benham1123	wow, that yellow is BRIGHT
fritzi64	Yellow is hard to read
mjd2491	yes
fritzi64	but maybe it's my old eyes
fritzi64	Hi IamGeeky
cmtsp	Is this better?
benham1123	yes :)

mjd2491	yes
mjd2491	And now I'm greenish
fritzi64	much better
fritzi64	Hi ussnewco
IamGeeky	Howdy everyone!
cmtsp	Hi!
Goodvicki	hi
amys1	November 6th, sorry, I might be in and out dealing with the kids
mjd2491	Good evening ladies
fritzi64	Not a problem, amys!
mjd2491	amys1 -- ha -- I might be in and out too -- 9-year-old ds
amys1	mine is 6 he's a booger
fritzi64	I have teenagers, and I still have to be in and out of the chats to deal with them sometimes
mjd2491	lol
mjd2491	It never ends
fritzi64	Did anyone have a sunny day to make up for the rainy gloomy day I had?
cmtsp	No, unfortunately
benham1123	it was simi sunny here in KY
benham1123	we are due for lots of rain tonight and tomorrow though :((
amys1	nope it's been rainy dreary yucky
fritzi64	I'm in the Milwaukee area, and we have rain forecast for the whole next week, it looks like
fritzi64	We'll get started with our program in a few minutes. I want to give others a chance to get here
fritzi64	Hi Buck1600
Buck1600	hi
fritzi64	Hi Kathy!
cmtsp	Hi Kathy!
Kathy	Hi Ladies!
fritzi64	Let's wait another minute and then get started.
mjd2491	:)
mjd2491	Hey, Kathy!
fritzi64	Hi Christmas72
cmtsp	Hi Christmas72
fritzi64	Hi rndeneen
cmtsp	Hi rndeneen
mjd2491	evening rndeneen
mjd2491	That's a tough one to type!
fritzi64	All right, let
fritzi64	let's get started!
fritzi64	Welcome to our live pre-op chat!
fritzi64	We're so excited to be able to do this chat tonight.
fritzi64	I am ten months post-op myself, and it wasn't that long ago that I was trying to prepare for my own surgery and feeling very anxious about what to expect.
fritzi64	I'm going to be the moderator tonight. I'll be spending much of my time behind the scenes, although I will pop into the conversation now and then.
fritzi64	Here's the way this chat will work.
fritzi64	Our guest "speaker" for this chat will be mjd2491, one of our hostesses. She will introduce herself and guide you through some of the things to think about for your hysterectomy journey. We have an agenda of items that pre-op princesses frequently ask about, and that will be our guide. You will be able to ask questions about her comments as we go along...

fritzi64	...and you'll have a chance to ask questions of your own as well.
fritzi64	Hi lmc516
lmc516	hi
fritzi64	After her "presentation," we'll ask for questions about different phases of the hysterectomy experience:
fritzi64	preparing for surgery...
fritzi64	...the surgery and hospital experience..
fritzi64	...recovering at home...
fritzi64	...hormones...
fritzi64	...returning to work...
fritzi64	...and returning to intimacy.
fritzi64	To help everyone follow the conversation, the chat will be moderated. That means that when you post a question, it will be held until it fits into the conversation and will then be posted to the board.
fritzi64	I'll do my best to let everyone's questions through. 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	Before I turn the program over to mjd2491 and turn the moderation on, could you all let us know when your surgery is scheduled?
benham1123	nov 13
amys1	Nov 6th
lvmylif	Dec 18
Buck1600	Mine is Monday 10/26
dolphin_s88	nov. 10
ussnewco	Nov 3
rndeneen	this tuesday oct 27
IamGeeky	10/30
lmc516	mine was sept 10
fritzi64	Okay, The chat has now been set to "moderated."
fritzi64	MJD2491, it's all yours!
mjd2491	ooooh
mjd2491	Hi, everyone! My name is Mary Jill.... but everyone just calls me MJ
mjd2491	:)
mjd2491	I'm just over 5 years post-op.... but I'm also a pre-op hostess
mjd2491	And I still remember how it felt to be worried about the upcoming surgery.
mjd2491	First off, I'm going to just go over the major types of hysterectomy surgeries
mjd2491	First, there are the "total hysterectomy" surgeries
mjd2491	These are the surgeries where the entire uterus (including the cervix) is removed
mjd2491	There's the TAH -- total abdominal hysterectomy
mjd2491	The TVH - total vaginal hysterectomy
mjd2491	and the LAVH -- laproscopically assisted vaginal hysterectomy
mjd2491	Now, there's an important distinction to make here....
mjd2491	You notice I haven't said anything about ovaries yet?
mjd2491	I was under the mistaken impression that a "total" hysterectomy meant the ovaries were being removed along with the uterus. That's

	<b>actually incorrect.</b>
mjd2491	<b>The operation to remove the ovaries is an entirely different surgery... and I'll get to that in a minute.</b>
mjd2491	<b>So I had a TAH, a total abdominal hysterectomy.... but my ovaries are still inside me.</b>
mjd2491	<b>Now... on to the "partial" hysterectomies</b>
mjd2491	<b>There's the SAH - supracervical abdominal hysterectomy</b>
mjd2491	<b>Where just the uterus is taken through an abdominal incision</b>
mjd2491	<b>Then there's the LSH, laproscopic supracervical hysterectomy</b>
mjd2491	<b>Where there are a few small incisions and the uterus is taken out through the incisions</b>
mjd2491	<b>And then, there's the robot-assisted surgery</b>
mjd2491	<b>Which is known as RALH - robot-assisted laproscopic hysterectomy</b>
mjd2491	<b>Sometimes known as a "Davinci" surgery</b>
mjd2491	<b>**</b>
mjd2491	<b>Does everyone know what kind of surgery they are having?</b>
fritzi64	<b>Okay, before we move onto questions, could you all let us know what surgery types they're having?</b>
ussnewco	<b>LAVH</b>
Buck1600	<b>Davinci</b>
benham1123	<b>LAVH</b>
amys1	<b>LAVH</b>
rndeneen	<b>What about the LSH, that is what I am having?</b>
dolphin_s88	<b>not sure but expecting it to be TAH</b>
rndeneen	<b>LSH</b>
IamGeeky	<b>dVH/TLH - BSO w/cystocele repair</b>
lmc516	<b>had tvh</b>
mjd2491	<b>The LSH is the laproscopic supracervical hysterectomy.... where they make a few small incisions</b>
mjd2491	<b>You won't have a big incision with that surgery</b>
Goodvicki	<b>I had TAH</b>
mjd2491	<b>It is less invasive, but it's still major surgery</b>
mjd2491	<b>There are still internal stitches and such.... just no outer incision</b>
mjd2491	<b>Aside from the actual hysterectomy surgery.... there is often a procedure done to remove one or two ovaries.</b>
mjd2491	<b>That procedure is known as oophorectomy.</b>
mjd2491	<b>It also has its own set of abbreviations -- of course ;)</b>
mjd2491	<b>BSO means bilateral salpingo-oophorectomy, which means both ovaries and both Fallopian tubes are removed</b>
mjd2491	<b>LSO means just the left ovary and tube are taken</b>
mjd2491	<b>RSO means just the right ovary and tube are taken</b>
mjd2491	<b>So for example, if you are having a TVH/BSO, it means a total vaginal hysterectomy with both ovaries being removed</b>
mjd2491	<b>Quite a mouthful!</b>
mjd2491	<b>lol</b>
mjd2491	<b>Some ladies also have tummy tucks done.... right along with the hysterectomy</b>
mjd2491	<b>I had a panniculectomy done along with mine, which removed some excess fat and skin</b>
mjd2491	<b>But it you have a tummy tuck or similar procedure done, be aware that it's a different surgery altogether</b>
mjd2491	<b>And you need a plastic surgeon to perform it.... your gyn surgeon can't do it :(</b>
mjd2491	<b>And it's pricey!</b>
mjd2491	<b>**</b>
fritzi64	<b>So our first topic is "Preparing for surgery" What kinds of questions do you have about preparing for surgery?</b>

<b>mjd2491</b>	<b>I remember I was very worried about pain control</b>
<b>mjd2491</b>	<b>And how I would feel waking up after surgery</b>
<b>lvmylif</b>	<b>What can I do in the next 2 months to prepare mentally and physically so that recovery is easier?</b>
<b>mjd2491</b>	<b>Great question</b>
<b>mjd2491</b>	<b>I would say.... start a walking routine</b>
<b>mjd2491</b>	<b>Get yourself in the best physical shape possible.</b>
<b>Buck1600</b>	<b>Those are exactly my thoughts-pain, at home recovery , back to work</b>
<b>mjd2491</b>	<b>You'll be "off your feet" though not really bedridden.</b>
<b>benham1123</b>	<b>i am worried about pain, i have no pain tolerance at all...</b>
<b>backontrack</b>	<b>tummy tucks are great but the recovery of the hyster is enough to deal with at once</b>
<b>mjd2491</b>	<b>And if you're used to walking around, it will really help you get everything moving</b>
<b>mjd2491</b>	<b>benham1123 - I'm sort of like you</b>
<b>mjd2491</b>	<b>I'm not a wimp, but oh, I hate pain!</b>
<b>amys1</b>	<b>I'm hoping to go back to work after 10 days I sit at a desk and was told I could wear sweats if I need to...I will be 33 non smoker, fairly good shape am I nuts?</b>
<b>benham1123</b>	<b>no im a wimp!</b>
<b>mjd2491</b>	<b>In the hospital, they really do keep your pain under control</b>
<b>mjd2491</b>	<b>I had a fentanyl pump in my PCA device and it was great</b>
<b>mjd2491</b>	<b>amys1 -- I wouldn't plan on working that soon post-op</b>
<b>mjd2491</b>	<b>That's really optimistic in my view</b>
<b>lmc516</b>	<b>10 days might be too soon, I thought I would be ready after 3 weeks but waited</b>
<b>mjd2491</b>	<b>I was off 6 weeks and really should have taken 8</b>
<b>benham1123</b>	<b>I am also worried about traveling post op.. 4-5 wks</b>
<b>mjd2491</b>	<b>It isn't even so much the pain, ladies... it's the fatigue!</b>
<b>mjd2491</b>	<b>I have posted many times on the board about my 6-week checkup</b>
<b>amys1</b>	<b>I'm an optimist:) I was back at work when my son was 10 days old so I'm hoping...</b>
<b>lmc516</b>	<b>yes, i am still tired 6 weeks</b>
<b>mjd2491</b>	<b>I fell asleep in the waiting room at Mayo Clinic.... for 45 minutes</b>
<b>mjd2491</b>	<b>I even drooled on the chair!\</b>
<b>mjd2491</b>	<b>lol</b>
<b>lmc516</b>	<b>i just went back to work this week</b>
<b>mjd2491</b>	<b>lol</b>
<b>Goodvicki</b>	<b>I just went back at 4 weeks but probably could have gone back earlier</b>
<b>mjd2491</b>	<b>Don't shortchange yourself on rest</b>
<b>benham1123</b>	<b>i remember reading that mj!</b>
<b>fritzi64</b>	<b>Are there any other questions about how to prepare for surgery?</b>
<b>mjd2491</b>	<b>benham - and it's a TRUE story</b>
<b>mjd2491</b>	<b>The other thing I'd say is</b>
<b>Buck1600</b>	<b>do i need to take anything to the hospital with me?</b>
<b>mjd2491</b>	<b>Forget housework</b>
<b>mjd2491</b>	<b>I mean that!</b>
<b>mjd2491</b>	<b>No matter what happens, what needs to get cleaned will get cleaned, and the rest can wait.</b>
<b>lvmylif</b>	<b>I've never had a major surgery...so I think the mental nervousness is the worst part. Not knowing what to expect.</b>
<b>rndeneen</b>	<b>I saw my doc today and he said I would be back to my normal routine (for the most part) within a week, but I am having the LSH</b>
<b>mjd2491</b>	<b>lvmylif -- I get you</b>
<b>Christmas72</b>	<b>How long should I expect to be off work?</b>

rndeneen	I hope this is accurate, have you heard from many that have had the LSH?
cmtsp	Buck~I really only needed chapstick and my toothbrush!
djd832001	yes i would like to know basically on what to expect when I go into the hospital
mjd2491	I also could have packed for the hospital in a gallon ziplock bag
mjd2491	lol
mjd2491	Have you read the Castle stories?
fritzi64	Yes, let's move to questions about what to expect from the hospital and surgery experiences.
lmc516	everything i took, i did not need
backontrack	you wont even care about your tetth
Goodvicki	comfy clothes to come home in
amys1	i agree with you, I've never had surgery, that is scariest for me
lvmylif	Sounds like we should pack light!!
mjd2491	Goodvicki -- I wore something comfy to the hospital and I wore the same thing home
mjd2491	yes.... whatever you might forget can be brought to you
mjd2491	You won't need extra stuff
Buck1600	great idea!
mjd2491	:)
cmtsp	Me too, went home in my jammies
fritzi64	Has anyone wondered about what to expect when you arrive at the hospital on the day of your surgery?
rndeneen	I have had three this year, all you need is comfy clothes to come home in, tooth brush and paste, a hair brush, and socks. Everything else will get stolen. LOL!
lmc516	my hosp supplied everything! even throw away panties
mjd2491	The other big worry I had was... how much pain am I going to feel when I wake up?
smitty89	Yes Fritzi!
IamGeeky	yes
mjd2491	I can't lie.... I really was in alot of pain at first
mjd2491	But they got it under control quickly
mjd2491	There was a lot of "hurry and wait" at my hospital
cmtsp	I was at the other end of the spectrum--no pain
mjd2491	But I think that's pretty typical
fritzi64	When I arrived at the hospital, I changed into a gown, had blood drawn, and did a pregnancy test (ugh). Then they inserted my IV.
mjd2491	cmtsp - that's great
benham1123	has anyone had the dr's give them the gas to make them loopy before starting the IV?
lmc516	my anest. gave me epidural w/ morphine in addition to anesetia. he said it would help the next day, not feeling pain, he was right
mjd2491	Yep.... I went into to a holding room
lvmylif	I needed a little gas before my wisdom teeth got pulled out!! Just get myself worked up.
Buck1600	is pain the same with davinci?
mjd2491	benham1123 - my hospital doesn't do that....
lvmylif	Will they give us something at the hospital if we feel anxiety before everything starts??
djd832001	yes i have wondered what to expect on the day of surgery
mjd2491	I didn't get any "good stuff" until I got to the OR
Goodvicki	yeah I hardly had any pain when I woke up
mjd2491	I was really very calm until we got into the operating room
mjd2491	And boy, did the nerves take over then!
cmtsp	lvmylif~You will get a sedative

mjd2491	But it was only a few minutes and the "I don't care" drugs went to work.... ;)
fritzi64	My operating room covered me with wonderful warm blankets. They were very comforting!
tauruslady	Hi Benham - my anesthesiologist dropped the twilight drugs. I wasn't loopy but took the edge off.
fritzi64	And I was asleep before the catheter or anything else was inserted.
lmc516	i was out before he did the epidural
djd832001	what type of pain did u experience with a vaginal laparoscopy afterward
mjd2491	Oh, yes..... I was asleep when the catheter went in, too
benham1123	i am terrified of needles so im screaming at the thought of the blood work and IV already
mjd2491	I told them how hard that always was for me
mjd2491	benham1123 - the IV can be tough if you're dehydrated
tauruslady	Hi Buik, I had the daVinci. I don't think I had the same level of pain as an open surgery but it is still major surgery and it varies by person.
mjd2491	So really try to drink LOTS of water the day before the surgery
mjd2491	That makes it much easier for the IV to go in on the first try
benham1123	my vains roll and rupure
Christmas72	benham- Me too!
mjd2491	Especially if you're doing a bowel prep, drink lots of fluids
tauruslady	Benham - they dropped one IV for me when I was awake and did the other "back-up" port after they put me out in the OR. My veins roll as well.
mjd2491	Because the bowel prep will dehydrate you to a degree
fritzi64	It's important that you communicate with the nurses and technicians to let them know how you feel. I don't like needles, so they sent their gentlest person to draw my blood (and he was really cute, too! ; ) )
rndeneen	You can request to have the catheter put in once you are asleep in the OR
benham1123	GREAT
mjd2491	Well, that's a plus
IamGeeky	tauruslady - they do 2 IVs for the daVinci?
mjd2491	rndeneen yes -- catheter after going to sleep
benham1123	eye candy is always nice lol
lmc516	because of the bowel prep day before, i was starving day of surgery and I had to wait until 1 pm to get there. Surgery was 3 pm...
Goodvicki	ugh the bowel prep was awful
rndeneen	Usually just lots of paperwork, an IV, urine sample, getting into a gown, Foley catheter, the anesthesiologist talks to you, and you may have to drink this real yucky stuff for acid
mjd2491	lmc516 -- late day surgeries can be hard
rndeneen	but they will tell you that there are a lot of people in their to see as opposed to just you and the nurse in the prep room
mjd2491	I much prefer morning
tauruslady	IAmGeeky - yes I think that is standard in case there is an issue with one they have the 2nd one in already.
Buck1600	tauruslady-how long did the surg last for u?
lvmylif	It sounds like its important to speak up early about the things we are worried about.
mjd2491	But you don't get a choice
mjd2491	lvmylif - absolutely -- that's what the staff is there for
mjd2491	Talk to them on surgery day -- many will stop by to speak with you anyway

fritzi64	Yes, lvmylif, communicate early and often and they should help you
tauruslady	Buck - I went in at 6:30 for pre-op...surgery started around 8:30???, I got to my room around 2:30 or 3.
mjd2491	Make use of them and let them know your fears
lmc516	3 hrs
fritzi64	What other questions do you have about the hospital or the surgery itself?
Goodvicki	I went in at 6am surgery was 7:30am
mjd2491	My biggest hospital problem was... the first time I got out of bed
Christmas72	I am having a partial hysterectomy what should I expect?
mjd2491	What a disaster! I got woozy and ended up back in bed for 2 hours
Buck1600	tauruslady-how was your first night after u got to the room?
mjd2491	Christmas72 -- are you having an SAH or LSH?
Scrappy One	I have my pre-op appt tomorrow for surgery on Monday - Any questions that you thought of afterwards that should have been asked ahead of time?
rndeneen	Did they keep the catheter in over night or take it out right away?
Goodvicki	yes getting out of bed was the hardest problem for me too
tauruslady	Buck - I only had 1 night in the hospital, with the exception that my catheter airlocked things were good.
mjd2491	Scrappy - I actually wrote all my questions down and sent them ahead of time...
fritzi64	rndeneen, my catheter stayed in until I was able to walk to the bathroom
cmtsp	rndeneen~Mine was in for a day
tauruslady	If you have any allergies make sure they know at pre-op and the day of the surgery.
Christmas72	Has not been decided yet, bladder surgery possible also
mjd2491	But if you think of any additional ones, they'll still be there later!
lmc516	mine was in overnight but surgery was late, next afternoon cath came out
tauruslady	My catheter was in for 1 day.
amys1	So the LAVH takes how long? roughly
lvmylif	Is there pain when you wake up? If so, how long before something kicks in to reduce it?
djd832001	who has had a vaginal hysterectomy, not davinci
mjd2491	amys1 - there isn't a standard length
mjd2491	It depends on what they find when they get in there
fritzi64	djd, I had a total vaginal hysterectomy--no laparoscopy at all
Buck1600	tauruslady-thanks-surgery Monday and I'm getting freaked out Total with bso
mjd2491	My surgery ended up being an extra hour long because of scar tissue
lmc516	i had vag hys
Scrappy One	mjd - i have my list going so i'll take that tomorrow -
Goodvicki	my catheter was in almost 24 hours
tauruslady	lvmylif - I didn't have pain when I woke up.
mjd2491	Buck -- which type of total hysterectomy?
tauruslady	Buck - deep breaths, that is exactly what I had
fritzi64	I had pain when I woke up, but all I had to do was say "pain" and the nurse was right there to make the pain go away
Buck1600	davinci
mjd2491	Ah, thanks buck
lmc516	my uterus was larger than expected and she did some rectal repairs
fritzi64	Okay, let's move on...
fritzi64	What questions do you have about early recovery at home?
mjd2491	My uterus was very large, but I was disappointed it didn't weigh

	<b>more ;)</b>
<b>ussnewco</b>	<b>i met with my Onconlgist today and my GYN are doing a LAVH on Nov 3, I'm a plus size woman age 45, is the healing process longer for plus size?</b>
<b>Goodvicki</b>	<b>I had a pain pump but I didn't hardly use it.</b>
<b>lmc516</b>	<b>lol @ mjd</b>
<b>mjd2491</b>	<b>ussnewco - it can be harder for us fluffy ladies</b>
<b>mjd2491</b>	<b>I love the word fluffy</b>
<b>mjd2491</b>	<b>lol</b>
<b>mjd2491</b>	<b>Part of the issue is that there's just more tissue to heal</b>
<b>mjd2491</b>	<b>More layers, if you will</b>
<b>mjd2491</b>	<b>But sometimes what they do is leave much of the incision open to heal from the inside out</b>
<b>mjd2491</b>	<b>Which can help the healing process</b>
<b>djd832001</b>	<b>fritzi64 I was wondering what your experience was like on when u got to the hospital what did they have u do and also how did u manage the pain</b>
<b>fritzi64</b>	<b>djd, when I got to the hospital I had blood drawn, did a pregn. test, and had the IV inserted</b>
<b>mjd2491</b>	<b>The other thing for being overweight</b>
<b>mjd2491</b>	<b>Is that I found it was harder to get in and out of bed...</b>
<b>mjd2491</b>	<b>So you might want to try and build up upper body strength</b>
<b>fritzi64</b>	<b>For the pain, they used morphine. It was effective, but I had a bad reaction to it so they switched to something else</b>
<b>mjd2491</b>	<b>Because you may want to use your arms to help yourself get up.</b>
<b>lvmylif</b>	<b>Once you were home did you spend the first few days in bed or on the couch? What was more comfortable?</b>
<b>lmc516</b>	<b>i was given 2 percocet when needed</b>
<b>tauruslady</b>	<b>They lost my EKG (something you have to have if you are 50+) so I also had to have an EKG that morning.</b>
<b>ussnewco</b>	<b>I have leg strength, no arm, however my DH is 6'4" and he will be there</b>
<b>mjd2491</b>	<b>My "recovery room" was the living room, and I slept on the couch for 6 weeks</b>
<b>smitty89</b>	<b>How easy is it to overdo things at home??</b>
<b>kay m</b>	<b>I spent the day on the couch, but slept in my bed at night</b>
<b>mjd2491</b>	<b>That seems like a long time, but I really couldn't lie down flat for about 4 weeks</b>
<b>lmc516</b>	<b>i had morphine in epidural and later that night I was very itchy on the face and neck. but given benydrl that helped</b>
<b>cmtsp</b>	<b>I lived in my recliner for weeks--even slept in it</b>
<b>mjd2491</b>	<b>I was itchy enough that I got switched from morphine to fentanyl</b>
<b>fritzi64</b>	<b>I spent most of my time in bed--propped up or lying down. I have a noisy family, and I knew I would rest better there</b>
<b>Buck1600</b>	<b>couch for 6 weeks? I don't know if I can do that-I'm so -o-o use to working everyday.</b>
<b>mjd2491</b>	<b>I also had pretty messed up sleep patterns for a while, and I was just more comfy on the couch when I knew my restlessness wouldn't bother DH</b>
<b>mjd2491</b>	<b>Yep</b>
<b>kay m</b>	<b>I kept a chair, turned backwards next to my bed, to use to pull me up</b>
<b>fritzi64</b>	<b>Remember that as you recover and heal, you'll be able to get more active. Six weeks shouldn't be on the couch</b>
<b>mjd2491</b>	<b>Buck -- I was a bank president when I had my surgery. Trust me.... you need to stay on the couch for a while!</b>
<b>lvmylif</b>	<b>Did you sleep a lot?</b>

<b>tauruslady</b>	<b>Buck - if you are used to working and with the daVinci be careful for all laproscopic surgeries with the small incisions it is easy to forget you had major surgery.</b>
<b>Christmas72</b>	<b>I had gallbladder surgery last Jan should i expect the same recovery process?</b>
<b>mjd2491</b>	<b>I napped quite a bit</b>
<b>djd832001</b>	<b>fritzi64 how long were u in hospital</b>
<b>mjd2491</b>	<b>Very true..... it's easy to fool yourself into thinking that you're OK</b>
<b>fritzi64</b>	<b>djd, I was in for about 22 hours, with the clock starting when I got to my room. My surgery was at 7:30 am and I was home by 10 the next morning</b>
<b>mjd2491</b>	<b>But too much too soon can have really bad consequences!!</b>
<b>tauruslady</b>	<b>You will feel tired and fatigued and want to sleep at various times...night was hard between the anesthesia and the change in hormones had a hard time sleeping.</b>
<b>mjd2491</b>	<b>Torn stitches, adhesions... the list goes on</b>
<b>smitty89</b>	<b>tauruslady, that is what I am concerned about too</b>
<b>Goodvicki</b>	<b>I had a TAH and was home the next day too</b>
<b>mjd2491</b>	<b>I was in for 3 nights</b>
<b>mjd2491</b>	<b>Went home with a hip-to-hip incision and some drains in me</b>
<b>Buck1600</b>	<b>IThat's what is making me anxious_ I work alot and never had to stay home very long and I sure don't know how to relax</b>
<b>lmc516</b>	<b>overnight</b>
<b>mjd2491</b>	<b>Buck -- I didn't really either</b>
<b>tauruslady</b>	<b>Smitty - I had one of my Drs give me xanax to cut the anxiety and let me try to get sleep cycle back.</b>
<b>benham1123</b>	<b>ouch!!!</b>
<b>mjd2491</b>	<b>But for the first week or so I really didn't feel well enough to do much more than run the remote</b>
<b>mjd2491</b>	<b>And I learned that the world kept on spinning even without me</b>
<b>lmc516</b>	<b>i thought i would be board, it was wonderful being home</b>
<b>lvmylif</b>	<b>Buck...Me, too! I love my job and being away for a month seems like forever.</b>
<b>mjd2491</b>	<b>I had an amazing group of people working for me... and they were very capable!</b>
<b>mjd2491</b>	<b>They really stepped up</b>
<b>tauruslady</b>	<b>Buck - read the pre-op checkpoints and try to remember "you get one chance to heal"</b>
<b>mjd2491</b>	<b>I got called for the big decisions.... but the rest of the stuff they handled and handled WELL</b>
<b>mjd2491</b>	<b>:)</b>
<b>fritzi64</b>	<b>I found my recovery time to be a good time mentally, to recenter myself and think about what I wanted to be doing with my life and what is important to me</b>
<b>mjd2491</b>	<b>I was proud of them</b>
<b>tauruslady</b>	<b>I was concerned and thought I would get back to work in 2 weeks...it was 6</b>
<b>mjd2491</b>	<b>And they'll feel great helping you out</b>
<b>lmc516</b>	<b>i thought i would need to scrapbook, but never did, I went on computer, wathced tv, rread and napped</b>
<b>lvmylif</b>	<b>I am afraid I will bored out of my head just sitting around. I know I am going to be tired, but boredom is a concern.</b>
<b>mjd2491</b>	<b>I loved cybershopping</b>
<b>kay m</b>	<b>I wasn't able to really concentrate on anything</b>
<b>mjd2491</b>	<b>And I did do some knitting</b>
<b>fritzi64</b>	<b>lvmylif, you are welcome to spend all your time on HysterSisters!</b>
<b>Goodvicki</b>	<b>I was tired the first week. I would nap during the day, but after that</b>

	<b>I wasn't really tired at all. I got bored of sitting around the house.</b>
<b>mjd2491</b>	<b>kay -- me too.... until about week 4 I was useless</b>
<b>kay m</b>	<b>and sitting up at the computer for very long caused pain</b>
<b>mjd2491</b>	<b>lol</b>
<b>djd832001</b>	<b>did anyone receive there free book from this site, and how long did it take for u</b>
<b>kay m</b>	<b>I cried at all the silliest commercials</b>
<b>kay m</b>	<b>and laughed because I didn't know why I was crying</b>
<b>fritzi64</b>	<b>I got my free book, although I don't remember how long it took. Even at 10 months post-op, I still use it as a resource</b>
<b>benham1123</b>	<b>i got my book in about a week or so</b>
<b>lmc516</b>	<b>i did go on vacation on week 5, dr said it was fine. No sex though, but could go in the ocean (good for body)</b>
<b>Buck1600</b>	<b>tomorrow is my last day at work so my life will be interesting over the next few weeks.</b>
<b>fritzi64</b>	<b>Okay, let's move on to your questions about hormones.</b>
<b>tauruslady</b>	<b>Buck - we'll help you get through</b>
<b>tauruslady</b>	<b>One thting don't forget a tummy pillow to put between you and the seatbelt on the ride home.</b>
<b>fritzi64</b>	<b>Kay m, one of our alumni hostesses, is here, and she is particularly knowledgable about hormones :)</b>
<b>kay m</b>	<b>Hi</b>
<b>djd832001</b>	<b>edit message did anyone receive there free book from this site, and how long did it take for u too receive it because I ordered mines last week, and my surgery is next week</b>
<b>Scrappy One</b>	<b>does everyone seem to be weepy after surgery? even if ovaries are left in?</b>
<b>benham1123</b>	<b>does eveyone go on hormones if ovaries are removed?</b>
<b>Buck1600</b>	<b>Still waiting for my book-might be too late now</b>
<b>lvmylif</b>	<b>It sounds like emotions are all over the place after too. Anyone have good advice for preparing the family on what to expect?</b>
<b>tauruslady</b>	<b>Scrappy - I would say yes...between hormones and anesthesia and if ovaries go to sleep for a bit.</b>
<b>fritzi64</b>	<b>Does everyone know whether you're keeping your ovaries or having them removed?</b>
<b>lmc516</b>	<b>I was emotional when I found out there was no cancer! I couldnt thank God enough</b>
<b>Christmas72</b>	<b>Where do we sign up for the free book?</b>
<b>cmtsp</b>	<b>Scrappy One~I sure was</b>
<b>tauruslady</b>	<b>Lvmlif - just tell them to not take it personally and give you hugs.</b>
<b>shelly74</b>	<b>keeping ovaries</b>
<b>Scrappy One</b>	<b>so far told ovaries are staying</b>
<b>lmc516</b>	<b>i kept mine, wanted to.</b>
<b>Christmas72</b>	<b>I'm keeping mine</b>
<b>benham1123</b>	<b>i am not sure about mine, i think im going to have them removed, have had issues with cyst on them</b>
<b>kay m</b>	<b>If you are keeping your ovaries</b>
<b>kay m</b>	<b>They may be traumatized by the surgery</b>
<b>fritzi64</b>	<b>I kept my ovaries, but they went to "sleep" after my hysterectomy. They have just started waking up again now.</b>
<b>Goodvicki</b>	<b>I kept mine and have had no problems with ovaries sleeping</b>
<b>amys1</b>	<b>keeping mine</b>
<b>lvmylif</b>	<b>keeping my ovaries</b>
<b>rndeneen</b>	<b>hopefully keeping mine, depends on endo</b>
<b>Buck1600</b>	<b>I currently take tamoxifen and cannot take any hormones after surgery. What's all this about surgical menopause? Iwill have everthing removed inc. cervix</b>

<b>dolphin_s88</b>	<b>i am having mine taken out also</b>
<b>kay m</b>	<b>and not work quite up to speed in the beginning</b>
<b>cmtsp</b>	<b>benham1123~My remaining ovary had a cyst on it</b>
<b>lmc516</b>	<b>how long do they "sleep"?</b>
<b>kay m</b>	<b>be prepared for that, and don't hesitate to ask your Dr for something to help you through any uncomfortable symptoms you may experience</b>
<b>fritzi64</b>	<b>lmc, they don't always go to sleep. Sometimes it's just for a month or so, but for me it was about 8 months</b>
<b>fritzi64</b>	<b>I can finally tell that I'm having monthly cycles again</b>
<b>tauruslady</b>	<b>Buck - if you aren't menopausal and they take your ovaries you will go into menopause.</b>
<b>kay m</b>	<b>some women's ovaries work quite normally, from the beginning</b>
<b>rndeneen</b>	<b>doctor told me today with partials the ovaries do not go to "sleep"</b>
<b>lmc516</b>	<b>ok</b>
<b>kay m</b>	<b>for others, the ovaries need months to recover</b>
<b>cmtsp</b>	<b>rndeneen~My endo was attached to both ovaries, but my dr was determined to keep at least part of one in.</b>
<b>kay m</b>	<b>and there are a few, for whom the ovaries never do quite the full job, and need some help</b>
<b>tauruslady</b>	<b>I was not menopausal and 5 days after surgery I started the hot flashes and night sweats and had a headache for 3 days. It finally let up a bit after 3 days.</b>
<b>Buck1600</b>	<b>Tauruslady- I know and only wish I knew what to expect.</b>
<b>benham1123</b>	<b>cmtsp-mine have had cyst on both that ruptured and that is almost as bad of pain as the cramps i am getting now.. i want to be pain free</b>
<b>lmc516</b>	<b>i wanted to go thru menopause on my own, and not chance taking hormones if they were removed</b>
<b>cmtsp</b>	<b>benham~that is very understandable</b>
<b>fritzi64</b>	<b>I was put on a low dose of oral estrogen to help me cope with the menopausal symptoms</b>
<b>tauruslady</b>	<b>If you check out the hyster checkpoints it has a section on menopause. Everybody is different. I started having vaginal dryness</b>
<b>kay m</b>	<b>I anyone having their ovaries removed?</b>
<b>IamGeeky</b>	<b>my endocrinologist says that even if you're post-menopausal you can still feel menopause symptoms - night sweats, hot flashes</b>
<b>tauruslady</b>	<b>Even w/ a cancer diagnosis my gyn-onc let my uro-gyn put me on vaginal estrogen and some testosterone</b>
<b>benham1123</b>	<b>plus my GYN gave me the option of keeping or removing, ill be bringing it up at pre op!</b>
<b>rndeneen</b>	<b>everything i have read has said that the ovaries can cease to function for awhile but yet the doctor said that with my LSH this would not happen, so confusing</b>
<b>tauruslady</b>	<b>I can't take oral or dermal estrogen.</b>
<b>Scrappy One</b>	<b>for those that have fibroids, do you find you feel swollen and bloated all the time? I'm hoping this feeling will go away after surgery</b>
<b>kay m</b>	<b>night sweats, hot flashes are caused by hormone fluctuations</b>
<b>tauruslady</b>	<b>IamGeeky - that is correct because even after menopause your ovaries produce some hormones and now that is all gone</b>
<b>kay m</b>	<b>Healthy ovaries continue to produce estrogen for the rest of your life, just in smaller amounts</b>
<b>fritzi64</b>	<b>I also experienced major fatigue and brain fog.</b>
<b>cmtsp</b>	<b>Scrappy~that is probably from the surgery itself rather than the fibroids</b>
<b>rndeneen</b>	<b>cmtsp: they left part of one of your ovaries in? How have you felt since, any menopause symptoms?</b>

<b>Goodvicki</b>	<b>Yes, I had a fibroid the size of a cantaloupe I feel sooooo much better now</b>
<b>lvmylif</b>	<b>Scrappy- I have fibroids. I feel bloated and have pretty serious back pain all the time right now. the doctor says it should resolve after surgery.</b>
<b>djd832001</b>	<b>thanks everyone for the info good night</b>
<b>Scrappy One</b>	<b>cmtsp - haven't had surgery yet. . .</b>
<b>Goodvicki</b>	<b>I felt like I was bleeding to death</b>
<b>kay m</b>	<b>good night djd</b>
<b>fritzi64</b>	<b>Okay, let's move on to your questions about returning to work and a normal routine.</b>
<b>tauruslady</b>	<b>Night djd</b>
<b>cmtsp</b>	<b>rndeneen~vaginal dryness, but nothing else really noticeable</b>
<b>fritzi64</b>	<b>MJ had to step away from the computer for a few minutes, but we have several hostesses here who will help you out--Kathy, cmtsp, and tauruslady as well as Kay</b>
<b>Scrappy One</b>	<b>Goodvicki - Glad to hear you're feeling better now - There is hope then!</b>
<b>fritzi64</b>	<b>What questions do you have about returning to your normal routine?</b>
<b>Scrappy One</b>	<b>lvmylif - Yes, I have all those symptoms and looking forward to some relief</b>
<b>Buck1600</b>	<b>I drive 30 miles each way to work everyday...how long will it be before resuming that rotine?</b>
<b>mjd2491</b>	<b>Buck.... gee that's a tough question</b>
<b>mjd2491</b>	<b>WE're all so different</b>
<b>mjd2491</b>	<b>I didn't drive at all until about 3 weeks post-op</b>
<b>mjd2491</b>	<b>Remember, you might be slamming on the brakes... not fun with a healing incision</b>
<b>mjd2491</b>	<b>I guess I'd just say, don't push it</b>
<b>mjd2491</b>	<b>This is your chance to heal</b>
<b>benham1123</b>	<b>how soon, is traveling 4 states away... driivng...</b>
<b>lmc516</b>	<b>i was not allowed to drive for 2 weeks (TVH)</b>
<b>mjd2491</b>	<b>There's too much that could go wrong</b>
<b>Goodvicki</b>	<b>I drove one week post op but some say at least 2 weeks. It is all different</b>
<b>mjd2491</b>	<b>30 minutes is a long drive</b>
<b>mjd2491</b>	<b>But if it's just highway stuff it may not be a big deal</b>
<b>kay m</b>	<b>Your Dr will be the one to decide when you are ready to drive</b>
<b>mjd2491</b>	<b>Make sure you do a "dry run" once to make sure you can handle it</b>
<b>fritzi64</b>	<b>I was able to drive about ten days after my surgery--but only short distance. Sitting upright for too long was difficult for me</b>
<b>lmc516</b>	<b>thats what dr said, alot of internal stiches and didnt want me to hit the brakes</b>
<b>kay m</b>	<b>you have to be able to slam on the brakes, if needed</b>
<b>tauruslady</b>	<b>I didn't drive at all for 2 weeks and not consistantly for 6 weeks.</b>
<b>mjd2491</b>	<b>Also... there's looking over your shoulder</b>
<b>mjd2491</b>	<b>There's just alot to think about.</b>
<b>kay m</b>	<b>seatbelts....</b>
<b>mjd2491</b>	<b>And also, my mind wasn't really very sharp for a while</b>
<b>Buck1600</b>	<b>that's what's making me so crazy, every experience is different and so it;s hard to knowwhat to expect</b>
<b>lvmylif</b>	<b>Mine told me two weeks or at least until off the pain meds.</b>
<b>mjd2491</b>	<b>It takes a couple of weeks for the anesthesia to work out of your system</b>
<b>Goodvicki</b>	<b>hitting pot holes ouch too lol</b>
<b>tauruslady</b>	<b>Some Drs say to practice hitting the brakes in the driveway.</b>

mjd2491	<b>Buck.... it really is hard to know</b>
mjd2491	<b>I guess the best advice I can give is to listen to your own body, and be kind to it. maybe do the step below what you think you can handle</b>
mjd2491	<b>At least for a while</b>
fritzi64	<b>I think it's important to be very honest with your doctor about what kind of driving you'll be doing and what your daily work requires of you.</b>
lvmylif	<b>What are the lifting restrictions?</b>
Buck1600	<b>Ok -i guess I should be patient and just wait until Monday!:)</b>
mjd2491	<b>You'll probably never say, "I wish I had driven at 2 weeks post-op", but you might say, "I wish I had waited"</b>
mjd2491	<b>Yes Buck...</b>
mjd2491	<b>My lifting restrictions were 20 pounds for 6 weeks</b>
cmtsp	<b>lvmylife~that varies quite a bit doctor to doctor</b>
lmc516	<b>nothing 5-10 lbs. (a gallon of milk)</b>
mjd2491	<b>But others have more stringent restrictions</b>
Goodvicki	<b>yes, I'm still not allowed to lift until next week</b>
mjd2491	<b>Depending on individual circumstances</b>
benham1123	<b>we are planing on going back home for xmas, that is in texas and we are currently in ky.... we were planign on leaving 4-5 wks post opp...</b>
mjd2491	<b>Even when you can lift again, you really need to "gradually" get back into the swing of things</b>
mjd2491	<b>Don't just start lugging around 24-packs of soda</b>
tauruslady	<b>Buck - breath deeply, I got some relaxation &amp; meditation CDs to help me relax</b>
mjd2491	<b>ASsuming that you're ready to do it.... could be really bad</b>
fritzi64	<b>If you have bladder or other repairs done, you might have restrictions that last much longer</b>
mjd2491	<b>right</b>
lmc516	<b>i was okay to go to mexico afater 5 weeks</b>
kay m	<b>benham, you will still tire very easily at 4-5 weeks post op</b>
mjd2491	<b>And it's REALLY important not to vacuum</b>
cmtsp	<b>lol</b>
mjd2491	<b>Because you're not only pushing it, you're pulling it too</b>
mjd2491	<b>cmtsp - come opn..... ;)</b>
fritzi64	<b>benham, you might be okay for the trip, although it would be good if someone else is able to drive and you can lie down if you need to</b>
mjd2491	<b>OK, I admit it, I'm still not vacuuming</b>
fritzi64	<b>I still don't vacuum :)</b>
mjd2491	<b>Never asked for clearance from the doc</b>
kay m	<b>lol MJ</b>
Buck1600	<b>tauruslady-thanks for your advice-you're a peach!</b>
mjd2491	<b>So assume I still can't do it!</b>
mjd2491	<b>lol</b>
mjd2491	<b>Also, laundry is bad</b>
mjd2491	<b>Too much bending and reaching</b>
lmc516	<b>lol</b>
benham1123	<b>my DH will be helping with the drive,</b>
mjd2491	<b>And do it all in slow motion</b>
kay m	<b>wet laundry is heavy</b>
mjd2491	<b>benham1123 that's good</b>
mjd2491	<b>learn to ask for help</b>
mjd2491	<b>I pretty much gave up all housework for 6 weeks</b>
fritzi64	<b>Okay, I'm seeing no more questions about the return to work or a normal routine.</b>

benham1123	yeah i dont want to miss 2 holidays with my family already missing thanksgiving
mjd2491	and it all got done somehow... maybe not perfectly, but in all reality, I don't get it done perfectly either
fritzi64	So, let's move on to talk about the return to intimacy...
tauruslady	I stil try to pawn off the housework 10 months later lol
fritzi64	...with the reminder that this is not an R-rated site :)
lmc516	after giving birth I was "super mom" not now after my hyster.
Goodvicki	I'm back to doing laundry now at 5 weeks but my hubby carries the baskets of clothes up and down the steps
fritzi64	What questions do you have about the return to sex?
Buck1600	when is it safe?
lvmylif	How different is the orgasm?
mjd2491	Buck -- it's safe to try when the doc says you can try
tauruslady	Buck - you'll wait until the Dr gives you the okay.
mjd2491	It's different for all of us
mjd2491	Even after the doc says OK, that doesn't mean you're ready
tauruslady	From there take it slow; you don't go right back to the way it was.
fritzi64	I think orgasm is different because all the blood vessels are redirected and the uterus is no longer involved. I feel the sensations in different ways than before.
IamGeeky	Any recommendations for lubrication - if it's needed?
mjd2491	I was given the green light at 5-1/2 weeks but DH and I waited until more like 8 weeks
mjd2491	I still had an open incision
tauruslady	slowly, patiently
lmc516	before surgry she said I would be able to resume after 4 weeks, but after my post op appt she said I had to wait another 4 weeks
lmc516	still waiting,
lmc516	my husband had a crazy idea that i was closed up, I said what do you think i look likea barbie doll???
Goodvicki	That is what I'm worried about. I should get my clearance Monday, but I'm afraid of how the first tme will be
mjd2491	IamGeeky -- There are lots of good lubricants out there... the Hyster Sisters store sells a wonderful product
mjd2491	It's so much a matter of preference
mjd2491	I found that at times I have needed a lubricant and other times I have not
mjd2491	Finally, 5 years out, I think I can say I am back to my pre-op lubrication levels
tauruslady	It takes me longer to reach orgasm and my urogyn presribed testosterone for libido
mjd2491	But it has taken this long
tauruslady	Things are getting better
mjd2491	The orgasm for me was very intense at first
Buck1600	is sex any different without the cervix?
mjd2491	But then my sex drive went "south" for quite a while
fritzi64	Buck, I haven't noticed any difference, but some women do.
mjd2491	I didn't notice any difference without my cervix... but I guess mine wasn't that sensitive
lmc516	i wonder about the same? w/o cervix
rndeneen	the wait time is shorter for a LSH right, b/c there is no open incision and no vaginal involvment? I forgot to ask that today.
mjd2491	rndeneen -- You need to ask.... don't know the difference
Goodvicki	With my fibroid I had major pain during orgasm, so I'm hoping it will be much better post op now
benham1123	ok ladies i hate to leave, but i got to get my kids into bed...

mjd2491	But one thing's for sure, ladies -- there's NO rush to return to intimacy
tauruslady	MJ - I did miss my cervix, it's been in the last few months that things have started being okay without it. If your cervix gave you pain you may not miss it.
fritzi64	THanks for coming, benham
mjd2491	Please, please resist all temptation to experiment before you're ready and the doc says OK
tauruslady	Mine didn't give me pain and I missed it.
tauruslady	Night benham
fritzi64	Goodvicki, I also experienced severe pain before my surgery--but it's gone now
benham1123	see you next week :)
benham1123	Good night everyone
mjd2491	'night benham
tauruslady	MJ - I'm with you on that...even outercourse...check with your doctor. Pelvic rest is pelvic rest
mjd2491	also, some women say that they miss the uterus because they have contractions
mjd2491	during orgasm....
mjd2491	But in my case, all my uterus did was cause pain
fritzi64	Okay, I'm not seeing any more questions about intimacy.
mjd2491	So I wasn't at all sad to see it gone
lmc516	need to say good night. work for me tomorrow and I need my sleep
mjd2491	'night lmc516
fritzi64	What other questions do you have that we didn't get to tonight?
Buck1600	Thank you ladies-especially Tauruslady - it's been fun-hopefully after Monday I'll be on the other side !
mjd2491	'night Buck
mjd2491	:)
lmc516	thanks for the chat
tauruslady	night buick
fritzi64	
tauruslady	buck
Goodvicki	Yes, it is wonderful to be on the other side. This site and these chats helped me get through everything
ussnewco	thanks for the good info
fritzi64	I'm removed the moderation now, so if you have questions, please go ahead.
mjd2491	Goodvicki - I'm glad you found them helpful
fritzi64	Thanks, Goodvicki
Goodvicki	thank you
mjd2491	It's "wild and wooly" time now, ladies!
mjd2491	Let it rip!!!!
mjd2491	:)
fritzi64	I'm scared now.
fritzi64	:)
mjd2491	And the room is silent....
mjd2491	....?
fritzi64	What other questions or concerns do you all have for us?
IamGeeky	These chats and this site have been VERY helpful!! Thank you for all of your information!!
mjd2491	ImaGeeky - I'm so gald
mjd2491	glad
fritzi64	You're welcome, IamGeeky
mjd2491	Can't type tonight
rndeneen	Yes, thank you.

lvmylif	How do we stay calm while we wait for our trip to the castle?? :-)
mjd2491	I think that it just helps to share the experience
rndeneen	I hope we all have successful surgeries and recover quickly
tauruslady	Lvmylif - you can post here for supports and hugs....tapes
mjd2491	lvmylif - well, I found that spending time on Hyster Sisters helped.... so I wasn't bugging my family with stuff about surgery
fritzi64	lvmylif, I did a lot of writing on my blog about my experiences. That helped me a lot.
tauruslady	for relaxation and meditation possibly
mjd2491	Warm baths are wonderful
mjd2491	Long walks
mjd2491	Treat yourself to a massage!
mjd2491	:)
IamGeeky	I've been busy cooking, packed my bag. Everyone in the family is off next week and we are going to REALLY clean house. :)
mjd2491	I was on Hyster sisters about 24/7
Buck1600	One last question....is it normal to be consuming your brain with an upcoming surgery? I wish Monday were here, that's all I think about night and day!
Goodvicki	yes, I came on here many sleepless night that I was up worrying
mjd2491	Buck -- oh, yes
tauruslady	Buck - you are way normal!!!
mjd2491	I was absolutely "on" all the time
Goodvicki	The worse thing is the wait
mjd2491	What helped me was to "faturize" it... think 6 weeks ahead instead of worrying about surgery day
fritzi64	I had three months to wait for my surgery after it was scheduled.
mjd2491	The wait was hard, but honestly my recovery was a little tough
Goodvicki	yeah me too
mjd2491	So I can't say the wait was the worst at all
mjd2491	I had a large hematoma
fritzi64	And I watched all my pre-op forum peers move along and leave for the castle and the post-op forum. I was so happy when my day came!
mjd2491	And I ended up with another surgery to repair it :(
mjd2491	There's good reason to be anxious and I'd be much more worried if you were carefree right now!
mjd2491	People do have difficulties
mjd2491	There's no doubt
IamGeeky	fritzi64 - I'm the same. This all started in April and surgery isn't 'til next week.
mjd2491	But most patients really have good outcomes
Buck1600	I'm a hystersisters site freak for the last few weeks,I'm on it every evening and do find it comforting
tauruslady	I had some post-op challenges but the nerves pre-op were a challenge
mjd2491	And we hope you'll be one of them
mjd2491	Buck -- I used to get annoyed when there weren't any new castle stories to read
tauruslady	Buck - I'm still a hystersisters freak :)
mjd2491	:)
fritzi64	Buck, I'm still on every evening and find it comforting :)
mjd2491	We're all addicts
mjd2491	Let's just face it
Buck1600	Me too-no new posts ugh!
mjd2491	Or we wouldn't be in a chatroom talking about surgery
mjd2491	And I think it's great!

<b>Goodvicki</b>	<b>I suffer from panic attacks and I was very scared, but I did wonderful and I look back and think why was I so worried. I feel wonderful now.</b>
<b>tauruslady</b>	<b>Remember we hear from people who have issues a lot; don't forget to post if things are going well :)</b>
<b>IamGeeky</b>	<b>Complete and total addict to this site!!</b>
<b>mjd2491</b>	<b>It isn't always something we can talk about with "real life" people</b>
<b>cmtsp</b>	<b>Goodvicki~You will be able to give good advice to a lot of others</b>
<b>mjd2491</b>	<b>But we can come here and our (((sisters))) always understand</b>
<b>mjd2491</b>	<b>There's always someone who has faced what you're feeling</b>
<b>mjd2491</b>	<b>And that is a huge comfort</b>
<b>IamGeeky</b>	<b>I talk about it with the family but they get tired of it I can see.</b>
<b>mjd2491</b>	<b>Everything from bowel preps to granny panties</b>
<b>mjd2491</b>	<b>We've all been there</b>
<b>fritzi64</b>	<b>Have you checked out our articles, checkpoints, and videos?</b>
<b>mjd2491</b>	<b>IamGeeky - my family was not much help either</b>
<b>mjd2491</b>	<b>My husband thought I'd be up and around in a week</b>
<b>Buck1600</b>	<b>I don't know y I'm worrying -I'm having it done at the hospital where I work-I know everyone is skilled....so I don't know what's causing trhe panic button to start!</b>
<b>mjd2491</b>	<b>ACK</b>
<b>mjd2491</b>	<b>But then he got online and changed his tune pronto</b>
<b>mjd2491</b>	<b>He said, "I guess your daughter should come stay with us"</b>
<b>mjd2491</b>	<b>And I asked why</b>
<b>tauruslady</b>	<b>Buck - it is your surgery....your body....</b>
<b>IamGeeky</b>	<b>Don't get me wrong. They've been very supportive and understanding. I know that they get tired of it is all. That's why this site is so great.</b>
<b>mjd2491</b>	<b>He said, "You'll be out of commission for a couple of months"</b>
<b>mjd2491</b>	<b>And I said, "Halleluia! Have you been reading my books?"</b>
<b>mjd2491</b>	<b>He said... I can use the computer, too</b>
<b>mjd2491</b>	<b>;)</b>
<b>mjd2491</b>	<b>And I never heard anything from him again about housework or anything like that.</b>
<b>mjd2491</b>	<b>IamGeeky -- we understand</b>
<b>mjd2491</b>	<b>This is the place to get all the girl support</b>
<b>mjd2491</b>	<b>for the uniquely feminine situation we find ourselves in.</b>
<b>mjd2491</b>	<b>It's a major operation, and it's hard to let go of our reproductive organs.</b>
<b>mjd2491</b>	<b>No question</b>
<b>rndeneen</b>	<b>does anyone in here have adenomyosis</b>
<b>IamGeeky</b>	<b>I've even made a couple of friends. That has been just FANTASTIC!!</b>
<b>cmtsp</b>	<b>There are so many great women here</b>
<b>mjd2491</b>	<b>rndeneen - they told me I had a "boggy" uterus... that might be similar to adenomyosis</b>
<b>mjd2491</b>	<b>And I had lots of fibroids, too</b>
<b>rndeneen</b>	<b>they are assuming i have it by what they saw on my ultrasound but no one really knows what they are seeing on my ultrasound, go figure</b>
<b>cmtsp</b>	<b>Many times it takes surgery to know for sure</b>
<b>IamGeeky</b>	<b>I have several fibroids but don't know anymore as biopsy couldn't be done.</b>
<b>mjd2491</b>	<b>right</b>
<b>Buck1600</b>	<b>Well good night ladies, thanks again for the support here-gotta to go to bed-last day of work tomorrow-hooray!</b>
<b>mjd2491</b>	<b>They told me I had two fibroids after my ultrasound... but after surgery I had over 30 of them!</b>

mjd2491	'night Buck
mjd2491	Let us know how everything goes
mjd2491	:)
Goodvicki	nite ladies and good luck
tauruslady	night Buck
IamGeeky	night Buck and best wishes!!
shelly74	how fast do the fibriods grow
fritzi64	We're going to close up the chatroom in about five minutes or so. Does anyone else having any questions or comments?
rndeneen	there is a very large "sac" on my ultrasound, just a big black whole
lvmylif	MJ...I wonder about that for me, too. They say I have two, the largest of which is golf ball size...but, before they put me on Provera I practically bled out each month and I have back pain all the time...seems like something else is going on...
rndeneen	looked like the sac you see when you are pregnant but no baby of course
fritzi64	I had very small fibroids, but they caused me intense pain.
mjd2491	Well, they told me I had two large ones.
IamGeeky	No, but THANKS SO MUCH again for this opportunity! You ladies are wonderful to do this!!
cmtsp	Mine were small but painful too
mjd2491	When I had surgeyr, though, it was 30 small ones
Goodvicki	mine was cantaloupe size and my uterus was the size of a 26 week pregnancy
mjd2491	they dont' really "know" from ultrasound... it's an educated guess
rndeneen	yikes
mjd2491	So Prepare for a surprise when the pathology comes in
mjd2491	And this was at the Mayo Clinic, so they know what they're doing!
rndeneen	i looked at pics of adenomyosis online and they show small black sacs, mine is very large
mjd2491	My ultrasound was about 2 months before surgery so things hadn't changed that much
lvmylif	I am curious what the pathology report will show.
mjd2491	rndeneen.... are you in pain?
rndeneen	so i may not even have it but when you look it up online i have every symptom
lvmylif	Hopeuffily, I'll rememeber to ask!
mjd2491	My pathology was done during surgery -- didn't have to wait at all. That was good
rndeneen	24/7 with non stop cramps and bleeding about 20 days out of the month
rndeneen	exhausted (probably from bleeding)
Goodvicki	yeah I would beed for three weeks straight
mjd2491	rndeneen -- yep, sounds like adenomyosis all right
mjd2491	:(
mjd2491	Are you anemic, too?
mjd2491	Many of us are
mjd2491	You'll be amazed at how much energy you gain when the bleeding stops!
mjd2491	You'll feel like a new woman
rndeneen	i feel like i am but havent had labs drawn since dec/
lvmylif	I am looking forward to getting off the Provera, not needing iron and pain meds everyday, and having my hair not fall out anymore...
rndeneen	go tomorrow for pre op
mjd2491	I hated iron supplements
mjd2491	Don't agree with me at all :(
cmtsp	I love them

<b>mjd2491</b>	<b>really?</b>
<b>mjd2491</b>	<b>ACK</b>
<b>Goodvicki</b>	<b>yes, I don't miss that at all. I can wear white pants 365 days a year:)</b>
<b>mjd2491</b>	<b>They make me feel sick</b>
<b>cmtsp</b>	<b>They help me a lot</b>
<b>rndeneen</b>	<b>i have bright red blood with clots for days then a brown discharge for a few then back to red then back to brown (sorry if that is TMI)</b>
<b>mjd2491</b>	<b>Goodvicki -- I STILL have not worn white</b>
<b>lvmylif</b>	<b>I took bariatric ones, recommended by a friend who had WLS...seemed easier to tolerate.</b>
<b>mjd2491</b>	<b>May never be able to get ove rthat hurdle</b>
<b>fritzi64</b>	<b>Hi Ishy.</b>
<b>Ishy</b>	<b>Hi</b>
<b>fritzi64</b>	<b>When is your surgery?</b>
<b>Ishy</b>	<b>27th</b>
<b>rndeneen</b>	<b>me too Ishy</b>
<b>Ishy</b>	<b>DaVinci</b>
<b>Ishy</b>	<b>For cervical cancer</b>
<b>Goodvicki</b>	<b>I had huge clots that scared me to death</b>
<b>fritzi64</b>	<b>We're nearing the end of the chat, but we have time for your questions.</b>
<b>tauruslady</b>	<b>that was how mine was done</b>
<b>fritzi64</b>	<b>Ishy, have you visited our Cancer Concerns forum for information and encouragement related to the cancer?</b>
<b>Ishy</b>	<b>How bad is this surgery?</b>
<b>tauruslady</b>	<b>Mine was endometrial cancer</b>
<b>Ishy</b>	<b>No, Fritzi, I haven't</b>
<b>tauruslady</b>	<b>give us some perspective on "bad" do you mean recovery or pain or what?</b>
<b>fritzi64</b>	<b>It's major surgery and there's a lot that needs to heal afterward.</b>
<b>mjd2491</b>	<b>Ishy - I'm sorry you're facing surgery for cancer</b>
<b>Ishy</b>	<b>Recovery, I suppose. I'm used to being the caregiver, not the caregivee so this is not something I look forward to at all</b>
<b>tauruslady</b>	<b>Well Ishy - you are going to have to get used to being cared for a bit.</b>
<b>mjd2491</b>	<b>Ishy -- it was tough for me too</b>
<b>mjd2491</b>	<b>But I learned that my family was capable</b>
<b>mjd2491</b>	<b>And even willing</b>
<b>tauruslady</b>	<b>Check out the Hysterectomy checkpoints that will give you some idea of what to do in the following weeks</b>
<b>fritzi64</b>	<b>And it's good for other people to have to step up and have the opportunity to do this.</b>
<b>mjd2491</b>	<b>I had never given them the chance before.... they got used to asking what I needed</b>
<b>tauruslady</b>	<b>Also those small incisions may make you think it wasn't major surgery...it is.</b>
<b>Ishy</b>	<b>I'm sort of expecting to go back to work after 2 weeks</b>
<b>rndeneen</b>	<b>true, very easy to overdue it</b>
<b>tauruslady</b>	<b>Ishy - for benign conditions that may be possible.</b>
<b>tauruslady</b>	<b>I said that to my gyn-onc and he said "lets think 6 maybe 8"</b>
<b>Ishy</b>	<b>I'm having a modified radical</b>
<b>tauruslady</b>	<b>I didn't go back until 6 and the first 2 back were very tiring. I only had the total and BSO (Ovaries &amp; tubes removed) so you are having a bit more removed</b>
<b>fritzi64</b>	<b>Ishy, many women are still on their pain medications at two weeks.</b>
<b>mjd2491</b>	<b>So Ishy - part of your vagina will also be removed</b>

mjd2491	?
mjd2491	<b>With a radical, you may have some additional stitches</b>
fritzi64	<b>I went back to work part-time at four weeks and full-time at six weeks. I was a very tired girl.</b>
Ishy	<b>I'm losing uterus, top 1/4 of vagina, cervix and probably lymph nodes. But not ovaries unless the surgeon doesn't like how they look. Don't know what he'll think of my cysts...</b>
mjd2491	<b>I started back at 6 weeks, should have taken 8</b>
mjd2491	<b>ended up with a major complication</b>
mjd2491	<b>Should have taken longer off</b>
Ishy	<b>I'm having the 5 small incisions for the robot surgery and they take the stuff out vaginally</b>
shelly74	<b>i am taking 8wks</b>
mjd2491	<b>Ishy- don't push it, you'll need time to recover</b>
tauruslady	<b>I had some lymph nodes removed, pelvic washing, uterus &amp; cervix &amp; BSO</b>
mjd2491	<b>That makes sense</b>
cmtsp	<b>Ishy~has your doctor suggested a recovery time before returning to work?</b>
Ishy	<b>I'm stubborn so I hope 2 weeks will be enough to at least go back to light workload</b>
Ishy	<b>Yes, he said 1-2 weeks</b>
Ishy	<b>Sorry, taurus, what's BSO?</b>
tauruslady	<b>Ishy - Please, please be careful....being stubborn means you may push yourself too hard and that could cause complications.</b>
tauruslady	<b>Ovaries &amp; tubes both sides</b>
Ishy	<b>Oh</b>
Ishy	<b>I get to keep mine. I'm on the young side for menopause</b>
tauruslady	<b>Dr's give you the initial recovery time and it is an estimate it is different for each of us.</b>
Ishy	<b>Well, hopefully get to</b>
mjd2491	<b>Ishy -- honestly, I would take as long as possible</b>
mjd2491	<b>Don't rush the return to work?</b>
tauruslady	<b>I didn't start feeling normal until 6 to 7 months afterward.</b>
mjd2491	<b>What's you're hurry????</b>
mjd2491	<b>That is tongue-in-cheek</b>
mjd2491	<b>I know that work is important</b>
mjd2491	<b>But so is healing</b>
mjd2491	<b>And you really only get one chance</b>
mjd2491	<b>You've had organs removed</b>
tauruslady	<b>It's easier to take longer and go back earlier than the reverse.</b>
Ishy	<b>I'm a caregiver, I've got people depending on me. I can't stay gone too long</b>
mjd2491	<b>It takes a couple of weeks to just get the bowels and urine flowing properly!!</b>
mjd2491	<b>lol</b>
mjd2491	<b>Ishy -- you won't be any use to them if you're not feeling pretty close to 100%</b>
tauruslady	<b>When you say caregiver will you be lifting????</b>
mjd2491	<b>And honestly, your mind may still be foggy at 2 weeks</b>
mjd2491	<b>Mine was</b>
fritzi64	<b>Sometimes it's good to plan to be out longer than you think you will--make arrangements for everything at home and work--and then you can go back early if you feel ready and your doctor says it's okay</b>
mjd2491	<b>I was still on pain meds round the clock</b>
Ishy	<b>No heavy lifting. All my clients transfer themselves and I'll get</b>

	<b>someone else to do the shopping and vacuuming</b>
<b>mjd2491</b>	<b>fritzi - that's a great suggestion</b>
<b>mjd2491</b>	<b>Ishy - that's good at least</b>
<b>mjd2491</b>	<b>I guess my concern is that you will feel like you're letting folks down when you don't feel well.</b>
<b>Ishy</b>	<b>One of my clients, I'm like all he's got. He has a hard enough time if I'm out for a few days. Exceeding 2 weeks would freak him out, I'm sure</b>
<b>mjd2491</b>	<b>I remember that feeling</b>
<b>mjd2491</b>	<b>Is there a way that you could return to visit... but maybe not actually do the work?</b>
<b>mjd2491</b>	<b>That sounds strange I know</b>
<b>mjd2491</b>	<b>But if he hears your voice and you just sit there...</b>
<b>mjd2491</b>	<b>I wish I could tell you things will be great at 2 weeks. Maybe they will be, but maybe they won't.</b>
<b>fritzi64</b>	<b>Or even if you make a phone call to him every few days, perhaps that would be helpful.</b>
<b>Ishy</b>	<b>Well, at least the things he isn't comfortable with others doing for him, like finances and meds, are lightweight jobs</b>
<b>mjd2491</b>	<b>If I were in your shoes, I'd plan for longer off. If you were in an accident and were in the hospital for a month, he'd find a way to work through it with the help of others....</b>
<b>mjd2491</b>	<b>Ishy -- that is true</b>
<b>mjd2491</b>	<b>Let's hope upi</b>
<b>mjd2491</b>	<b>sorry</b>
<b>mjd2491</b>	<b>hope you're feeling OK enough to do that for him</b>
<b>mjd2491</b>	<b>:)</b>
<b>Ishy</b>	<b>We've got a team but he'd be happy if it was just me. Poor man is delusional, he thinks the sun rises and sets with me LOL</b>
<b>mjd2491</b>	<b>Well... I hope it all works out</b>
<b>Ishy</b>	<b>It will</b>
<b>mjd2491</b>	<b>I remember that I was so grateful for my DVD player</b>
<b>mjd2491</b>	<b>I watched all my favorite movies</b>
<b>mjd2491</b>	<b>The guilty pleasure ones, like "Breakfast at Tiffany's"</b>
<b>mjd2491</b>	<b>The chick flicks</b>
<b>mjd2491</b>	<b>lol</b>
<b>IamGeeky</b>	<b>Thank you for TiVo!! I have lots recorded and some saved to my pc.</b>
<b>Ishy</b>	<b>I ordered the complete works of the Bronte sisters :)</b>
<b>mjd2491</b>	<b>Oh, that sounds great!</b>
<b>Ishy</b>	<b>Though it's a really heavy book so I may have shot myself in the foot LOL</b>
<b>mjd2491</b>	<b>I also learned that there is a CSI show on 24/7 somewhere</b>
<b>Ishy</b>	<b>I do look forward to no periods :)</b>
<b>IamGeeky</b>	<b>I also have ebooks and music saved to my blackberry for in the hospital. Although I don't expect to be able to do much reading. HAHHAHA!</b>
<b>fritzi64</b>	<b>Sorry I had to leave for a couple minutes there</b>
<b>mjd2491</b>	<b>It was a while before I could concentrate</b>
<b>fritzi64</b>	<b>I couldn't even read magazine articles in the hospital.</b>
<b>Ishy</b>	<b>I'll probably just watch the tube at the hospital, and sleep.</b>
<b>Ishy</b>	<b>I hope to be out the next day</b>
<b>IamGeeky</b>	<b>I was in the hospital for multiple PEs last year and I remember that I had a hard time concentrating and I only had morphine.</b>
<b>Goodvicki</b>	<b>Yeah, I couldn't concentrate in hospital either</b>
<b>mjd2491</b>	<b>Running the remote was a challenge.</b>
<b>Goodvicki</b>	<b>I couldn't sleep either too noisy</b>
<b>Ishy</b>	<b>Staying with inlaws after I get back. Mother in law offered and she's</b>

	<b>a lot more of a patient caregiver than hubby :)</b>
<b>IamGeeky</b>	<b>She sounds like a wonderful MIL!</b>
<b>Ishy</b>	<b>Can I ask a really, really personal question?</b>
<b>mjd2491</b>	<b>Sure Ishy</b>
<b>mjd2491</b>	<b>:)</b>
<b>fritzi64</b>	<b>You can ask, and then we need to close the room</b>
<b>tauruslady</b>	<b>DaVinci is usually an overnight stay.</b>
<b>Ishy</b>	<b>So, after the surgery, they stitch up the top of the vagina. When it heals and all is well, will it hurt during sex if my husband hits my "new roof"?</b>
<b>mjd2491</b>	<b>It will be a vaginal cuff, just like what the rest who have a total hysterectomy have</b>
<b>mjd2491</b>	<b>It should not hurt</b>
<b>Ishy</b>	<b>A cuff?</b>
<b>mjd2491</b>	<b>yep</b>
<b>Ishy</b>	<b>I thought they stitched it shut?</b>
<b>mjd2491</b>	<b>Yes</b>
<b>fritzi64</b>	<b>If you do have problems due to the partial vaginectomy, your doctor should be able to help you with ways to become more comfortable.</b>
<b>mjd2491</b>	<b>They call it a cuff though</b>
<b>Ishy</b>	<b>Oh ok</b>
<b>Ishy</b>	<b>Thanks. I'll look up that term</b>
<b>tauruslady</b>	<b>Ishy - since they are taking part of your vagina you may want to talk to your doctor about how to "stretch" it more before you go back to normal intimacy.</b>
<b>Ishy</b>	<b>Ok</b>
<b>Goodvicki</b>	<b>My stitches from my cuff still haven't dissolved yet</b>
<b>mjd2491</b>	<b>That's a good suggestion tauruslady</b>
<b>tauruslady</b>	<b>I had to use a dilator and some sisters on the cancer site use dilators to stretch things a bit.</b>
<b>mjd2491</b>	<b>I never even felt the stitches myself</b>
<b>Goodvicki</b>	<b>my dr said they are still there</b>
<b>mjd2491</b>	<b>It depends on where your stitches are placed</b>
<b>mjd2491</b>	<b>It may take longer before you are ready for intimacy because of that...</b>
<b>Goodvicki</b>	<b>yeah I was thinking that too</b>
<b>Ishy</b>	<b>Well, already had to wait a long time because I had cone biopsy</b>
<b>Goodvicki</b>	<b>i will find out monday if they are still there too</b>
<b>IamGeeky</b>	<b>Ishy - there are pelvic floor therapists that can help if you need it afterwards. You're DR can refer you if need be.</b>
<b>fritzi64</b>	<b>Party pooper here--we need to wrap up in the next few minutes</b>
<b>Ishy</b>	<b>Ok, thanks for having the chat :)</b>
<b>Goodvicki</b>	<b>ok ladies good nite and good luck to all</b>
<b>Ishy</b>	<b>And thanks for all the help</b>
<b>fritzi64</b>	<b>Thanks for coming, everyone.</b>
<b>Goodvicki</b>	<b>yes thank you</b>
<b>fritzi64</b>	<b>And thank you, MJ, for being our guest speaker!</b>
<b>IamGeeky</b>	<b>Thank you.</b>
<b>mjd2491</b>	<b>ladies -- it was GREAT!</b>
<b>Ishy</b>	<b>Nite</b>
<b>tauruslady</b>	<b>Night Ishy</b>
<b>IamGeeky</b>	<b>Good night everyone.</b>

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