

Pre-Op Chat

November 19, 2009

Guest Speaker: tauruslady

tauruslady	Hi Running Chick
fritzi64	Hi Running chick!
tauruslady	Welcome to pre-op chat
Running_chick	Hello ladies - thank you very much
fritzi64	We
fritzi64	oops
Running_chick	lol
fritzi64	We're going to have the room open for a little while to give folks a chance to find the place and get settled in
fritzi64	Don't worry if it's quiet for a little bit while we pull our selves together
Running_chick	ok sounds good - this is my first one so I didn't want technology to make me late
tauruslady	Always good to know we'll have a few peopel here
tauruslady	If you want to change your text color click on the color palette above the text window
fritzi64	We've had members find us the night before their surgeries, during the last 15 minutes of the chats!
fritzi64	Hi Baggy
Baggy	Hi there.
tauruslady	I'm using burgundy but if you want to pick some other color sometimes it helps identify people
tauruslady	Hi Baggy
Running_chick	Hello Baggy
tauruslady	Hi Super Page
Super Page	Hey
tauruslady	Glad everybody could make it tonight
Baggy	Okay.
tauruslady	We're just haggging out waiting for others to show up :)
fritzi64	Hi Super Page
Super Page	hello
tauruslady	hanging
tauruslady	hanging out
fritzi64	So, does everyone have a snack or drink in front of them?
tauruslady	not haggging out :p
fritzi64	I have a pot of holiday spiced tea
Super Page	that sounds wonderful
fritzi64	I don't know, tauruslady, I'm looking kind of haggard this evening :)
tauruslady	I have some pumpkin cake with cream cheese dressing.
tauruslady	lol
Running_chick	I'm making choc cov strawberried for my son's bday tomorrow
fritzi64	oh, yum
Running_chick	i will is was taurus lady
Running_chick	I wish I was
tauruslady	strawberries sound good
Running_chick	I'll be sure to sample one for you ;)
tauruslady	Everybody getting ready for the holidays?
Baggy	I bought my first Christmas present today. haha

fritzi64	Well, I'm practicing eating too much!
Super Page	ready for my daughter to come home! She's preggers with twins!
fritzi64	I refuse to think about Christmas until after Thanksgiving.
fritzi64	Congratulations, Super Page! That will keep her busy.
Running_chick	I need to get ready early before surgery
fritzi64	When is your surgery?
Baggy	I am normally that way friszi but with surg on 11/30 i'm trying to be organized, not in my nature usually lol. i'm a last minute kinda gal
Running_chick	mine is dec 11
Running_chick	good luck baggy
fritzi64	I usually do the majority of Christmas shopping after December 20.
Running_chick	congrats super page - that will be a nice present in the new year
fritzi64	I'm a college professor, and I'm usually swamped with finals and grading until then.
Baggy	Oh I can imagine.
tauruslady	I have cards bought but nothing else
tauruslady	We don't do too much gift exchanging
Running_chick	my husband is done school on the 20th so i can relate
fritzi64	My son just started a job at Toys R Us, so he's about to learn the joys of working retail during the holidays.
tauruslady	yowwsirs that would get pretty wild
Running_chick	oh wow - do you get a discount :)
tauruslady	hi luvmycop
Baggy	that's where i bought my first present today... toys r us haha
fritzi64	Hi luvmycop
luvmycop1992	evenin' taurus
luvmycop1992	hi fritzi
fritzi64	Let's wait a couple more minutes.
tauruslady	small group tonight
fritzi64	I can see that a few more women are trying to find the way here.
tauruslady	great
fritzi64	Hi flygal!
tauruslady	hi flygal
fritzi64	Hi mjd2491!
tauruslady	hi mj
mjd2491	hi!
flygal	Hello everyone
luvmycop1992	hi mj
luvmycop1992	hello flygal
fritzi64	While we're waiting for a few more to show up, why don't you all tell us when your surgery is and what you hope to learn tonight?
fritzi64	Hi 2manyPuzzles
tauruslady	Hi 2manyPuzzles
fritzi64	Hi latriza
tauruslady	hi latriza
flygal	I still haven't scheduled my surgery yet, as I am still gathering information...leaning towards the daVinci
luvmycop1992	I'm on for Nov.24. I'm found an earlier pre-op chat very helpful, so I'm just looking for a bit of anxiety relief!
mjd2491	:)
fritzi64	Anxiety? Before a hysterectomy? I've been there
tauruslady	Hi mlk
fritzi64	Hi mlk823
latriza	i am scheduled for 1/12 and pre-op on 12/1.

mlk823	hi everyohe
Baggy	11/30. Just trying to absorb as much info as possible. Having tah/bsc. Had cystectomy a few weeks ago with the robot assisted laparoscopic procedure which was great for recovery.
tauruslady	Luvmycop you are on my 1 year hysterversary
fritzi64	Okay, let's go ahead and get started.
luvmycop1992	:)
Running_chick	Dec 11 and I'd like to understand what to expect
tauruslady	I had the daVinci :)
Super Page	My surgery is on the 24th
mlk823	I jut found out today I have to have a hysterectomy....so I am looking for all info. I can find!
fritzi64	Welcome to our live pre-op chat!
flygal	how long was recovery with the daVinci
tauruslady	Super page Nov or Dec
Super Page	Laparoscopy, possibly a vaginal assist
luvmycop1992	true hystersisters here!!
Super Page	Nov
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,... I was completely obsessed with HysterSisters.
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 tauruslady, one of our hostesses.
fritzi64	She will introduce herself and relay some basic information for our hysterectomy journey.
fritzi64	We will also transition through various topics that usually interest pre-op princesses.
fritzi64	Hi prplpnutbutrfly and beginnings1123
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	(Hi deenigma)
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 again 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 room to moderated, we'd like to hear from you:

fritzi64	Which of our resources have you used so far? Checkpoints? Videos? The forums? The Pre-Op resources page?
luvmycop1992	all of 'em!!
latriza	I have used all
flygal	me too
mjd2491	That's what we like to hear!!!!
beginnings1123	Pre-op resource page and forums both pre and post op.
Running_chick	me three
Super Page	I've used the pre-op, even took it to my pre-op this morning. Actually I guess I have ventured through all of it pretty much.
mlk823	I just found out today...and found you an hour ago....so I haven't used anything
Super Page	Helped a lot so far
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.
mjd2491	mlk823 -- welcome!
fritzi64	The room has now been set to "moderated."
fritzi64	Tauruslady, it's all yours!
fritzi64	Oh, tauruslady has been having some minor connection issues tonight, so don't panic if she disappears for a minute :)
tauruslady	Sorry about that and Thank you Fritzi
tauruslady	Hi! My Hystersister's name is Tauruslady. You can call me "G" which is shorter than both my screen name and my given name.
tauruslady	I am a hostess on the Pre-Op forum.
tauruslady	I am married with no children. We do have 2 horses and a cat. I work in Information Technology.
tauruslady	I joined HysterSisters after an unexpected cancer diagnosis after a D&C and hysteroscopy.
tauruslady	My gyn wanted my surgery done soon because there is a risk that a hysteroscopy could spread cancer cells.
tauruslady	HysterSisters was a Godsend for me. I was totally terrified about the whole thing.
tauruslady	I found information I could use in the Pre-Op checkpoints and questions for the doctor.
tauruslady	I found women who could relate to all my fears, anxieties and concerns and who were incredibly supportive.
tauruslady	Most amazingly for me I found a different surgery option.
tauruslady	Originally my surgery was going to be an open abdominal surgery with uterus, cervix, ovary & tube removal.
tauruslady	An oncologist would be attending for lymph node sampling and pelvic washings.
tauruslady	From information here at HysterSisters I found out about the daVinci surgery option.
tauruslady	I was able to find a gynecological oncologist who gave me a second opinion and he did my daVinci surgery.
tauruslady	My surgery will be 1 year ago next week 11/24 so I all too well remember the questions, the nerves and the concerns that are part of being pre-op
tauruslady	**
fritzi64	okay, ladies
tauruslady	Enough about me when and what kind of surger are you having?
fritzi64	We'd like to know about your surgeries
fritzi64	what kind of hysterectomy are you having (if you know), and for what reasons?
Christmas72	Just finished with my bowel prep and now packing for the castle, reality is starting to hit me that I'm having a hyst tomorrow!!
luvmycop1992	LAVH/BSO

beginnings1123	G- how were you feeling for Thanksgiving since your surgery was so close? My surgery is schedule for 11/24/09.
cmtsp	Wow, Christmas, best wishes to you!
fritzi64	Christmas72, you're chatting in the middle of your bowel prep? You're so brave!
tauruslady	Christmas - we have several people who while away the time in pre-op being on the chat :)
latriza	tvh with anterior and posterior colporrhaphy
Running_chick	most likely going to be an LAVH unless I decide to keep my cervix (don't know what to do w/ that yet!)
luvmycop1992	I've got endometriosis and suspected adenomyosis
tauruslady	Beginnings - my surgery was on monday, it was daVinci, I was able to go to my Father-in-laws for about 2 hours and that was it.
Christmas72	TVH/Bladder sling
beginnings1123	LAH ovaries staying
flygal	I'm leaning towards the davincici
Christmas72	oh no, I'm finally done running to the bathroom all the time...finally!!
Baggy	tah/bsc plus lnd and debulking for 'borderline ovarian cancer'. Was told by my gyn-onc that he has to do a vertical incision laparotomy and that scope or davinci was not an option.
Super Page	I'm having a Laparoscopic with possibly having to remove it vaginally. They are taking everything, tubes, ovaries, uterus & cervix. Mine is also scheduled 11/24
fritzi64	Thanks for that information, everyone!
luvmycop1992	Wow...it's great that so many of us in here have the same surgery date...kind of "bonding" haha
tauruslady	As you can see you are having all sorts of surgeries.
flygal	lol
tauruslady	To help with abbreviations on the forums and such we'll go through what I hope is a quick run through
tauruslady	remember the word hysterectomy means the removal of the uterus and cervix only.
tauruslady	Hysterectomies can either be done abdominally (A) or laproscopically (L)
tauruslady	Laproscopic surgeries can be subdivided into a standard procedure where the surgeon or attendants physically hold the camera and laproscopic instruments versus
tauruslady	A robotically assisted procedure where the surgeon sits at a console and utilizes a daVinci surgical system to hold and manipulate the camera and instruments.
tauruslady	It is a computerized system. The doctor has 3-D vision and a 10x magnification of the area.
tauruslady	So when you see TAH that's a total abdominal hysterectomy.
tauruslady	A TAH means that the uterus and cervix will be removed via an abdominal incision.
tauruslady	A TVH means the uterus and cervix will be removed via a vaginal incision.
tauruslady	An LAVH is a laproscopically assisted vaginal hysterectomy where the uterus and cervix will be removed via a vaginal incision.
tauruslady	A DVH or RALH are procedures where the daVinci system is used to perform a vaginal hysterectomy removing the uterus and cervix.
tauruslady	DVH is daVinci vaginal hysterectomy; RALH is robotically assisted laproscopic hysterectomy.
tauruslady	You may also see an S as in LSH. The S stands for supracervical.
tauruslady	This means that only the uterus is being removed, the cervix is

	staying intact. It is also sometimes called a partial hysterectomy.
tauruslady	So an LSH is a Laproscopic Supracervical Hysterectomy and a SAH is a Supracervical Abdominal Hysterectomy
tauruslady	A DSH or RASH would be a daVinci Supracervical Hysterectomy or a Robotically Assisted Supracervical Hysterectomy.
tauruslady	You may also hear someone say they are having a radical hysterectomy. This is different than a total hysterectomy.
tauruslady	A radical hysterectomy means that a portion of the vagina will also be removed along with the uterus and cervix.
tauruslady	Notice we haven't said anything about ovary removal, that's an oophorectomy.
tauruslady	Or fallopian tube removal, the word for tubes is salphingo.
tauruslady	So someone who is having both ovaries and tubes removed is undergoing a BSO.
tauruslady	Bi-lateral (both sides), salphingo (tubes), oophorectomy ovaries.
tauruslady	LSO or RSO means only the tube and ovary from the right or left side.
tauruslady	You can find information on these items in the Hysterectomy checkpoints on the site.
tauruslady	There are videos, checkpoints and questions for your doctor listed there.
tauruslady	My surgery was a RALH BSO.
tauruslady	**
fritzi64	Okay again, enough about us 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	While you're getting ready to send some questions about preparing, I'd like to invite each of the hostesses here tonight to briefly share what surgery type they had and for what reason
fritzi64	Mine was a TVH (kept ovaries) for fibroids.
cmtsp	I had a TAH/RSO to remove endometriosis and fibroids
fritzi64	MJ seems to be away from her computer, so I'll speak for her :)
fritzi64	She had a TAH for fibroids
fritzi64	okay, we have some questions!
flygal	i'm keeping my ovaries and tubes
Christmas72	anyone else out there having a TVH??
latriza	I don't have to do a bowel pre and no diet restrictions, so I guess I just be getting my house ready?
Christmas72	I'm keeping my ovaries and tubes
flygal	how does one prepare for the daVinci??
beginnings1123	WHAT have people done for bowel prep. My dr gave me several options
cmtsp	beginnings~several?
illinifan07	I was told that I would have to do a bowel prep the day before daVinci
tauruslady	The bowel prep will depend on the dr.s orders
Christmas72	I had to do the GoLytely not fun!!!
Christmas72	I'm sick of watching tv with all the food commercials and now I can't eat anything.
tauruslady	I did have to do bowel prep.
Super Page	I have the bowel prep & fluid diet the day before
tauruslady	Some don't have you do it at all
luvmycop1992	I don't have a bowel prep either...can I still eat whatever I want? My doc says it'll be ok, but common sense says, what goes in must come out...
Baggy	I am doing "golytely" with reglan and compazine? the day before
tauruslady	I would do lliquid diet

cmtsp	luv~You may want to eat lightly since constipation is common post op
fritzi64	My surgery was the day after Christmas. I did not have to do a bowel prep, and I was able to eat Christmas dinner--but not too much gravy :)
Christmas72	I have been on a liquid diet all day also, sick of chicken broth
Super Page	my doctor said that it is much easier to safely do the surgery if your bowels are empty and tend to be more out of the way.
luvmycop1992	G...are you responding to me?
latriza	I am having posterior repairs without a bowel prep. thats scary. I'd hate to be the surgeon
beginnings1123	I was given Duplex pills, a perscription pill, or Fleets drink.
tauruslady	Preparing for any surgery including daVinci is up to your doctor.
latriza	how far in advance should one start the liquid diet? i think its a good idea for constipation, especially with repairs
tauruslady	Luvmycop - yes, I wouldn't do anything too heavy
tauruslady	After the surgery you don't want to have to "push"
latriza	I wanted to know if endo can be removed via TVH. Or should I investigate LAVH
tauruslady	Latriza - dr usually has you on the liquid diet the day before
cmtsp	latriza~your doctor will let you know
fritzi64	Latriza, is your doctor an endometriosis specialist?
fritzi64	Your doctor should have the best sense of how to remove the endo.
Christmas72	After midnight tonight all i can have is water and surgery not until 11am
latriza	i'm not sure, but i would say yes, he's at a major university in southern ca.
luvmycop1992	are adhesions and scar tissue the same thing??
Baggy	christmas are you sure? they say no water for 8+ hours
tauruslady	Latriza - make sure you have an endo specialist and from what I've researched they usually want to see it. A TVH is a "blind" surgery because they don't have any vision internally like a laproscope or open
Christmas72	that's what the nurse told me today when they called with the surgery time
fritzi64	I was allowed to take a sip of water the morning of my surgery to take my medications
tauruslady	Luv - pretty much so on the scar tissue and adhesions.
Super Page	My Dr. said only a sip of water to take my BP pill the morning of...other than that, nothing after midnight the night before.
latriza	I have a lap in july, with complications which is why i'm having the hysterectomy
luvmycop1992	I don't have a surgery time yet...will find out the day before. Can I expect that I'll have to get there a couple hours early?
tauruslady	Scar tissue forms after surgery, adhesions can be caused by blood causing the organs to "stick" together.
cmtsp	yes, luv
fritzi64	Luv, my surgery was scheduled for 7:30 and I had to be at the hospital at 6
Christmas72	I have to check in at 9am
tauruslady	My surgery was at 8:30 and they wanted me in at 6
fritzi64	Has anyone had a pre-op appointment yet? Many of our members have questions about what to expect from those appointments.
Christmas72	I wish mine was earlier though
luvmycop1992	that's helpful..thanks.
Super Page	I have to check in 2 hrs. early as well.

luvmycop1992	I had mine on Monday
latriza	12/1
beginnings1123	Yes, 3 days ago.
illinifan07	I had my pre-op appt on Tuesday
Christmas72	My pre-opt appt was Monday also
Super Page	beginnings...how are you feeling today?
prplpnutbutrfly	What should I expect at my consultation on Monday?
tauruslady	that's great
fritzi64	prplpnut, when I met with my doctor, I had to sign a lot of consent forms
cmtsp	Is that your last appt before surgery, prpl?
fritzi64	He went over all the details, possible complications, etc.
luvmycop1992	I took the list of questions from this website (a full page)!
luvmycop1992	I wasn't expecting an internal exam, but my doc wanted to see how well my uterus moved (I have history of adhesions)
beginnings1123	SP - nervous but more so on how my DH will survive with the kids.
illinifan07	My dr asked me if I had any questions and then we filled out all of the paperwork. She also went over my instructions for the day before surgery and what to expect after surgery.
tauruslady	Prplpnutbutter - maybe some bloodwork
fritzi64	I also had pre-op testing done at the hospital--pregnancy test, blood work up, chest xray, ekg
prplpnutbutrfly	not sure it is the first time that i have seen the Dr since the ultrasound
Christmas72	I had to have a urodynamics test on Monday as well to show I need a bladder sling
beginnings1123	I took a list of questions to my pre-op and had a copy for the Dr to write on. That way I didn't miss anything.
tauruslady	depending on age might do EKG, maybe a chest xray
cmtsp	Mine was bloodwork and expectations about the surgery
fritzi64	Christmas, I also had a urodynamics test done--not fun, but we discovered that I did not have a problem that could be corrected through surgery
tauruslady	having things written down is always good.
latriza	I have a pre-op with gyn and another appointment with primary care doctor
illinifan07	I also had to do a physical, blood work, urine tests and an EKG.
beginnings1123	My pre-op testing was yesterday, preg test, bood work
prplpnutbutrfly	i was just informed by nurse that I would need a hysterectomy
luvmycop1992	should I bother packing a nightgown? Or just go with those beautiful hospital gowns?
cmtsp	luv~I wore jammies to and from the hospital
tauruslady	For the daVinci I was only in overnight so used the gowns :)
fritzi64	The only things I used were my ipod, chapstick, and slippers
Christmas72	Fritz... you right that test was not fun.
illinifan07	I think I am going to go with the beautiful hospital gown but taking my own robe.
tauruslady	made it easier for the tubes for the salien and such
cmtsp	I only used chapstick and toothbrush
beginnings1123	I am packing some clothes in case I feel like changing. But also comfy clothes to come home in
tauruslady	I did take a robe for walking
flygal	Did anyone have a large uterus and what complications may arise either with TVH, DH, or LVH?
fritzi64	flygal, my uterus was slightly larger than expected.
fritzi64	I had a TVH, which pulls the uterus out through the vagina. My

	doctor told me that it got stuck for a minute
cmtsp	beginnings~you may not even feel like changing
fritzi64	but no complications
tauruslady	I didn't have any of the "listed / warning" complications like bladder nicks or things like that.
fritzi64	With some laparoscopic surgeries, the uterus is removed in pieces.
luvmycop1992	just the adhesions and lots of scar tissue...she said she may have to switch mid surgery to TAH
flygal	forgive me, but did you have DH, LVH TVH?
beginnings1123	I know but just in case.:)
Christmas72	I have most of the stuff packed that was listed on this website
tauruslady	Luv - any laproscopic or vaginal surgery might end up converting to an open abdominal surgery
luvmycop1992	did you all shower at the hospital?
tauruslady	flygal - I had a daVincic robotic surgery
Christmas72	What can I expect with the bladder sling surgery??
cmtsp	Yes, it was a part of getting up and moving
tauruslady	luv - I did not.
fritzi64	I showered at the hospital--the best shower of my life!
mjd2491	luv - I showered at the hospital, too
mjd2491	Needed help though
fritzi64	Christmas, have you visited the Pelvic Floor and Bladder Issues forum?
fritzi64	That would be a good place to ask specifically about the bladder sling surgery.
illinifan07	I have had other surgeries in the past and taking a shower was the best thing in the world.
fritzi64	Let's move on to our next topic:
fritzi64	what to expect at the hospital
fritzi64	before, during, and after surgery
Christmas72	Fritz, yes
flygal	After having the DH, were you limited in any way, and if so, for how long>
tauruslady	flygal - yes I was just like a standard hysterectomy.
luvmycop1992	I'm a little nervous about the tube down my throat!!
tauruslady	I couldn't lift over 5lbs, no laundry, no vacuuming that sort of thing.
cmtsp	luv~you will already be unconscious
tauruslady	luv - I didn't even know I had one!
fritzi64	Luv, I had the tube inserted after I was out and removed before I came to
illinifan07	DH?
latriza	i just want to get it over with.....
fritzi64	Latriza, for many of us, the waiting is the hardest part
Super Page	AMEN
Christmas72	I had my gallbladder out in Jan. so that helps knowing a little bit about what to expect
tauruslady	DaVinci Hysterectomy.
fritzi64	I had surgery two years before at the same hospital, and I found a lot of comfort in knowing what to expect.
tauruslady	remember DH on the boards means Dear Husband. Usually see DVH or RALH for daVinci
luvmycop1992	me, too, latriza!
Baggy	If you are spending the night in the hospital, do you wake up in post-op or in your room after surgery?
latriza	:(8)

Super Page	I agree...I've already lost about 8 pounds because I can't eat!
cmtsp	I woke up in recovery
tauruslady	Recovery for me.
fritzi64	I woke up in the recovery room at the hospital. Once I was stabilized (normal pulse, blood pressure, etc.), I was moved to my room.
latriza	I wish that were the case Super Page
tauruslady	same as fritzi
fritzi64	My favorite part of surgery is...
fritzi64	...the lovely pile of warm blankets they put on me before I fell asleep.
tauruslady	getting it over with LOL
tauruslady	that is nice
fritzi64	LOL
latriza	so how painful is the TVH. It seems unbearable, but I'm whimpy
cmtsp	Yes, the warm blankets are very soothing
fritzi64	Latriza, I'm a major wimp, and pain was my biggest concern.
fritzi64	It was bearable because I took all my medications on schedule instead of waiting to feel the pain.
cmtsp	pain levels vary so much from person to person
Christmas72	Waking up knowing I made it.
Super Page	Yes Fritzi....warm blankets. I've only had knee surgery but the blankets are wonderful
Running_chick	did you all get a belly belt?
Baggy	Did anyone have their husbands stay with them the first night in the hospital?
mlk823	how long is the normal hospital stay
luvmycop1992	I'm getting Dilaudid after surgery...never heard of it. Anyone else had it before? What can I expect?
tauruslady	I was recovering well and didn't really have pain until my catheter airlocked :(
cmtsp	mlk~what type of surgery are you having?
tauruslady	Running - I did not but I had my tummy pillow
fritzi64	I was only in the hospital overnight, and we live close to the hospital so I sent my husband home for the night.
tauruslady	mlk - usually overnight for daVinci or laproscopic
illinifan07	dilaudid is an excellent pain medicine.
latriza	i like dilaudid, but it can cause nausea without food.
cmtsp	Running~I used support after getting home
flygal	my doc wanted to perform a UFE, due to an unusually large uterus,but I don't want to revisit this issue down the road, so I'm opting for a DVH
flygal	what is the belly belt?
mlk823	forgot initials...all of this is new vaginal uterus only
Christmas72	We live close also so husband is going home but sis is staying with me
tauruslady	fly - support belt for your stomach
fritzi64	It is nice to have someone there to be your advocate--to talk with the nurses, to pay total attention to you, etc.
luvmycop1992	I got my Swelly Belly belt...should I bring it to the hospital with me??
tauruslady	mlk - vaginal or abdominal incision
Running_chick	and you didn't need any belt afterwards? to deal w/ the recovery?
flygal	is the belly belt necessary?
Christmas72	Will I get much swelly belly with a TVH?
latriza	i'm gonna have my daughter stay, i have a private room
Baggy	Is there a way to find out ahead of time if I will be sharing a room

	with someone?
mlk823	vaginal
tauruslady	running - I didn't get a belt.
cmtsp	fly~we have binders at the HysterSisters store if you want to check them out
tauruslady	fly - some women love them.
cmtsp	luv~usually you don't use them right away
fritzi64	With my tvh, I didn't use a belt--but I did get swelly belly, which comes from all the internal work that was done more than from having external incisions
tauruslady	Christmas - I did have swelly belly with my daVinci, it lingered for months.
Super Page	My stay is only supposed to be 24 hours for a ? Ok...get my letters right. If I'm having the laparoscopic procedure for the uterus & cervix plus a BSO...they are hoping to do it all with the scope. If she can't get it out that way, she will do the LAVH & BSO.
beginnings1123	I iwll have a private room and DH can stay. He probably will opt to go home we live close by
latriza	i have swelly belly without the TVH. I went from 5'10 - 165 to 213. its hasn't been fun for me. i hope it doesn't get any worse.
tauruslady	Super - sounds right for laproscopic and then she would convert to open abdominal if needed
cmtsp	(((latriza)))
Super Page	I guess I'm mainly worried about what kind of pain there is. Is it abdominal with a LAVH and / or is it more like after natural childbirth?
tauruslady	I vote for private rooms if you can do it.
latriza	my hospital only has private. i just found out and i'm so happy i dont have to pay extra
fritzi64	Latriza, mine too! I loved having a private room
cmtsp	Page~it is vaginal
tauruslady	Super Page - I can't really tell you because I didn't have children
fritzi64	Do you have any other questions about what to expect from the surgery?
fritzi64	Super Page, I've had both c-section and vaginal deliveries, and I found the hysterectomy pain to be worse. That isn't the case for every woman, though.
Christmas72	I was told I might end up on the maternity ward
Baggy	I have a ppo. I will have to ask at my pre-op next week. I really don't want to share a room with some random.
tauruslady	Remember take the tummy pillow to the hospital to put in between tummy and seat belt
luvmycop1992	how quickly do they take the catheder out?
cmtsp	That happens, Christmas
Super Page	ok...nobody warned me about weight gain.....I'm 58, 3 grown kids & just had an abnormal pap, had a biopsy & all was ok but the Dr. said I should have either a LEEP procedure or a hysterectomy, she voted on the hysterectomy to get it over with. I'm already through menopause. Has everyone gained weight from this?
tauruslady	Some recommend asking for pain killer before you leave fo rhome.
mjd2491	As for pain.... all experiences are distinct. I had two c-sections and the hysterectomy was easier than one of them, harder than the other.
tauruslady	Luv - mine came out the next morning
cmtsp	Page~no, not everyone experiences weight gain
mjd2491	My catheter came out as soon as I was able to walk around.... the

	day after surgery.
tauruslady	Super Page - I haven't gained weight. I lost a lot and am now back to pre-surgery weight
fritzi64	Let's move to our next topic: what to expect with your earlier recovery at home.
fritzi64	What questions do you have?
latriza	I'm keeping my right ovary and tube
luvmycop1992	can you walk around at all with the catheter in?
luvmycop1992	what in the world am I going to be able to eat for Thanksgiving dinner? haha
cmtsp	yes, luv.
Christmas72	Which is better stool softners or Milk of Mag?
tauruslady	luv - yes, in fact they will have you up and walking with it in.
beginnings1123	How much moving around the first few days. Just walking the the bathroom and back to bed or laps around the kitchen?
tauruslady	I ate anything I wanted.....
cmtsp	beginnings~yes. Just a few minutes at a time to keep the blood flowing
tauruslady	beginnings - walking helps, if you can be up a few minutes every hour or say 10 minutes every hour and a half.
Super Page	I read that the more you walk, the easier it is on the gas pains
flygal	if one lives alone, how much assistance will one need...I need to round up my support system
tauruslady	It helps blood flow and if you had bowel prep gets things moving....drink lots and lots of water!!!!!!
cmtsp	Christmas~I never used M of M. Just Colace
tauruslady	Some say Miralax
cmtsp	fly~just take it slow. It worked for me to recover alone.
tauruslady	Also remember if you have laproscopic you may have arm pain from the gas they insert for the surgery. Mine felt liek somebody gave me a vaccination.
tauruslady	fly - try to get meals prepared ahead so you can just nuke them or warm them up and not have to lift much (good advice for everyone).
tauruslady	Also recommend a chair in the bathroom so you can use the back to help you sit and stand back up.
tauruslady	Fritzi is having a slight technical glitch...so I will sing and dance now lol
cmtsp	lol
mlk823	the hospital stay is only a couple days?
luvmycop1992	oh, I forgot to ask...how long do you have to keep those socks on your legs that help blood clots from forming??
cmtsp	Mine was two days for a TAH
tauruslady	mlk - depends on the type of surgery, longer for abdominal
fritzi64	sorry to interrupt the singing and dancing, but I am post-glitch now :)
cmtsp	luv~I had mine for the first day
fishfinder	How much can I expect to do in the first few days? My MIL is coming and wants to show me how to weave rugs.
tauruslady	luv - they will keep them on pretty much whenever you are laying down and if you aren't moving
beginnings1123	G- Didn't think of the chair. thx
luvmycop1992	why would gas cause arm pain?
Running_chick	how did you sit / lay down? Any recommendations?
mjd2491	fish- ACK! I couldn't do much more than run the remote for the first couple of weeks
Baggy	I had terrible shoulder pain from the gas they inject during the

	laparoscopic surgery. It was as bad or worse than the abdominal pain.
Christmas72	When can you start taking baths?? My nurse said it wouldn't be a problem to take them
luvmycop1992	Is Colace otc?
cmtsp	fish~you will probably want to do more watching than doing
mjd2491	Running - I pretty much stayed "in my couch" for a while, including sleeping. I found it hard to get up from a prone position... but not everyone has these issues.
Super Page	how long before you start feeling like yourself again?
cmtsp	yes, luv, otc
cmtsp	Christmas~six weeks seems to be the norm
mjd2491	Super Page -- I started having spurts of a couple of hours where I felt pretty much OK at the 4-5 week range
fritzi64	Super Page, I felt like myself in different ways at different times
mjd2491	But my doc told me to expect to go forward and backward in recovery
fritzi64	Now, I feel like myself all the time--but for several months, there were quite a few days when I still felt like a hysterectomy patient.
fishfinder	even with a LSH? I will still feel that crummy?
mjd2491	As long as I could say I felt generally better each week, I was doing OK
tauruslady	luv - in case it wasn't answered while I was away, for some reason the gas they use for surgery releases through your arms and shoulders.
flygal	did anyone have to have a transfusion due to loss of blood???
fishfinder	My doctor and the brochures she gave me made it sound like I would be running a marathon in a week.
beginnings1123	How long until you returned to work? Desk job.
Running_chick	how about around day 6 - my daughter has an important recital that i really want to see - am I dreaming?
mjd2491	fish - you just never know. The difference between the LSH and the open stuff is there's no incision. Other than that, the surgery is identical!
tauruslady	Fly - I did not and if you are having daVinci since they can cauterize as they go unlikely it would be necessar.
fritzi64	Running_chick, it may depend on what kinds of seating there is
cmtsp	fish~hmmm
fritzi64	It hurt me to sit vertically for the first week or two, especially on a hard surface.
tauruslady	Fish - remember when they tell you recovery time it is initial recovery time
tauruslady	not long term recovery time.
cmtsp	beginnings~seven weeks part time, then 8 back full time
mjd2491	Running -- You know, I wouldn't say you're dreaming.... but I would say to plan to NOT attend. You might be surprised.
tauruslady	I read daVinci was 2 to 4 weeks.
mjd2491	Or maybe someone can videotape it for you?
mjd2491	I just couldn't have sat still that long
fritzi64	I went to a desk job part time at four weeks--and it was exhausting
Super Page	I've been told with the LAVH that I can return to work in two weeks...is that going to be not so smart?
luvmycop1992	I've had blood transfusion with a prior surgery...be prepared for itching!!! Bring a backscratcher. It'll be your Godsend!
fishfinder	I have been reading on here a lot so I know that a week is

	unrealistic, but was hoping to actually enjoy doing a few light activities while off work
tauruslady	Since I had things like lymph node dissection there was more being done and so my surgeon said lets say 6 to 8 weeks.
mjd2491	SuerpPage - You might be able to.
cmtsp	Running~I would play that by ear. That can get uncomfortable
tauruslady	I went back to work at 6 and for 2 weeks I was exhausted.
mjd2491	My sister had a TAH and felt great at two weeks. (shrug) I had a TAH and should have taken 8 weeks off work.
tauruslady	Really I just started feeling normal around 11 months.
fritzi64	My first week at work was as hard as my first week after the surgery.
Running_chick	how about sleeping at night - any issues / suggestions?
tauruslady	It is all personal
mjd2491	Running - My sleep patterns were really "off" for several weeks after surgery.
tauruslady	Running - anesthesia out of my system and surgical menopause did not sleep.
fritzi64	I had a really hard time sleeping at night for the first couple weeks, mainly due to the trauma of surgery and the anesthesia
cmtsp	Running~insomnia is very common
Baggy	Taurus are you not also dealing with cancer related issues?
tauruslady	I was getting crazed and sleep deprived, one of my doctors gave me xanax and that was a godsend
mjd2491	Try not to be too frustrated with the process. Limiting your daytime naps can help, but for a while, it's really hard to limit that. You need to sleep when you're tired.
luvmycop1992	I keep reading posts about post-op nightmares...is that from anesthesia? How long does the anesthesia take to get out of your system?
tauruslady	Baggy - I do / did have early stage endometrial cancer but surgery got it all
cmtsp	Mineral supplements can help the body calm down at night~especially magnesium
tauruslady	I am just under surveillance by my oncologist.
fritzi64	It's also important to rest in between activities, even if you don't quite feel tired. Give your body a chance to heal!
Running_chick	understood - sounds like I have to have the DVR ready so I can avoid the infomercials :)
Baggy	Great to hear.
cmtsp	luv~from the meds, yes
tauruslady	yep :)
fritzi64	As you're thinking of more questions about the early recovery, also start to send in some questions you might have about hormones.
tauruslady	one other thing body pillow helps support you in bed...I like sleeping on my side and it helped.
Super Page	so could you wear your regular clothes at all after surgery or are you too bloated?
tauruslady	I had ovaries out and surgical menopause hit me like a ton of bricks 5 days after surgery.
fritzi64	I wore lots of sweatpants and lounging pants.
cmtsp	Page~I wore very loose clothes
tauruslady	Super Page - I didn't wear regular clothes until I went back to work and then they caused swelly belly
Running_chick	I read something about ovaries needing time to "recharge" if you keep them - any thoughts on what should be done for that?

luvmycop1992	my doc told me that my system should have enough hormones for about 3 weeks post-op, so she is not RXing me HRT until this time. How do I know if I need it before then?
tauruslady	also because of pelvic node lymph node dissection it aggravated some leg nerve pain I was having, so have been in skirts for months.
fritzi64	Running, I kept my ovaries, and they went to sleep for about eight months after my surgery.
tauruslady	I can do pants a couple of times a week now
cmtsp	Running~some women wait it out, others use meds and otc remedies
fritzi64	I was experiencing menopausal symptoms and was put on oral estrogen. It helped so much. Over the past couple months, I can feel myself starting to cycle again.
tauruslady	luv - most common is night sweats and hot flashes but I believe in hysterectomy checkpoints there is an item that discusses the 33 symptoms of menopause.
Baggy	I am very scared of surgical menopause. I am 38. Will we get to that during hormones?
Running_chick	tauruslady = what caused swellybelly?
Super Page	guess I need to purchase some sweatpants & lounging pants. I wear jeans most of the time.
prplpnutbutrfly	what do you do to "wake up" your ovaries in the mean time?
Super Page	Sorry but this possible "fat" thing is really bothering me with the thought of it. I'm very weight conscious for myself.
latriza	so what do they do if your ovary(s) are asleep? do you get hrt? t
Running_chick	so while the ovaries were sleeping - did you feel different?
tauruslady	I could tell because mine was like drug withdrawal since I wasn't menopausal before surgery
cmtsp	Go ahead and ask now, Baggy
fritzi64	I just had to wait
tauruslady	It was headaches and sweating for 3 days.
luvmycop1992	G...would that be in the post-op checkpoints?
fishfinder	I will need to work from home on my laptop about an hour a day. Does anyone see any issues with this? This will be from the day I get home.
fritzi64	fishfinder, three days after my surgery, I got a call from someone at my workplace who didn't know I was having surgery.
tauruslady	running - your belly swells while it is recovery, think of when you have an injury and the tissue swells well your belly does that.
fritzi64	I tried to do some computer work. What would have taken me half and hour took me four hours. I simply couldn't think
cmtsp	Running~your body is protecting itself. It also has foreign objects in it--stitches, which also contribut
Baggy	Super page: my mom went into menopause suddenly at 50 after chemotherapy for breast cancer. She looks great. Always been thin, still thin 12 years later.
tauruslady	Mine wasn't bad but I could tell with certain pants and the waistband
luvmycop1992	I'm embarrassed to ask, but if you keep your ovaries, do you still have periods?
fritzi64	Luv, you might--if you keep your cervix.
cmtsp	luv~you may have the same symptoms, yes
fritzi64	With ovaries, you'll still have cycles. If you have a cervix, you might get mini-periods. Without a cervix, you will just have all the other aspects of PMS
tauruslady	Fish - I was able to do about an hour a week, they also didn't

	want me doing more because it could have interfered w/ my disability checks
latriza	fishfinder- my job wants me to do that but i say NOOOOOO. maybe after 6 weeks instead of 8. i did that with the birth of my son and i'm paying for it now
fishfinder	Oh, that's not good. I don't really have a back up at work.
fritzi64	fish, do as much as you can in advance, and prepare someone to do the basics for you--just in case
tauruslady	luv - actually pre-op there is a menopause page that might refer you, you can also check post-op articles as well.
luvmycop1992	how long do you stay swollen?
latriza	i won't miss the periods but i would like to get rid of PMS PMDD and all other "disorders" related to ovulation
cmtsp	It is a very gradual process, luv. For some, many months
tauruslady	luv - until you rest and let it go down, it went on and off for months.
latriza	fishfinder - D-E-L-E-G-A-T-E
flygal	you mean to tell me if i keep my ovaries, i will still have a period?
tauruslady	I can't remember exactly when it went away.
Running_chick	so rest allows it to go down quicker
cmtsp	latriza~hormonal issues can continue. I don't have the same intensity of discomfort though.
tauruslady	fly - if you keep your ovaries and your cervix yes.
tauruslady	is your surgery vaginal or are you having a total hysterectomy?
fritzi64	You will not have the bleeding aspect of periods unless you keep your cervix--and most women find that this "mini-period" consists of one spot on the toilet paper a month, nt evern requiring a pad
flygal	i'm keeping my ovaries & tubes only
fishfinder	In your opinion, is going back part-time (4 hours a day) at two weeks stretching it? This would be actually showing up in my office rather than working at home.
beginnings1123	So the pregnant pants come out one more time for the swelly belly.:p
luvmycop1992	Am I going to leave the hospital swollen?
tauruslady	With a vaginal hysterectomy they have to remove the cervix and with a total hysterectomy they remove all the uterus and the cervix is part of the uterus
latriza	Mine is a tvh but it would be good to have a less instense version of PMS.
cmtsp	That is likely, luv
tauruslady	fly - so you won't bleed but you will have ovulation so could have cramping and PMS, whatever you have now.
fritzi64	My PMS is definitely less intense than it used to be.
tauruslady	luv - I was not real swollen when I left.
cmtsp	latriza~I don't even need to take anything any more
tauruslady	beginning - probably, I bought 2 sizes too big sweat pants and lived in them for months at home.
flygal	will the cramping be as intense as it is now...i have adenomyosis
latriza	fishfinder - i would say yes, but i think you would know after the surgery. maybe just follow your body, but i would want people to know not to expect much.
Running_chick	cmtsp - how long since your procedure again?
cmtsp	One year, Running
fritzi64	Without your uterus, you won't feel any of the adenomyosis-related cramping you feel now.
fritzi64	I used to get horrible cramps, but without my uterus, there's

	nothing left in me that cramps :)
tauruslady	Fish - I would not show up in your office, they will think you look fine.
luvmycop1992	how long will I need the pain meds after surgery?
luvmycop1992	yeeehawww fritzi!
tauruslady	If you HAVE to do something, from home is much better but hold off for a week at least after surgery because as noted your head may be fuzzy.
cmtsp	luv~I used nothing after the hospital. This varies greatly from person to person.
latriza	fritzi64 - that would be wonderful, i guess its worth it then. but i'll still have endo but thats definitely an improvement
Running_chick	i'm looking forward to some of the benefits of the procedure :)
cmtsp	latriza~not endo removal?
fritzi64	I ran across some tampons in one of my purses from pre-surgery. I took great joy in giving them to someone else!
fritzi64	Let's move along to your questions about returning to a normal routine and intimacy.
tauruslady	also if you don't know if you are having your cervix removed you will have what is called a vaginal cuff. Your vagina will now be referred to technically as a vaginal vault
fritzi64	And I'd like to remind you that this is a PG-rated site ;)
flygal	so, i can look forward to swelling and possible weight gain after surgery?
beginnings1123	Fritzi I am looking forward to that too
fishfinder	This may be an odd questions, but what about walking a dog after surgery? On a lease?
cmtsp	fly~not everyone gains weight
tauruslady	fly - maybe
fritzi64	I couldn't walk my 50-pound dog for about six months after my surgery
mjd2491	fish - not an odd question at all... REmember, the dog pulls at the leash
cmtsp	Be very careful with that, fish
fritzi64	He pulls too hard to go and check his p-mail, and it just hurt too much
mjd2491	I have a 16-pound Cairn Terrier and I wouldn't have walked her for quite a while afterwards
latriza	i had lap in 7/09 for endo. my pain improved but i still have pain on my pelvic bone which is tilted uterus and adeno. i also had a prolapse that is getting worse
luvmycop1992	will I have a vaginal cuff with the LAVH?
tauruslady	luv - yes
fritzi64	The vaginal cuff is where the vagina is stitched after the cervix is removed.
Running_chick	what about exercise - i'm a runner (in case my tag line wasn't a hint)
luvmycop1992	what happens to the stitches?
tauruslady	running - talk to your doctor butit was weeks.
cmtsp	Running~we have a forum for runners
mjd2491	Running - Check with the doc about that. Many ladies resume this after the six-week checkup
fishfinder	I curious on that too running chick.
flygal	i too, have a tilted uterus, what can i expect after the DVH?
mjd2491	But you need to ease back into the routine. Don't just start right back in.
fritzi64	I also had a tilted uterus, flygal. As I understand it, there was no

	difference in my recovery.
mjd2491	And remember, just because something doesn't "hurt" doesn't mean you haven't "hurt yourself"
Baggy	Is there any opening into the abdomen or is it completely sealed off (with cervix removal)?
beginnings1123	DIid anyone have problems with bladder and leakage?
mjd2491	Baggy - it's sealed off
fishfinder	what about exercise like a bow-flex? this wouldn't be as high impact as running
tauruslady	baggy - some doctors leave a small opening, mine did not it was sealed off.
mjd2491	beginnings - I didn't have difficulties with this at all
fritzi64	fishfinder, it's important to check with your doctor.
cmtsp	Baggy~it is sealed off. Some doctors leave an opening for fluid drainage which closes up by itself
tauruslady	fish - nope, you are straining abdominal muscles. you won't believe what all is connected to those abdominal muscles.
fritzi64	You might find that you're surprised at where things hurt and all the things you use your muscles for. I couldn't even more myself a cup of coffee for a week.
mjd2491	Fish - yes, check with doc. Abdominal excersising is limited for several weeks - don't want to strain anything
tauruslady	fish - check with your doctor.
flygal	my uterus is covering my entire pelvis, so it is leaning on my bladder which causes leakage
luvmycop1992	I know that sex will be off limits for awhile post-op...what about external stimulation?
Baggy	Is "O" different without uterus and cervix? sorry if that is not pg-rated.
mjd2491	Baggy - That's a great question.
fritzi64	Baggy, orgasm does feel different for me.
cmtsp	luv~outercourse and when you can start varies from doctor to doctor
tauruslady	luv - frequently (what we call outercourse) is off limits too because it causes muscles to contract that can cause stitches to come lose
mjd2491	I found that it did feel different. Not better or worse, but definitely different.
fritzi64	All the blood vessels involved in orgasm are rerouted a bit, and without the uterus there, it makes a big difference.
mjd2491	And it took months (OK, years) before I was really "back" to my pre-op self when it came to sex.
fritzi64	With outercourse, be sure to get the doctor's okay.
mjd2491	I did not lose my ovaries, so I wasn't expecting that sort of issue
mjd2491	:(
tauruslady	baggy - at first everything felt very different for me. because I was so used to my cervix. about 3 weeks ago I would say that I am getting back to pre-op point.
fritzi64	Arousal increases the blood flow into still-healing tissue, and that can be a problem for some women.
Running_chick	what about back pain - does that increase b/c your abdom muscles are weaker?
latriza	flygal - i have the lean uterus thing too, but i dont' have leakage, but i do have problems voiding sometimes and i have had blood in my urine in the past
Baggy	:(
mjd2491	I have resigned myself to a lower libido (sex drive) forever

tauruslady	I had to go on vaginal estrogen and some testosterone.
cmtsp	Yes, Running, that can happen
fritzi64	My back pain is better, because I no longer have my fibroidy back-tilted uterus pressing on anything!
tauruslady	Since I lost my ovaries I was loosing lube and starting to get some atrophy, the vaginal estrogen took care of that.
fishfinder	I have a question on food afterwards. I eat A LOT of stuff that causes gas since I am on a low carb diet and eat broccoli, cauliflower, etc. I also eat a lot of red meat which it seems people find to be bad right after. Is anyone else on low carb and what did you eat/
tauruslady	Testosterone has helped my libido.
mjd2491	The important thing to remember is that you don't do ANYTHING sexual until both the doc says it's OK and you feel you're "ready" to do it.
fritzi64	I still have problems with gas :(
mjd2491	I was given the all-clear at 5 weeks, but DH and I waited until more like 8 weeks to try anything.
tauruslady	my gyn-on would have preferred I stay off all hormones for a couple of years but it was a quality of life thing.
fritzi64	and the gas pain I felt in the first few months was horrible. Gas-x was my best friend
latriza	mjd2491 - i have a girlfriend who had TAH and she is like a rabbit. Its actually scary! So don't give up so easily
tauruslady	also you might find that it is tough not to do something because your libido may be running high but remember you can tear your cuff!
fritzi64	I'm going to remove the moderation for the next little bit.
Running_chick	did you all cover off whether or not to keep the cervix? I realize it's late in the session
fritzi64	We have only about ten minutes left, so if you have any other questions to ask, of the hostesses or of each other, please do!
luvmycop1992	so...a torn cuff freaks me out a little bit...does it really heal in only 6 weeks?
tauruslady	running - I did not have extra back pain
fritzi64	I had my cervix removed because I'd had some abnormal paps in the past and we wanted to eliminate the possibility of cervical cancer.
cmtsp	That was my biggest decision, Running. I opted for removal
fritzi64	luv, my cuff really did heal in 6 weeks
mjd2491	luv - my cuff was healed in 5 weeks.
latriza	My guys friend is scared to touch me. he thinks i might break. so i won't be getting lucky until 2011.
tauruslady	luv - mine took longer, I had to wait 10 weeks, had some spotting so had to wait a couple more weeks.
mjd2491	latriza - lol
fishfinder	Latriza-I hope you mean 2010
fritzi64	:{
mjd2491	The first couple of times, we took it very slow. Doc said, "You're in charge -- if it hurts stop."
luvmycop1992	I was EXTREMELY anxious in the last several weeks. After my pre-op appointment, I settled down quite a bit. Doc said she'd give me something for anxiety on day of surgery. Yeah!!
latriza	no 2011, one year after surgery
fishfinder	EEK!
luvmycop1992	Do the anxiety issues go away after surgery?
mjd2491	luv - what kind of anxiety are you talking about?

tauruslady	xanax is my friend
fritzi64	I made sure we had lots of lubrication on hand because I was so afraid something would get stuck or something
luvmycop1992	I don't really know...just crying and weepy all the time...feeling agitated
luvmycop1992	second-guessing myself
tauruslady	luv - depends anxiety can be symptom of menopause
fishfinder	i'm hoping it goes away too!
fishfinder	my anxiety is actually getting better the closer I get
luvmycop1992	I only developed it after determining I need the H.
tauruslady	luv - crying and weeping is normal from all of this and with meds in your system may increase a bit but will settle down over time.
fritzi64	Luv, it may go away after you're past the surgery
fishfinder	same with me Luv
fritzi64	I talked with my primary care physician before my surgery and started on zoloft to help me deal with some of my anxiety and feelings
fritzi64	so I could better cope with the surgery-related stress
fishfinder	I have Ativan if I need it
tauruslady	have we missed anyone's questions? anything on cancer, daVinci anything else?
fishfinder	but I haven't taken any in about a week
luvmycop1992	is there any self-care of the incision that will need to be done??
fritzi64	We'll be closing the chatroom in about five minutes, ladies.
fritzi64	So, let me say some thank-yous
fishfinder	will there be a chat next week?
flygal	is the davinvi effective with an unusually large uterus?
fishfinder	I was late getting here
mjd2491	luv - it's very individual. I had a large incision, and it took quite a bit of care on the part of DH
tauruslady	luv - after I got the okay I put some mederma creme on my incisions but nothing else.
fritzi64	Tauruslady, thank you very much for being our guest speaker!
Baggy	Yes, thank you.
beginnings1123	did you even notice the stitches come out?
mjd2491	I had to have the bandages changed twice a day!
fritzi64	MJ and cmtsp, thanks for helping out as hostesses
luvmycop1992	Thank you, G!!!
tauruslady	fly - yes it can be talk to the dr about it and they will check you out.
fritzi64	We will have another preop chat in two weeks
mjd2491	beginnings - I didn't have any stitches that came out.
tauruslady	You are most welcome and see you on the boards :)
fritzi64	But, you can also find the transcripts of the chats on the chat events page where you entered the chat room
tauruslady	I didn't notice stitches coming out either
flygal	Thanks ladies...this was helpful
fritzi64	Please visit us in the pre-op forum!
mjd2491	My incision was all stapled.... and they were removed at 2 weeks post-op
fritzi64	Thank you all for coming and asking such great questions
tauruslady	chats are usually every other week.
latriza	thanks ladies for assisting us!
luvmycop1992	By the time you have your next pre-op chat, I'll be post-op. I attended two this month and they were both extremely helpful. Thank you all for your help and insight. It's comforting.
beginnings1123	thanks ladies!

fishfinder	me too Luv, good luck!
luvmycop1992	you as well, fish
fritzi64	We didn't have chats when I was pre-op, and I think I would have loved one, too.
Running_chick	thank you very much ladies
tauruslady	why we are here to pass it on the help we received :)
luvmycop1992	good luck running
fishfinder	thanks! see ya on the post op side!
fritzi64	In just a moment, I'll be closing the chatroom.
luvmycop1992	:)
luvmycop1992	g'nite sistas!
fritzi64	You may get a message that says you've been kicked out. Don't take it personally :)
tauruslady	luv - good luck with your surgery
luvmycop1992	thanks,G
Short Stack	night all, thnks for letting me lurk. this time tomorrow, i'll be finished with the pre-op portion.
tauruslady	night everybody and good luck :)
fritzi64	Thanks for coming, everyone!
mjd2491	'night ladies
tauruslady	Good luck short stack

Chat Transcript Produced by [AddonChat Java Chat Software](http://AddonChat.com)