

Pre-Op Chat

December 3, 2009

Guest Speaker: cmtsp

fritzi64	Hi sadie47
cmtsp	Hi sadie47
sadie47	hi
sadie47	hows ev11
fritzi64	hi kbrog524
cmtsp	Hi kbrog524
sadie47	first time here
fritzi64	I'm glad you could join us
kbrog524	hello ladies. this is my first time here.
cmtsp	welcome!
sadie47	im having ovarys out the 10th
fritzi64	When are your surgeries scheduled?
sadie47	ty
fritzi64	Hi Kristy28
cmtsp	Hi Kristy
kbrog524	thanks! I have TAH 12/9
Kristy28	Hello everyone
fritzi64	sadie, have you already had your uterus removed, or do you get to keep that?
sadie47	but not sure if i should have a complete hystorectomy
sadie47	my choise
fritzi64	Hi brands
cmtsp	Hopefully tonight will help, Sadie
sadie47	wish a fairy could tell me the right thing to do lol
cmtsp	Yes, it's tough
fritzi64	I agonized over my own hysterectomy decision for two years
sadie47	well im doing this because of breast cancer
fritzi64	what does your doctor suggest about the uterus?
cmtsp	Aw, that is complicated, isn't it?
sadie47	i have no issues
kbrog524	i have endometrial stage 1. am hopeful the TAH will get everything. looks pretty hopeful
sadie47	he said better to keep it for the support
sadie47	but said what every i want
cmtsp	That sounds like good advice
cmtsp	Please keep us posted, kbrog
fritzi64	kbrog, have you posted on our endometriosis forum at all?
sadie47	now when they remove ovarys do the take the falopean tubes to
cmtsp	Usually, sadie
fritzi64	the women there have good and specific advice about what to ask the doctor about in terms of endo
kbrog524	is there an option to save the chat once it is over so I do not forget any of the pointers?
fritzi64	Hi anniet
fritzi64	Hi bestfuture
cmtsp	Hi anniet
cmtsp	Hi bestfuture
fritzi64	I will be posting the transcripts of the chat tomorrow, on the same page where you clicked to enter this room

fritzi64	Hi se1 and lilangel2009
cmtsp	Hi se1
bestfuture	Hi to all :)
lilangel2009	hi
se1	HI!
fritzi64	we'll be getting started in a few minutes--I want people to have a chance to actually find the room and get settled in :)
kbrog524	i found this site by accident one night and it has been a blessing ever since
fritzi64	so while I do some background stuff, feel free to chat
sadie47	i was thinking about telling him if he ends up having to cut then to take it all
anniet	hi everyone first time here
fritzi64	kbrog, one of our hostesses found us the night before her surgery and felt the same way
sadie47	hi same here
lilangel2009	i got a pamphlet from my doctor that had the website on the back of it
cmtsp	Hi Shammypup
sadie47	hi sham
fritzi64	Hi Shammypup
kbrog524	are our hostesses punctured princesses?
lilangel2009	hi sham
Kristy28	Im 20 days away from having everything removed and the waiting was driving me insane until a friend suggested this site..
cmtsp	We have had our surgeries, yes
Shammypup	hello, all.
kbrog524	the lingo in the book just cracked me up
Kristy28	Im ready and mostly calm now
sadie47	how does this chat work
fritzi64	yes, all the hostesses have had hysterectomies
anniet	25 days away from surgery
cmtsp	The waiting is challenging
fritzi64	we'll talk about how the chat works in a few minutes, once everyone's had a chance to settle in
Shammypup	hi angie
fritzi64	Hi Angie1971
se1	18 for me
sadie47	1 week from surgery
sadie47	k ty
Angie1971	Hi everyone
brands	13 days to go
lilangel2009	i am 5 days away from surgery
Angie1971	13 days for me also
kbrog524	6 days to go for mw
cmtsp	Hi G
anniet	I thank i am going to have a nervous breakdown before my surgery
fritzi64	Hi tauruslady
cmtsp	Hang in there, anniet
fritzi64	annie, I felt the same way before mine
brands	me too!!
tauruslady	Hi everybody
sadie47	i had a mastectomy in jan 09
fritzi64	A few other folks are on the way
anniet	seems like everybody just dont understand why you feel so upset for such a common surgery

fritzi64	Hi lattenut
cmtsp	Hi lattenut
kbrog524	have been so crazy with work and exhausted by the time I get home that I have not had time to worry yet. As my days of work come to an end I do feel the anxiety letter creeping higher
fritzi64	so while we're waiting for everyone to get in the room, feel free to continue chatting
sadie47	im getting scared too
cmtsp	Hi redbird
redbird2009	hi!
cmtsp	Hiya Twy
se1	I had open heart surgery a few years ago & bled out the night after, so I figure this can't be any worse!!
tauruslady	Waiting is the hard part
bestfuture	I am too... next Tuesday.
fritzi64	I had a TVH (total vaginal hysterectomy) just after Christmas last year, so I'm approaching my first hysterversary
fritzi64	Hi Twysmilng
Twysmilng	hiya :)
Kristy28	my mother had hers 27 yrs ago and shes worried to death about me
sadie47	dec will be my 1 year cancerversary
redbird2009	my mom had one too, she's here hovering
fritzi64	okay, let's go ahead and get started
anniet	i am having the robotic surgery
lilangel2009	i am just nervous about having it done i don't know what to suspect from the LSH/ possible unilateral Salpingo Oophorectomy
tauruslady	hi illinifan
fritzi64	Welcome to our live pre-op chat!
bestfuture	anniet - I am too.
fritzi64	We are so excited that you are able to attend tonight's chat.
Kristy28	Me too anniet
fritzi64	It was just a year ago that I was waiting for my own hysterectomy.
fritzi64	I remember the anxiety, the questions, the worries, the excitement,...
fritzi64	I was completely obsessed with HysterSisters.
illinifan07	Hi everyone. I just had dvh TAH/BSO on Monday.
fritzi64	I'm going to be the moderator tonight. I'll be spending much of my time behind the scenes.
Kristy28	I made the mistake of watching the video....
fritzi64	Although I will pop into the conversations from time to time
sadie47	i just afraid im going to make wrong desision
fritzi64	Here's the way this chat will work...
anniet	me too krsty28
fritzi64	Our guest for tonight is cmtsp, one of our hostesses.
kbrog524	illinifan - how are you doing? when did you get home?
fritzi64	She will introduce herself and relay some basic information for our hysterectomy journey.
fritzi64	We will also transition through various topics that usually interest pre-op princesses.
fritzi64	After her "presentation" we'll ask for you questions about...
fritzi64preparing for surgery...
fritzi64 recovering at home...
fritzi64hormones....
fritzi64	...returning to work...
fritzi64	...and a return to intimacy.
fritzi64	To help everyone follow the conversation, much of the chat will be moderated.

fritzi64	That means that when you post a question it will be held until it fits a topic of conversation.
fritzi64	I'll do my best to let everyone's questions through.
fritzi64	Please be patient with me, though.
fritzi64	If your question doesn't appear right away, . . .
fritzi64	. . . it's being saved for the time in the program when we will be discussing that topic, . . .
fritzi64	. . . by the time I see it to let it through, it doesn't make sense anymore (like, "Me too!"), . . .
fritzi64	. . . or I press the wrong button on my screen (oops).
fritzi64	At the end of the chat, we'll remove the moderation for a while.
fritzi64	If any of your questions were not posted through, please feel free to ask them again.
fritzi64	It will help us to know a little bit about how you've used HysterSisters so far.
fritzi64	Which of our resources have you used so far? Checkpoints? Videos? The forums? The Pre-Op resources page?
bestfuture	Checkpoints and forums.
se1	I've gotten tons of info so far. I mainly read the forums, but have also checked out the preop info and checkpoints. Have not seen the videos.
kbrog524	Pre-op pages and the free booklet have been awesome
FA4AAL	Everything but videos
illinifan07	checkpnts, forums, resources pages
redbird2009	everything except videos
Angie1971	mostly the forums
Kristy28	forums, checkpoints and the pre op resources
sadie47	forums
fritzi64	Anyone else?
brands	CD book and forums
kbrog524	have not watched the video yet - looked like a promo for hormones. does it actually talk about the hyster process as well
fritzi64	I'm about to set the room to moderated...
lilangel2009	I really like the Pre-op resources page i had asked my doctor some of the questions i got off of the Pre-op page
fritzi64	Okay, the room has been set to moderated now.
fritzi64	Before I turn it over to our guest speaker, I'd like to thank some of our other hostesses for participating tonight--car^go, tauruslady, and Twysmilng.
fritzi64	You can find the with the little blue pawn next to their names in the list on the right.
fritzi64	Thanks, (((sisters)))!
fritzi64	Okay, cmtsp, it's all yours!
cmtsp	Hello everyone
sadie47	hi
cmtsp	It was just a year ago that I had my surgery
lilangel2009	Hi cmtsp
cmtsp	So everything is still very fresh in my mind
kbrog524	hey there cmtsp. thanks for being here to help
cmtsp	I started to have chronic pain during the fall of 2008
cmtsp	So I had an ultrasound
cmtsp	My doctor was concerned it could be serious
cmtsp	So I had my surgery to make sure everything was okay
cmtsp	It turned out that I had endometriosis
cmtsp	I am happy to say that I have had no complications
cmtsp	and no return of my symptoms
cmtsp	I had a tah

cmtsp	Tell me, what kind of surgery are you having?
anniet	my doctor has diagnosed me with 4 fibroids the size of baseballs I do urinate often but no heavy bleeding but spotting about 14 to 15 days out of the month. some rectal pressure the doc says that my fibroids were located in place that would be favorable for hemmorage i have been trying to figure out if it would be best to have the surgery now doc has told me it would be easier at this point more of a risk if the fibroids continue to enlarge. also having trouble deciding on having my ovaries removed also.
sadie47	wtg
Angie1971	tah
se1	LSH for suspected adenomyosis
redbird2009	lavh, possible tvh
sadie47	ovaries by choise
illinifan07	just had dvh TAH/BSO on Monday
bestfuture	tah da vinci
kbrog524	TAH/BSO for me. Stage 1 endo CA discovered during a D&C in mid 10/09
Kristy28	davinci..everything removed
sadie47	debating weather i should have tah
brands	TVH and loss of repair work. I am 68
cmtsp	We have a variety of surgeries in our group
lattenut	daVinci, in January. Keeping ovaries
FishingWidow88	Vaginal, doctor's recommendation due to prolapse
cmtsp	Anyone else?
FishingWidow88	Still wondering whether I should keep my cervix. Scared I will lose sexual function
lilangel2009	LSH/ Possible Unilater Salpingo Oophorectomy do to having fibroids on the uterus i am having it Monday December 7. I am only 27 years old
kbrog524	my TAH/BSO sched for 12/9/09
FishingWidow88	My surgery is 12/16/09
se1	lilangel, I'm 32 -
sadie47	im so sorry lil
cmtsp	Let's go over some of the abbreviations that you will come across on the forums
kbrog524	I am 41
bestfuture	Mine is 12/8
FishingWidow88	Thanks
sadie47	12/10
cmtsp	Thanks ladies
FA4AAL	Mine is 12/8 still not sure what to do abt ovaries
cmtsp	H of course stands for hysterectomy
cmtsp	T means total hysterectomy
cmtsp	This is the removal of both the uterus and cervix
cmtsp	When you see A, that means abdominal
cmtsp	And of course, V means vaginal hysterectomy
cmtsp	So, a TAH is a Total Abdominal Hysterectomy
Kristy28	does the A refer to Abdominal incision or just abdominal?
cmtsp	Abdominal incision, yes
cmtsp	There is also Laparoscopic surgery
cmtsp	This is done with a few, small incisions, and the use of a camera
sadie47	thats what im havibg
sadie47	having
cmtsp	Sometimes the endoscope is held by the doctor or attendants
cmtsp	and sometimes the instruments are used via a console
cmtsp	This is a robotic surgery

cmtsp	The dr sits at the console and manipulates the instruments there
cmtsp	and has 3-D vision and a 10X magnification
cmtsp	This type of surgery is becoming quite common
cmtsp	There is also a TVH
cmtsp	This is a Total Vaginal Hysterectomy
cmtsp	This is done through the vagina, removing the uterus and cervix
cmtsp	An LAVH is a laparoscopic-assisted vaginal hysterectomy
cmtsp	A DVH is a daVinci procedure
cmtsp	This is a robotic surgery
cmtsp	A RALH is a robotic-assisted laparoscopic hysterectomy
cmtsp	S stands for supracervical
cmtsp	This means that the uterus is removed, but not the cervix
cmtsp	Also called a partial hysterectomy
cmtsp	An LSH is a Laparoscopic Supracervical Hysterectomy
cmtsp	A DSH is a daVinci Supracervical Hysterectomy
cmtsp	and a RASH is a Robotic-assisted supracervical hysterectomy
cmtsp	There is also Radical Hysterectomy
cmtsp	This includes removal of a part of the vagina
cmtsp	A hysterectomy is the removal of the uterus and cervix only
cmtsp	but many of us also have an oophorectomy
cmtsp	this is the removal of the ovaries
cmtsp	along with removal of the ovaries
cmtsp	many of us have our fallopian tubes removed
cmtsp	This is a Salpingectomy
cmtsp	So
cmtsp	A BSO is a Bi-lateral (B), Salpingo-(S), Oophorectomy
cmtsp	Likewise
cmtsp	An RSO, or LSO means the removal of the right or left ovary
cmtsp	You can find more information at our Hysterectomy Checkpoints section of the website
cmtsp	You will also find videos, and questions for your doctors
cmtsp	**
fritzi64	Cmtsp, some of our members have questions about the different surgery types.
cmtsp	Go ahead, ladies
fritzi64	So I'm going to let the questions through.
bestfuture	What is the difference between a DVH and an RALH?
illinifan07	I highly recommend DVH!
sadie47	is one better then the other or does it all depend on your body
kbrog524	how long is the abdominal incision anyway?
cmtsp	best~they are both robotic
anniet	how much pain with dvh
cmtsp	A DVH is a daVinci surgery, done vaginally
Angie1971	can you have a tvh when your uterus is enlarged due to adenomyosis?
lilangel2009	how much pain with the LSH
cmtsp	A RALH is a Laparoscopic surgery aided by a robot
Kristy28	How does the DVH effect the eyes? I understand being tilted it may cause some damage.
cmtsp	Is that clear?
mjd2491	kbrog - abdominal incision depends on size of uterus, etc.
FishingWidow88	For a TVH, how much pain?
redbird2009	angie, my doc is going to try for the tvh
kbrog524	thanks mjd
cmtsp	Angie~sometimes a larger uterus requires an abdominal incision
mjd2491	yw

illinifan07	With davinci, I have 4 little incisions. I'm only using ibuprofen for pain relief.
anniet	can you have robotic laparoscopic surgery with large fibroids
car^go	I had LSH, there is pain, but it is also less invasive than TAH.
tauruslady	Kristy - I haven't heard that the daVinci (DVH / RALH) surgery affects the eyes.
tauruslady	I didn't have an issue
fritzi64	FishingWidow, I had a TVH. I'm a major wimp, and even so I found the pain was tolerable--as long as I took all my medications as scheduled
cmtsp	There can be vision changes after surgery
bestfuture	Yes, thank you cmtsp.
Angie1971	my uterus is the size of a 4 month pregnant woman. I figured that is why doctor is doing tah.
fritzi64	Okay, we're going to move along to your questions about how to prepare for your surgery.
Twysmilng	there's no shame in taking your pain meds
cmtsp	kbrog~an abdominal incision is about 8 inches, I would say
fritzi64	What questions do you have about how to prepare? Illinifan07, while the women are typing their questions, would you like to share one hint with everyone?
cmtsp	Had to look at mine lol
brands	Why A vision Change?
illinifan07	I didn't have any issues with my eyes.
FishingWidow88	fritzi - for how long were you in "pain"
cmtsp	This can happen with surgery, brands
peppermintpeggy	my vision has changed since surgery, not sure if that's caused by surgery or hormone changes
fritzi64	FishingWidow, I took my pain meds for just over a week and ibuprofen for the next few weeks
kbrog524	not looking forward to the bowel cleanse on Monday!
kbrog524	haha cmtsp!
redbird2009	vision changes? with all of the surgeries or certain ones?
cmtsp	I found that bright colors were difficult to look at, at first
redbird2009	I did the bowel cleanse today. not as bad as I thought it would be
sadie47	does ev1 have to do a bowl prep
CreeWoman	an off the wall question: if I am unable to lose weight before my surgery (need to drop 40) are there any problems if I lose this much after surgery? I'm LSH in January
cmtsp	Not with a specific surgery, redbird
fritzi64	redbird, your surgery is tomorrow, right?
peppermintpeggy	it seems that everyone has different pain levels, i took vicodin for a few weeks
illinifan07	I would say just keep an open mind about everything, listen to the women on hystersisters for support, and follow the dr's orders.
redbird2009	yes
Debeedo	Are these possible vision changes permanent?
redbird2009	I report to the castle at 8a.m
cmtsp	CreeWoman~I don't think so. Maybe ask your physician?
peppermintpeggy	what kind of surgery are you having redbird?
FA4AAL	Is the bowl prep same as prep for colonoscopy?
car^go	Best wishes Redbird2009
kbrog524	Are you starving, redbird, from the liquid diet? look out, Rita's water ice, here i come. I have heard no cherry water ice, is that correct?
cmtsp	Sometimes, FA4AAL
redbird2009	he'll try for the tvh and switch to lavh if necessary

fritzi64	Have any of you had your pre-op appointments yet? Do you have questions about what to expect?
se1	My dr just told me to do enemas - don't have to drink the stuff. Also just can't eat/drink after midnight. Didn't mention a liquid diet...
peppermintpeppy	good luck to you, i was lucky enough to find the pre-op chat the night before surgery and it helped so much
FishingWidow88	Is the bowel cleanse necessary for all surgeries
fritzi64	I didn't have to do a bowel prep (yay)
illinifan07	For my bowel prep, I was on a liquid diet, nothing red and then I had to drink 64 oz of gatorade mixed with miralax.
Illinoisreagnt	Has anyone lost weight after a hysterectomy or only gained?
cmtsp	No, Fishing, it varies
anniet	my pre op is the same day as my surgery is that common
redbird2009	not starving, just wish my family would stop cooking around here! my mom is here. I've done jello, water, soda all day
cmtsp	illinois~I weigh the same
fritzi64	Annie, my preop was a few weeks before my surgery. That way, if any problems showed up, we had time to address them.
kbrog524	good luck redbird. looking forward to hearing it was a piece of cake for you
bopeeps	My pre-op is the day before my surgery...
Illinoisreagnt	:)
Twysmilng	only do bowel clense if your doc orders it
se1	I'm hoping to lose my belly since my abdomen is large due to enlarged uterus. Maybe it's wishful thinking.
peppermintpeppy	anniet- you will not have a pre-op until the day of surgery?
FishingWidow88	Mine is next Friday, surgery on the 16th
tauruslady	KBrog - the Dr's don't want anything red because if there is bleeding sometimes it is hard to tell the die from blood
bopeeps	I'm with se1
cmtsp	se1~It will probably help
bestfuture	My preop is the day before surgery too.
tauruslady	Not everyone does a bowel cleanse, your Dr. will tell you.
redbird2009	i had to drink 4 liters of something called golytley (sp). I think my diet changes this year really helped make it easier (I stopped eating red meat)
anniet	thats what they have told me blood work the same day
sadie47	i had pre testing today but see dr preop tuesday
fritzi64	I also had bloodwork done the day of the surgery
car^go	Mine blood work and pre-op was 5 days before.
fritzi64	Okay, let's move on to the hospital
Illinoisreagnt	Ive heard alot of people getting fibromyalgia? Has anyone else gained new problems after a hysterectomy?
bopeeps	blood work and pre register at hospital day before too
FishingWidow88	My surgery is at 2pm - that's going to be tough on the "no eating" rule
kbrog524	thanks taurus
fritzi64	What questions do you have about what to expect at the hospital and during the actual surgery?
Debeedo	What's the bloodwork for - blood typing I imagine, what else?
sadie47	i already have fibro
lilangel2009	my surgery is at 10 am
bopeeps	the timing of the pre-op seems to vary a lot from doc to doc... are there other factors involved?
Kristy28	I hope no new problems, I have fibromyalgia wouldnt last through anything else

cmtsp	Debeedo~also to check iron levels
sadie47	sometimes surgery will kick the fibro out
bestfuture	How long does a DVH usually take?
FA4AAL	how long does a tah take?
FishingWidow88	Infections, etc is ckd in bloodwork
se1	How much blood do you typically lose during a laparoscopic hyster?
lilangel2009	when do thye let you eat after surgery
tauruslady	Illinois - really my post op issues are due to the hormonal loss from losing the ovaries.
CreeWoman	did anyone's doctor allow you to continue anti panic attack meds the day of the surgery?
cmtsp	FA~My TAH was about an hour and 45 minutes
fritzi64	lilangel, I was able to have crackers and soda as soon as I was back in my room
tauruslady	SE1 - If it is robotic very little usually because they can cauterize any bleeders
cmtsp	se1~that varies
lilangel2009	how long does it take for the LSH
kbrog524	i heard tah takes about 2 hrs in OR then about 2hrs in recovery
car^go	My LSH was a little over 5 hours, but had other work done.
tauruslady	Creewoman - talk to your Dr. but some members have had them day of.
cmtsp	Good question, Cree. Check with your dr
anniet	how long does it take to do a hysterectomy robotically
bopeeps	Usually bloodwork before surgery is done to type it and check for blood levels (anemia, etc.) and as FishingWidow said...infections
Illinoisreagnt	oh ok wonderful, im losing one myself and have been trying to read about this very topic
se1	my gyn said the lsh should take appx one hour
tauruslady	Annie - depends on the experience of the surgeon, mine was around 3 to 4 hours but I had other things done because of a cancer dx.
bopeeps	How long for TAH?
cmtsp	Mine was just under 2 hours, bopeeps
tauruslady	Se1 - that could be since you are only having the uterus removed
lilangel2009	what do i need to take with me to the hospital
Twysmilng	chapstick :)
cmtsp	I only used my toothbrush and chapstick, lilangel
CreeWoman	or does the morphine knock you out? I've never been on morphine. I have severe claustrophobia and will probably have issues after waking up. :(
illinifan07	My davinci took about 1.5 hours. I was on a clear liquid diet all day Monday after my surgery and was moved up to a full liquid diet Tuesday morning and then a full diet by noon Tuesday.
kbrog524	how many days in hosp with TAH
sadie47	dr told me the oop will only take an hour home in 3
cmtsp	Cree~you will probably sleep a lot right after
redbird2009	anyone know the average tvh or lavh time?
tauruslady	Lilangel - I took very little but I was only there one night (my hospital provided chapstick)
tauruslady	Tummy pillow for your return home
fritzi64	redbird, my TVH was 90 minutes
cmtsp	Two days with mine, kbrog
bopeeps	thanks cmtsp
Twysmilng	My Tvh lasted 45 min
Debeedo	cmtsp is 2 hrs. while you are actually under?
bestfuture	Great info illinifan0
bopeeps	Has anyone had umbilical hernia repaired along with hysterectomy?

cmtsp	yes, Debeedo
anniet	my doc says he can do the surgery in about 30 minutes
FishingWidow88	Home? My doc is having me stay at least one night for a TVH
CreeWoman	I'm terrified of having a catheter while awake!!!!
FA4AAL	do you only wear hospital gowns or should you bring something else to wear in the room?
illinifan07	I took my robe, chapstick, and hand lotion with me. Was glad for all of these things.
fritzi64	Cree, I don't mind waking up with a catheter, but I can't stand to have it inserted. Fortunately, they waited until I was asleep to do this.
cynscared	how common is it to have a sacralspinous fixation during vaginal hysterectomy?
cmtsp	You probably won't feel it right away, Cree, with so much medication in your system
Kristy28	me too. never been catheterized. what does it feel like?
se1	Do drs ever take out your appendix during the surgery?
cmtsp	FA~you may not feel like changing anyway
tauruslady	My daVinci was an overnighter
CreeWoman	Bless you, Dear Miss Hostess!
sadie47	do they put a cath in for every surgery even a opp
FA4AAL	does everyone get a cathier?
se1	Putting the catheter in hurts. TAKing it out does not.
se1	When does the catheter typically come out after lsh?
cmtsp	My appendix was taken se1 because it had endo on it
Twysmilng	They put the catheter in after you are asleep
car^go	My cath came out before I left the op room.
cmtsp	My cath was in for about 24 hours
FishingWidow88	Is it twilight sedation or general?
lilangel2009	if their is any adhesions will the doctor remove that also during the LSH because i have had two c-sections
cmtsp	For most, it is general
kbrog524	Cath is good so you do not have to get OOB to the bathroom too soon
bopeeps	so... cmtsp - was your TAH incision a bikini?
cmtsp	That's a terrific question for your doctor, lilangel
cmtsp	yes, bopeeps
anniet	do you think it would hurt to take something to relax you right before the surgery
cmtsp	Your dr will take care of that, annie. Don't take anything
FA4AAL	who gets a pain pump? someone suggested I get it
cmtsp	Many women do, FA. Good question for your dr
fritzi64	annie, some women have posted here that they mentioned their anxiety to the nurse at check-in and were given something
FishingWidow88	General as in breathing tube down your throat and all?
cynscared	I was told I'd get a morphine pump
cmtsp	yes, Fishing, though it won't be put in until you are asleep
fritzi64	Fishing, I was told I had a breathing tube, but I didn't actually experience it. It was inserted after I was asleep and removed before I woke up
car^go	Annet, if you need anything to relax they will give those meds at the hospital. Unless you have discussed this with your doc beforehand.
bopeeps	okay - that helps - I was trying to figure out how doc could "get to" the umbilical hernia from the bikini cut... just couldn't see it being T-H-A-T big!
sadie47	they go down my nose to intabate me

se1	And the breathing tube is taken out before you wake up, isn't it?
anniet	i meant med that the nurse might give me not at home but i worry i will get to much med before the anesthesia
cmtsp	yes, se1
FishingWidow88	Oh, whew
lilangel2009	does everyone get a breathing tube during surgery
kbrog524	holy cow! I did not know tubes were put down your throat while under. I thought they just monitored you with the mask over your face
sadie47	anesthes is best part
cmtsp	You will likely get a sedative at the hospital, annie
fritzi64	There was one part of the surgery that I absolutely loved--after I got into the OR, I was covered with wonderful warmed-up blankets that felt like big hugs.
CreeWoman	anniet I'm so with you!!! I've never had major surgery>
Twysmilng	The docs & nurses are used to taking care of scared patients :)
cmtsp	I got those as soon as I checked in, Fritzi. Loved it!
car^go	I had warm blankets too.
cynscared	Is it normal that the surgeon include "anterior and posterior repair" as well as the sacro spinous fixation? I looked up the later and got very frightened about this procedure. Is this normal protocol?
sadie47	fritz that is great the warm blakies
cmtsp	I am not familiar with spinous fixation
FishingWidow88	I've had twilight but not general . . I'm eskeered!
Twysmilng	You will closed your eyes and wake up in your room
fritzi64	The other thing that helped with my anxiety was to think about all the things I was going to say once I got home and had "graduated" to the post-op forum!
cmtsp	That is normal, Fishing. My sedative helped me so much
sadie47	fish it is not bad at all
kbrog524	general is the way to go, fishing. you go off to sleep sooooo fast and you wake up when it is all over.
lilangel2009	i found out at my pre - op appointment that i will have peri boots on my fet
CreeWoman	Do they give yiou drugs that prevent you from hurling when you wake up now?
Twysmilng	It helped me a lot to look further ahead: like 1 week from today I will be home and on the road to recovery
cmtsp	Those are available, Cree
fritzi64	Cree, I had anti-nausea meds. Unfortunately, I still threw up--until they stopped the morphine and tried something else.
sadie47	i have had 8 surgerys in 9 years
lilangel2009	what do the peri boots do
Kristy28	what are peri boots?
se1	The antinausea drugs do not always work - sometimes depends on how much anesthesia you have. After my open heart, I was very sick, but then that surgery lasted several hours.
bestfuture	I've had general 6 times. T
FA4AAL	they say to get out of bed and walk.....for how long?
illinifan07	I got sick from the morphine and they gave me anti-nausea meds.
se1	I will wear the cuffs on my feet to prevent clots - is that the same as the boot?
cmtsp	Even just a few moments helps, FA
FA4AAL	i heard they won't let you leave the hospital until you have a bowel movement...i can goes days w/out one. how can i make it happen in the hospital?????
fritzi64	FA, that wasn't true for me

cmtsp	I just had to pass gas, FA
fritzi64	I needed to be able to urinate and pass gas.
Twysmilng	I didn't have BM before going home... but they listened with stethoscope for action in there :)
fritzi64	I didn't have a bowel movement until I'd been home for several days
lilangel2009	the help with to prevent blood clots
se1	Oh, FA, they'll give you the magnesium to drink. It's a blast - ha!!!
fritzi64	As I let through the last few questions on what to expect at the hospital, begin thinking about your questions about what to expect in your recovery at home.
illinifan07	The first day, they just had me dangle my feet/legs over the side of the bed. The next morning I was able to walk to the bathroom in my room and then they had me walking around the hospital floor.
cmtsp	Actually, FA, that varies
cynscared	Well, thanks, anyway. Am getting second opinion on this. Because you don't know the term, it may seem logical that this is not routine.
kbrog524	getting up to walk helps prevent blood clots, and gets your lungs working to prevent pneumonia. important to do the coughing and breathing exercises while you are in bed as well
FishingWidow88	Oh great! We have to pass gas?
lilangel2009	do they make you have a bowel movement before you go home
bopeeps	amen FA
lilangel2009	how long is the recovery from having LSH
kbrog524	I have read a lot about gas being a real problem afterwards. I have already bought gas-x
cmtsp	You will be quite delighted with yourself when it happens, Fishing lol
se1	Can't they take out some of the gas that they put in there during the surgery before closing you up?
Twysmilng	Walking helps with the gas also
fritzi64	My gas pain was intestinal--not related to surgery gas
FishingWidow88	CMTSP - I seriously doubt that LOL!
car^go	Yes., they remove as much gas as possible.
se1	How do they close the incisions from laparoscope?
Jchu	what is the best thing to take to relieve the gas pain?
kbrog524	I also read somewhere that going up the steps backwards (slowly) once you get home is easier on the ab muscles
fritzi64	Jchu, I found that Gas-X worked best for me
fritzi64	I also tried to avoid foods that would trigger any problems
cmtsp	Jchu~I used Gas-X and activated charcoal
Twysmilng	I just limited stairs and hung onto rail
car^go	Se1 , yes all incisions are closed
sadie47	wonder how bad it will make irritable bowel act up
lilangel2009	how do they take out the gas during the LSH
car^go	I had dermaBond to close the incisions.
redbird2009	stairs are my concern, I live in a townhome. How difficult are stairs to manage after?
bestfuture	se1 - They take out what they can, but it doesn't all come out. I've had 5 laproscopic procedures and the gas only last a couple of days - walking, even after returning home - helped a lot.
cmtsp	I haven't heard that, kbrog. Slow and steady seems to be the advice with stairs
CreeWoman	Are there stitches or what for the laparoscope closure?
bopeeps	do they use staples or stitches or peri stitch or all of the above?
se1	IBS here too. We'll probably actually be stopped up for a couple of days

Jchu	does an intestinal cleanse before surgery help with the gas problem after? Or do you think the gas is a byproduct of the surgery itself - meds etc?
bopeeps	has anyone used acacia fiber?
car^go	Derma bond, for LSH, it's like super glue.
cmtsp	Jchu~your dr will let you know if you should cleanse or not
FA4AAL	gas after the operation is supposed to be VERY painful, I was told not to eat foods that have a lot of gas. what should I eat the day before I prep?
brands	Do you have stitches with vaginal
cmtsp	I ate lightly, FA
peppermintpegg y	I was on a liquid diet the day before
cmtsp	Yes, brands
Twysmilng	vaginal hyst stitches = inside, at top of vagina
fritzi64	FA, I ate Christmas dinner the day before my surgery--although that was earlier in the day and I ate light in the evening
bopeeps	not "serious" but am wondering... would it be wise to get a pedicure before surgery?
car^go	I was on a liquid diet the day before surgery.
Kristy28	I understood that they really scrub the vagina to cleanse before surgery, is there any lasting irritation from that?
cmtsp	no, bopeeps. It's best to be able to see the nail bed
fritzi64	Kristy, I don't know if they scrubbed my vagina or not, so if they did, I didn't have any irritation from it
peppermintpegg y	just don't have colored nail polish on your toes or fingers
Jchu	is clear polish ok?
CreeWoman	I read from somewhere on our site that if you have dogs or cats at home, getting one of those rolling on-floor bed trays like what they have at the hospital prevents them from jumping up into your lap when you're recovering...I thought this was an awesome idea! I have three dogs.
cmtsp	You'll have to ask your dr about nail polish of any sort
FA4AAL	why do you need a belly pillow?
lilangel2009	does anyone's hospital have assessment consultation team this is a team that provides additional medical assistance if you notice an unexpected change in the patient's condition. A team of critical care nurses and respiratory therapists respond to the patient's location and provide assistance as needed.
peppermintpegg y	that is a great idea, I had to lock my cats out of the room for a while and it made me sad...and it made them mad!!!
cmtsp	Cree~many use a pillow on their tummy for protection
lilangel2009	I was to use a dial soap the day before my surgery to wash with
kbrog524	how soon does the swelly belly come and how long does it last? I was hoping for a flatter stomach until I read about that
Twysmilng	I had a visiting nurse come to the house the day after I got home
cynscared	what about depilatory for "down there" do we need to be hairless?
peppermintpegg y	my swelly belly lasted for about 4 weeks off and on
Twysmilng	My doc did not do any shaving for TVH
cmtsp	It's best to do nothing, cynscared. Your surgery could be canceled
car^go	They like to shave you at the hospital.
peppermintpegg y	yes, they told me not to shave
fritzi64	cyn, I was specifically told not to do hair removal for the week

	before the surgery. I had the front area clipped during the surgery and the butt and backs of my thighs were shaved
sadie47	most hospitals have that type stuff
bopeeps	did the nurse just check incision and vitals?
lilangel2009	why don't they want you wearing jewelry to the hospital the day of your surgery
redbird2009	my doctor actually told me to shave.
Jchu	what is the swelly belly?
Debeedo	do you get swelly belly with laparoscopic surgery?
Twysmilng	The nurse that came ot my house just checked vitals & answered questions
cmtsp	lilangel~they don't want sparks created during surgery, or the risk of theft from your room
fritzi64	Next topic: hormones! What questions do you have about hormones post-op?
lilangel2009	Does the LSH cause your belly to swell
car^go	Swelly belly can happen with LSH.
peppermintpeggy	lil- 2 reasons, one is they don't want to be responsible for things being stolen and 2- jewelry can be dangerous if, say for instance, your fingers swelled and you were wearing a ring
fritzi64	I had swelly belly off and on for months, even with a TVH. It was just from too much activity causing swelling of tissue that was still healing
sadie47	now im post menaposal will the hormons still give me issues i cannot take hormon replase ment because of the breast cancer
sadie47	will homans be bad after ovarys are out if you are post menapose
bopeeps	I like the idea of the patch but understand that is only estrogen... how do we handle the other?
illinifan07	They put a climera patch on me just hours after my surgery and I haven't noticed anything different as far as hot flashes, nightsweats, or mood swings.
Kristy28	is the menopausal hormone problems anything like PMDD?
lilangel2009	can you get a shot for your hormones
peppermintpeggy	menopause is different for everyone, i had no hot flashes at all, i was a little emotional at first but not bad
cmtsp	sadie~this will probably be less drastic for you since you are already post
Debeedo	I would like anyone to share their experience of hormones when "keeping" their ovaries. I've heard they still go into shock - for how long?
cmtsp	bopeeps~you mean progesterone?
fritzi64	Debeedo, I kept my ovaries and they went to sleep for quite a while.
cmtsp	About three months for me, Debeedo
fritzi64	They kind of freak out for a while with the uterus gone and the handling during surgery.
car^go	I kept one ovary, no HRT,
Twysmilng	I kept my ovaries (I am an ovary snob ;))
Twysmilng	And about 7 yrs post-op, I finally started taking some estrogen to help with hot flashes
cmtsp	Me too, Twy lol
fritzi64	My cycles didn't start kicking in until about 8-9 months post-op. I have been on a low does of estrogen to help with hot flashes and brain fog
sadie47	good ty
bopeeps	yes progesterone
Debeedo	fritzi64 - how long is quite a while?
redbird2009	so what happens while your ovaries are sleeping?

lilangel2009	has anyone had a hormone shot for the hormones out of wack
bestfuture	fritzi64 - Were you put on hormones before your ovaries kicked back in?
cmtsp	bopeeps~I would play it by ear. Our progesterone drops with surgery as well
cmtsp	redbird~many of us have hot flashes, night sweats, joint tenderness, etc
fritzi64	I have loved my estrogen. It kept me sane (mostly) and has minimized my hot flashes. I'm 44, so perhaps that was a factor
car^go	I had about 2-3 weeks of being weepy afterwards.
redbird2009	cycles? what do you mean by that Fritzi?
cmtsp	I used an otc progesterone cream for my symptoms, which helped a lot.
fritzi64	I mean my monthly cycles. Now that the ovaries are functioning, I am once again having mild spells of PMS-type symptoms
FA4AAL	who needs hormones and how do you make a decision to keep the ovaries or not, i,ve heard pros and cons for keeping them and not
bopeeps	that's what I was concerned about and looking at the "symptoms" I know I am premenopausal and progesterone may be an issue already...
sadie47	well thank you for chat have a blessed night all bye
lilangel2009	when do they start hormone therapy? do they start hormone thearapy while you are in the hospital or do they start it after you go to your post op appointment
Kristy28	random question.. if the uterus is removed, what is left that the ovary is attached to in order to survive?
cmtsp	FA~there are many benefits to keeping them, ie a natural menopause rather than trying to get the right hrt balance
peppermintpeggy	FA- my doctor based his decision on whether i was having symptoms or not
Twysmilng	If your ovaries are healthy & you have no family history of ovarian cancer, you should consider keeping them
fritzi64	Kristy, the ovaries are supplied by some blood vessels that are not connected to the uterus
illinifan07	They put my patch on a few hours after my surgery.
redbird2009	I was hoping the PMS would subside
fritzi64	Oh, my PMS is barely noticeable.
fritzi64	and it used to be awful!
cmtsp	lilangel~some start immediately, others wait
cmtsp	Kristy~the ovary is not actually attached to the uterus
fritzi64	My ovaries are functioning, but at a less pronounced level. Instead of being witchy for days on end, I'm now in a bad mood for a few hours. My family is very, very happy LOL
CreeWoman	I am assuming that the menstrual bleeding is the only thing that is different (missing) when keeping the ovaries? Do you feel the headachy stuff with the cycles?
bopeeps	okay, all, need to finish my paperwork for tomorrow. Thank you so much!
lilangel2009	i have already had one ovary removed it was my right ovary last year now i found out that my left ove will be removed
kbrog524	what's the next topic after hormones
peppermintpeggy	night bopeeps
fritzi64	After hormones, we'll be moving to a return to normal routine-- including work and intimacy
cmtsp	Cree~yes, there is still a cycle with the ovaries
fritzi64	and with intimacy-related questions, please remember that this is a

	PG-rated site
illinifan07	I need to sign off for this evening. Good luck to all of you!
peppermintpeggy	nigh illin
fritzi64	thanks for coming, illini
FA4AAL	one dr told me to take out the ovaries.....one less thing to get cancer another told me to keep them protects you against heart disease
Debeedo	the headache question is one I am interested about. Do you still get menstrual migraines if you keep your ovaries?
fritzi64	I used to get severe hormone-related headaches, but I don't anymore
cmtsp	FA~I am pro-keeping them. So many benefits
cmtsp	Many do Debeedo, yes, whether the ovaries are removed or retained
fritzi64	So, what questions do you have about the return to a normal routine--work, sex, etc.?
FA4AAL	So is my mother!!!!!! Keep them!!!!
lilangel2009	i heard that keeping the cervix help you to recover faster is that true
kbrog524	looking forward to reading the rest of this discussion via transcript tomorrow. How do we get back to read the rest?
fritzi64	I'll post the transcript tomorrow.
fritzi64	You'll go to the chat events page where you clicked on Enter Chatroom.
fritzi64	The archives are listed below the box on that page
fritzi64	It will be a .pdf
lilangel2009	how long do you have to be out of work after having LSH
Jchu	When do most women return to work after surgery?
CreeWoman	What would be a good "care package" to take with us when some of us return to working full time?
redbird2009	how long does it take to return to a "normal" sex life?
cmtsp	The return to work varies. Usually it is 4 to 8 weeks depending on the surgery
fritzi64	Cree, the thing that helped me most when I returned to work was my co-workers. They provided my family with meals every night for my first two weeks back.
peppermintpeggy	you will find that the amount of time before returning to work varies, my advice is to take as long as your company will allow
cmtsp	If you have the option of eight weeks, take it!
fritzi64	So, while it wasn't really a care package, when my co-workers asked me what I needed, I suggested that--and it was so helpful!
Debeedo	How about the big "O" and no uterus to contract but still having a cervix - is it alot different?
Twysmilng	My first week back, I had sorta scheduled a *slow week*
peppermintpeggy	deb- it was not any different for me
cmtsp	I worked pt the first week
fritzi64	Redbird--Because of the pain I'd been experiencing, I hadn't had a normal sex life in quite a while
car^go	Debeedo, sex was no different for me.
fritzi64	But for me it was around three months that I stopped thinking about the hysterectomy when I was getting ready to have sex
lilangel2009	When i told my manager at work my manager told me that i wouldn't be out for two weeks she said that i would be out of work long having a hysterectomy
Kristy28	I have the luxury of taking as much time as I need as the people at work are in the mindset of surgery years ago with long horrible recoveries. Id like to go back after a few weeks is bending and

	squatting a major problem?
FA4AAL	my dr wants to take out my cervix....why? is that common/
CreeWoman	Ha! I actually asked my humorless surgeon when we could return to "hot wild monkey circus sex". He said 6 weeks.
fritzi64	Cree, did he at least crack a smile?
lilangel2009	when can you return to you "sex" life
cmtsp	Kristy~you will want to move slowly at first
CreeWoman	I got him to laugh! And ladies...he said he wished more women would ask blunt questions!
peppermintpeggy	kristy- just be sure you take it easy and don't push yourself too hard and too fast
cmtsp	FA~Many doctors like to do this to rule out the possibility of cervical cancer
fritzi64	We'll be closing the chatroom in around ten minutes.
FA4AAL	would it be too soon to go on vacation 5weeks after surgery?
car^go	No sexual relations for me till after 6 weeks.
peppermintpeggy	doctors normally suggest taking 6 weeks before sex
fritzi64	I've removed the moderation so the conversation can move just a bit faster for you
cmtsp	FA~It could be. How active of a vacation?
Debeedo	When keeping the cervix I understand you can still have a slight monthly period - any experiences in that regard?
lilangel2009	is standing to long going to cause problem for me i wash dishes and work the registrar
FA4AAL	a 5 day cruise
kbrog524	thanks, fritzi. Good night, ladies
cmtsp	Debeedo~most experience just spotting
car^go	I have had no periods.
fritzi64	FA--I wouldn't want to be walking through an airport at five weeks
fritzi64	thanks for coming, kbrog524
peppermintpeggy	lil- how long before you will go back to work?
redbird2009	can you ladies give me one piece of advice before I head in tomorrow?
cmtsp	lilangel~it can be hard on your back at first
fritzi64	advice about anything in particular, redbird, or just anything we can think of
Kristy28	be positive..it helps with everything
redbird2009	anything
Twysmilng	by this time tomorrow, you will be in your room :)
fritzi64	Be extra nice to the nurses!
car^go	Bring a pillow for the ride home, one to sit on too helped me.
cmtsp	redbird~if it helps, I felt a sense of calm once I was checked in
peppermintpeggy	redbird---my advice is to get up and out of bed as soon as they ask you to and definitely stay positive
Kristy28	good luck redbird
lilangel2009	my said i could go back anytime but i don't want to go back to work too fast and cause more damage
kbrog524	try to stay calm and relax. it can help with pain management. ok, I am signing off for real now1
fritzi64	I gave mine chocolates and said "thank you" all the time. They were wonderful to me
peppermintpeggy	lil-don't go back too soon, standing all day will make you very tired
redbird2009	thank you all so much. This would have been so much harder if I hadn't found the site. :)

fritzi64	redbird, I look forward to seeing your first message on the post-op forum!
CreeWoman	You ladies are awesome!! I wish everyone a smooth journey!
Kristy28	good night everyone, glad I joined tonight
fritzi64	We have about five more minutes
peppermintpeggy	please, ladies, come back and let us know how you are doing
fritzi64	Kristy, you joined tonight? Just in time for our chat!
CreeWoman	yes!
fritzi64	Before everyone leaves, I'd like to thank cmtsp for being our guest speaker tonight.
bestfuture	Thanks for all the great info! Best to all of you :)
fritzi64	Thanks, cmtsp!
FA4AAL	thank you for the site and for your time
brands	Does any one know abouor pork mess for bladder repair
peppermintpeggy	you will find a lot of support on the post-op side, that's when you will really have questions about what you are experiencing
redbird2009	Thanks!
Debeedo	Thanks to everyone!
redbird2009	goodnight everyone.
lilangel2009	Thank you for this site it is helpful
Twysmilng	And don't forget to give back the support you have received :)
fritzi64	And thanks to our other hostesses who helped out as well--car^go, peppermintpeggy, and Twysmilng (and tauruslady and mjd2491 who had to leave)
Twysmilng	help the ones coming behind you :)
fritzi64	Gee, I'm definitely a partypooper!
lilangel2009	Thank you to all the hostess you helped out
peppermintpeggy	why do you say that?
fritzi64	Does anyone have any last-minute questions for us?
fritzi64	You're welcome, lilange
peppermintpeggy	you are welcome!
fritzi64	everyone stopped talking, peppermintpeggy
peppermintpeggy	lol
lilangel2009	what did you all bring to hospital with you for the overnight stay?
brands	Do you know about pork mess for bladder repair?
car^go	I over packed
fritzi64	I brought a lot of stuff--but all I used was chapstick, ipod, and slippers
cmtsp	I only used my toothbrush and chapstick, lilangel
peppermintpeggy	toothbrush, cell phone
fritzi64	I didn't have bladder repair, brands, so I don't know
fritzi64	You may want to visit our Pelvic Floor forum.
Twysmilng	I brought a supermarket tabloid
Twysmilng	u know... easy reading ;)
fritzi64	The women there would have some experience with what you're asking about
lilangel2009	would it be better to bring enough just in case they keep you more than i day?
fritzi64	I couldn't even concentrate on a sitcom for five minutes, not to mention my reading material
car^go	I did not use anything I brought! And I was loaded with everything, except the sink.

Twysmilng	yes, thats why tabloid...
Twysmilng	:)
fritzi64	I had a second bag that stayed in the car. If I'd needed it, my husband would have brought it
fritzi64	Okay, brands and lilangel2009
brands	Thanks and good luck to all.
fritzi64	I need to close the room
fritzi64	Thanks for coming
peppermintpegg y	best wishes everyone!!
car^go	Best wishes Ladies!

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 davinvc
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	Laprosopic surgeries can be subdivided into a standard procedure where the surgeon or attendants physically hold the camera and laprocopic instruments versus
tauruslady	A robotically assisted procedure where the surgeon sits at a console and utilizes a daVinci surgical system to hold and manipulate the camera and instruments.
tauruslady	It is a computerized system. The doctor has 3-D vision and a 10x magnification of the area.
tauruslady	So when you see TAH that's a total abdominal hysterectomy.
tauruslady	A TAH means that the uterus and cervix will be removed via an abdominal incision.
tauruslady	A TVH means the uterus and cervix will be removed via a vaginal incision.
tauruslady	An LAVH is a laproscopically assisted vaginal hysterectomy where the uterus and cervix will be removed via a vaginal incision.
tauruslady	A DVH or RALH are procedures where the daVinci system is used to perform a vaginal hysterectomy removing the uterus and cervix.
tauruslady	DVH is daVinci vaginal hysterectomy; RALH is robotically assisted

	laproscopic hysterectomy.
tauruslady	You may also see an S as in LSH. The S stands for supracervical.
tauruslady	This means that only the uterus is being removed, the cervix is staying intact. It is also sometimes called a partial hysterectomy.
tauruslady	So an LSH is a Laproscopic Supracervical Hysterectomy and a SAH is a Supracervical Abdominal Hysterectomy
tauruslady	A DSH or RASH would be a daVinci Supracervical Hysterectomy or a Robotically Assisted Supracervical Hysterectomy.
tauruslady	You may also hear someone say they are having a radical hysterectomy. This is different than a total hysterectomy.
tauruslady	A radical hysterectomy means that a portion of the vagina will also be removed along with the uterus and cervix.
tauruslady	Notice we haven't said anything about ovary removal, that's an oophorectomy.
tauruslady	Or fallopian tube removal, the word for tubes is salphingo.
tauruslady	So someone who is having both ovaries and tubes removed is undergoing a BSO.
tauruslady	Bi-lateral (both sides), salphingo (tubes), oophorectomy ovaries.
tauruslady	LSO or RSO means only the tube and ovary from the right or left side.
tauruslady	You can find information on these items in the Hysterectomy checkpoints on the site.
tauruslady	There are videos, checkpoints and questions for your doctor listed there.
tauruslady	My surgery was a RALH BSO.
tauruslady	**
fritzi64	Okay 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 liquid 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 weeweeks.
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 an 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

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