

Pre-Op Chat

January 14, 2010

Guest Speaker: cmtsp

peppermintpeggy	hi mss
fritzi64	and Hello MsS
MsS	Hi
fritzi64	We'll have some other folks show up pretty soon.
cmtsp	Hi nachojack
fritzi64	Hi nachojack
nachojack	Hello! I'm very new to this so be patient!
MsS	My son and I are dealing with the stomach flu right now, so I have nothing but time.
peppermintpeggy	hi nacho, welcome!
MsS	I'm new to this too, it's pretty neat
nachojack	I guess I'm in the right place for the Pre-Op chat ...
fritzi64	I'm getting some behind the scenes work done
fritzi64	but yes, this is the pre-op chat!
nachojack	Phew! I'm in Australia so it was a challenge getting the time right :)
cmtsp	Have you ladies been visiting the Pre-op forum?
fritzi64	I am very impressed that you figured out the time. That would throw me!
peppermintpeggy	what time is it in australia?
nachojack	10am Friday
peppermintpeggy	well good morning!
cmtsp	Good morning!
fritzi64	Hi urbanprincess
cmtsp	Hi urbanprincess
urbanprincess	hello:)
MsS	yes, I have been visiting the preop forum daily now for the last couple of weeks. My surgery was scheduled for tomorrow, but it looks like next week sometime may be the day
nachojack	More waiting :(
cmtsp	Hi alacia
alacia	hello
urbanprincess	I don't know about you, but the waiting is killing me!:)
cmtsp	That
cmtsp	That's the toughest time
fritzi64	For many of us, the waiting is the hard part.
urbanprincess	My surgery is scheduled for this upcoming Wed
urbanprincess	my nerves are totally frazzled
alacia	mine is on the 22nd
fritzi64	I just posted a note in the pre-op forum that the chatroom is now open. We'll wait a few minutes for others to find us and get settled in, and then we'll get started.
fritzi64	Hi alacia
nachojack	I'm Jan 20th
MsS	I was dieing last night, so much anxiety. But once the flu set in and I was at the hospital and they said my surg would have to be rescheduled..I was able to relax
urbanprincess	happy surgery!

cmtsp	Hi 2gr8dogs
fritzi64	Hi 2gr8dogs
alacia	I'm trying not to thing to much about it.
cmtsp	It's good to distract yourself sometimes
fritzi64	Hi trayne91
MsS	I cooked up a storm yesterday, that really seemed to help
cmtsp	Hi trayne91
fritzi64	and krisd and RED0531
cmtsp	Hi krisd
fritzi64	I'm glad you're all finding the room
trayne91	Hello Everyone
krisd	hi everyone
fritzi64	We'll get started soon.
cmtsp	Hi RED0531
MsS	Holy cow, look at everyone show up
fritzi64	While we're waiting for others to get here, go ahead and tell us your surgery date if you have one
trayne91	Mine is January 25th
fritzi64	And if you want, you can tell us where you live and what your weather is like :)
krisd	feb 22
2gr8dogs	1/20/10
alacia	Jan 22nd
RED0531	hi Jan 18...4 days
krisd	ga and cold
urbanprincess	Jan 19th
MsS	Jan 15th cancelled, rescheduled for maybe next Friday...waiting for doc to call
urbanprincess	cold in NYC
trayne91	Lake Geneva, WI above freezing now. snow melting cold and damp.
fritzi64	Trayne91, I'm in Waukesha, and I have the same weather you do
cmtsp	All that fog makes it so damp
RED0531	freezing on Long Island NY!!!
nachojack	Jan 20 ... live in Perth Australia ...hot, hot & more hot!
2gr8dogs	springlike in montana - almost 40 the past few days
MsS	I'm in Deerfield, WI, right outside of Madison
cmtsp	Happy summer, nachojack
alacia	Florida, cold for here.
fritzi64	What is this, Wisconsin night on HysterSisters?
peppermintpeggy	it's nice here in houston, about 60 degrees
trayne91	Yep. You're about 50 min. from me.
MsS	looks like it!
fritzi64	we broke freezing today, which was a nice change from our zero degrees from last week.
trayne91	Yes, that was horrible. I don't like so cold I can't breathe.
MsS	It felt like a heat wave, lol
fritzi64	Okay, let's go ahead and get started.
fritzi64	A few more people may show up, but we'll fit them in
fritzi64	Welcome to our live pre-op chat!
fritzi64	We are so excited that you are able to attend tonight's chat.
fritzi64	I just had my first "hysterversary," and I remember what it was like to be waiting.
fritzi64	I remember the anxiety, the questions, the worries, the excitement,...
fritzi64	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 cmtsp, one of our alumni 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 women
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.
fuzzy52	Hello
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?
RED0531	I have been using the pre-op pages a lot along with the first few weeks post op
krisd	forums and resources page
MsS	checkpoints, forums
alacia	The pre-op pages.
urbanprincess	checkpoints, forums, pre-op page
fuzzy52	I want to know about best pre-op procedures, ie colon cleanse,enema?
fritzi64	And, while you're telling us which features you've used, I'd like to point out that we will have a transcript of this chat available tomorrow.
nachojack	checkpoints, pre-op + post-op, forums
fritzi64	Thanks for sharing with us what you've used. It helps us out!
Reenski	Pre op forums
fritzi64	Okay, I've set the chatroom to moderated now.
fritzi64	Cmtsp, it's all yours!
trayne91	I have been everywhere. forums pre-op pages, post-op pages
cmtsp	Hello everyone and thanks for joining us.
cmtsp	I had my surgery a little over a year ago
cmtsp	So, I remember well what you are going through
cmtsp	I started to have severe pain
cmtsp	and found out that I probably had endometriosis
cmtsp	We decided on surgery to rule out anything more serious

cmtsp	Luckily it was just endo
cmtsp	I am happy to say that I have been very lucky
cmtsp	in that I have had a very smooth recovery
cmtsp	I ended up having a Total Abdominal Hysterectomy because of the size of my endometrioma
cmtsp	What type of hysterectomies are you all having?
krisd	lavh
trayne91	LSH by Da Vinci
ljgchgr	total da vinci
nachojack	lvah
MsS	LSH
alacia	Won't know until surgery is over.
urbanprincess	lavh/bs0
fuzzy52	TVH-BSO plus rectocele & cyctocele
Reenski	LSH
lovebeaches	TAH
cmtsp	Let's go over some of the abbreviations
cmtsp	This will help you when you are posting on the boards
cmtsp	Remember that a hysterectomy is the removal of uterus and sometimes cervix only
RED0531	supracervical (sah)?
KWin123	supracervical w/Da Vinci
cmtsp	A TAH is a Total Abdominal Hysterectomy
cmtsp	A TVH is a Total Vaginal Hysterectomy
cmtsp	Total means that the uterus along with the cervix are removed
cmtsp	LSH is a Laparoscopic Supracervical Hyst
cmtsp	LAVH is a Laparoscopic Vaginal Hyst
cmtsp	Laparoscopic means that an endoscope is used
cmtsp	This gives the surgeon a good view that allows for small incisions
cmtsp	Supracervical means that the uterus without the cervix is removed
cmtsp	DVH is a DaVinci Hyst
cmtsp	RALH is a Robot Assisted Laparoscopic Hyst
cmtsp	These last two surgeries are done with a robot
cmtsp	The surgeon sits behind a panel
cmtsp	console, that is
cmtsp	and has 3-D vision and a 10 times magnification
cmtsp	This allows for intricate work to be done
cmtsp	in a less invasive way
cmtsp	It is becoming quite popular and will be much more the norm in the time to come
cmtsp	RASH is a Robotic Assisted Supracervical Hyst
KWin123	isn't robot assisted the same as davinci?
cmtsp	and a DSH is a daVinci Supracervical Hyst
cmtsp	daVinci is robotic, yes
cmtsp	There is also Radical Hysterectomy
cmtsp	This is when it is necessary to also remove a part of the vagina
cmtsp	Ovary removal is another type of surgery
cmtsp	This is an Oophorectomy
cmtsp	Fallopian tube removal is called a Salpingectomy
cmtsp	So
cmtsp	A BSO is a Bilateral Salpingo-Oophorectomy
cmtsp	An LSO or RSO means only the left or right ovary is removed
cmtsp	You can find more info at our Hysterectomy Checkpoints page
cmtsp	We also have videos
cmtsp	As well as lists of questions for your doctor
cmtsp	**

fritzi64	Okay, we've had a few questions come through that I'd like to post.
3monkeys	My surgery is in five days. SAH. What can I do pre-op to make post op easier?
fuzzy52	my tvh+bso will be done with lap assist
maryn	is there any limitation of the uterus size that Davinci can't perform?
fritzi64	And I'd like to address maryn's question.
cmtsp	Have you had your pre-op appt yet, 3monkeys?
fritzi64	We had a special roundtable program last week with a specialist from the davinci company.
cmtsp	maryn, that is a good question
fritzi64	This was asked at that time, and although I don't recall the answer,
fritzi64	I do know that we have it in the archives from that chat.
fritzi64	I'll try to pull that up while we're here, and once I find it, I'll let you know.
fritzi64	Cmtsp, thank you for giving us an overview of the surgery types.
fritzi64	We would now like to turn to questions from you all.
fritzi64	We're going to begin with your questions about preparing for surgery.
fritzi64	Cmtsp will answer them, and so will some of the other hostesses and I.
3monkeys	Yes, I have. I guess I am looking for logistics, like things to have ready at home for my return or things to thing of ahead of time while I am fully mobile.
trayne91	I read that chat.
fritzi64	So, what questions do you have about how to prepare for your surgery?
cmtsp	I would have plenty of ready to eat meals
ljgchgr	is colon preparation always required for davinci hyst.
cmtsp	Also, 3monkeys~less can be more for checking into the hospital
trayne91	Does everyone get a catheter, even outpatient same day da vinci?
cmtsp	I only needed a toothbrush and lip balm while I was there!
cmtsp	trayne~I am not sure since your stay will be so short
3monkeys	Good to know, thank you.
trayne91	Pillows - I have read so much about getting pillows. Is it better to just use old pillows around the house to prop up on or buy the full length body pillow a lot of girls are talking about using.
peppermintpeggy	when i got home i just needed a comfortable place to rest, i preferred a recliner and made sure i had a table nearby to set my drinks and things
cmtsp	Many women rave about the full body pillows.
cmtsp	I only used smaller ones
3monkeys	I have read that climbing stairs can be bad post-op. I live in a second-floor apartment with no elevator. Should I be concerned?
peppermintpeggy	i also used a shower chair for a while, i felt unsteady standing in the shower and wasn't allowed to bathe for a couple of weeks, the shower chair saved me!
cmtsp	Stairs usually just require a slow and steady pace
cmtsp	The shower chair is the one thing I didn't have but wished that I did!
peppermintpeggy	3monkeys- ask your doc about that,mine told me no stairs at first, don't know what i would have done if i lived on the 2nd floor but i suggest you don't walk the stairs alone for quite some time
fritzi64	Maryn, I just looked at the transcript from the davinci chat, and it does sound like uterine size might be a problem with davinci--but you can talk with your doctor about that to figure out what that might mean for you. No specific size was mentioned.
trayne91	Thank you. I will ask the dr. about the cath. and will just go buy the

	full body and use what's more comfortable. At least I'll have it if I need it.
nachojack	I'm looking to hire a 'lift-assist' recliner, responses so far have been positive
trayne91	Someone stated they put a chair in the bathroom to get up and down from the toilet with and that helped a lot.
3monkeys	Where can I find a shower chair? Meidcal supply sotire?
cmtsp	Good idea, nachojack. You won't regret it!
peppermintpeggy	yes, medical supply store
fritzi64	I kept a cane in the bathroom in case I needed help getting up. I didn't use it, but I was happy to know it was there.
nachojack	Also I have to step into a bath to have a shower. suggestions?
trayne91	Where can you buy a shower chair and are they expensive?
cmtsp	Good idea, trayne. I have heard the same
fritzi64	What other questions do you have about preparing for your surgery?
KWin123	My DSH surgery is next Thursday and I'm curious if I will have the same issues as others such as the stairs and getting up and down. It is supposed to be easier with the daVinci right?
cmtsp	Slow and steady, nachojack. It shouldn't be too big of an issue.
peppermintpeggy	i think the chair was about \$35
3monkeys	The colon prep seems scary. Will it cause cramping etc.?
cmtsp	You could even just buy a small plastic stool
nachojack	I must go ... thank you all so much for the info & support! Look forward to reading the transcript. GOOD LUCK TO ALL PRE-OP's :)
cmtsp	daVinci can mean a somewhat shorter recovery, but it is still major surgery
fritzi64	THanks for joining us from Australia, nacho
peppermintpeggy	good luck nacho
KWin123	My doctor had told me I would need to do a bowel prep but my pre-op paperwork says "none ordered". What should I do? I don't want to if I don't have to!
cmtsp	3monkeys~I did not have cramping, but I suppose it could
krisd	i am having a lavh. how long should i expect to be out of work? i have an office job and sit most of the day
peppermintpeggy	kwin, call your doc and double-check, sometimes the hospital and the doc have different ideas, if you doc prefers it, then i would suggest doing it
Reenski	I have not had my pre op visit, so a bowel pre is required?
ljgchgr	how long is the davinci recovery
fritzi64	Reenski, not everyone is required to do a bowel prep
cmtsp	krisd~everyone is different. 4-8 weeks?
fritzi64	I wasn't
RED0531	I just had my pre-op appt yesterday and my dr wants me to do milk of magnesia or dulcolax suppositories
MsS	My doc said that I do not have to do a bowel prep
trayne91	Me, too, office job but have stairs to climb and I'm afraid my boss will be calling me up all day if I go back too soon.
KWin123	yeah, that is what I was thinking peppermintpeggy.
cmtsp	Reenski~Your dr will let you know
maryn	I have the pre op tomorrow, but still hesitate with the TAH, although the 2nd and 3rd suggest the same surgery
fritzi64	Maryn, are you hesitating with the type of hysterectomy or with having a hysterectomy at all?
peppermintpeggy	maryn, i had a tah/bs0
KWin123	I'm having daVinci and my doc wrote me out of work for 6 weeks.
trayne91	I bought some Phazyme as it was recommended by many on the forums for gas.

cmtsp	trayne~some women even avoid visiting their workplace. Once you are there, everyone tends to think you are ready to go!
fritzi64	As we're finishing up questions about preparing for surgery, begin thinking about questions about what to expect at the hospital and during the surgery itself.
MsS	gas pains - are these related to bowel gas or gas to expand the abdomen?
cmtsp	maryn~With three opinions, are you still unsure?
fuzzy52	Bowel prep was recommended for me , but I am also having rectocele repair
maryn	i afraid of vertical TAH , i prefer the less invasive like Davinci but no doctor said i could use it
cmtsp	KWin~Take all six if you can!
3monkeys	I am a full time graduate student, and plan to be back in classes two week post-op. I will only have classes 2 hours at a time each day. I do have permission to stay home as needed, though.
cmtsp	MsS~both
trayne91	How do some women end up with gas in the shoulder?
MsS	I bought gas x, does this really help? Should I start right away in the hospital?
trayne91	Yes, how soon should you start taking this?
cmtsp	maryn~I had the same surgery because of the size of my endometrioma. It's a long recovery, but it was necessary for me too
peppermintpeggy	trayne- i had shoulder gas pain resulting from a laparoscopy i had many years ago, my understanding is the gas travels through your system and can get lodged
fritzi64	I started taking gas-x when I started to have gas pains at home--I took it only as needed
cmtsp	Gas-X can be a big help!
Reenski	How long does surgery take, on an average
cmtsp	Reenski~what type are you having?
fritzi64	Reenski, what kind of surgery will you be having? I had a TVH and it was around 90 minutes.
cmtsp	My TAH was about an hour and 45 min
cmtsp	MJ~Do you have any input on when it is safe to start vacuuming?
fritzi64	The davinci can take a bit longer.
Reenski	I think ralh
KWin123	my DSH should be 4 hours I was told.
urbanprincess	were you able to call your family/friends right aftr the anesthesia wore off?
ljgchgr	How soon after the davinci hyst is the patient ambulatory
peppermintpeggy	once you are in your room, you should be able to make calls, probably can't make them in the recovery room
cmtsp	urbanprincess~you may be a bit out of it for phone calls
cmtsp	ljg~you will be up and walking the same day
maryn	with the TAH, when we can bend or carry stuff ?
cmtsp	maryn~your doctor will give you your personal restrictions
2gr8dogs	how long after lavh are you ambulatory in the hospital?
peppermintpeggy	bending is tricky, you won't want to for a while, i was told not to carry over 10 lbs until my post-op appt
cmtsp	For most surgeries, you will get up the same day, for others, the next
RED0531	mods, any experience with a morphine pump?
MsS	Any women here with small children (infant/toddler) to take care of?
cmtsp	I had a pump
fritzi64	RED, I didn't have a morphine pump

fritzi64	MsS, we have an article in our Post-op resources that gives suggestions for recovering with small children.
peppermintpeggy	i had an epidural with a pump allowing me to give myself a boost when needed, it stayed in for 4 days
alacia	I have a 4 year old. I was wondering the same thing MsS
trayne91	Are you talking about pain pumps inserted into the body that are removed later? I just want to be clear. my husband had one during shoulder surgery and not sure if the same kind of thing but different.
Reenski	CMTSP How did you feel the second week?
cmtsp	I was lucky, Reenski. I did not have pain once I left the hospital. I just had to move slowly.
mjd2491	I had a pain pump in the hospital
peppermintpeggy	trayne, the pain pump is more likely in your IV or, as in my case, in the spine as an epidural
MsS	I have a 9 month old, and was trying to come up with ideas to make life easy. Like camping out in the livingroom.
mjd2491	They called it a PCA device. Basically, it is an IV and you have a button to push every so often
3monkeys	is a pain pump standard?
mjd2491	I could push mine every six minutes. It gave me a measured amount of fentanyl each time
trayne91	okay. so press the button when needed kind of thing in the hospital.
cmtsp	MsS. Many women camp out in the living room. I lived in my recliner
RED0531	my dr says I will have a morphine pump that I can push for meds
mjd2491	3monkeys -- not necessarily standard
maryn	i will be at hospital by myself, how i handle pain mngmt after the surgery, is the staff know what i need?
mjd2491	Frankly, I didn't like it much. I would push the pump, then doze off, then wake up with everything worn off. Painful!
fritzi64	Maryn, I had a nurse call button, and whenever I started to feel uncomfortable, I would call the nurse and ask for more pain meds
fuzzy52	Does additional repairs, rectocele and cyctocele cause longer hospital stay?
peppermintpeggy	my experience was that the staff was great and very "pro pain relief", they want you to be pain-free as much as possible
mjd2491	I did much better when they switched me to oral pain meds.
mjd2491	fuzzy52 - it depends.... not always a longer stay
trayne91	is everyone under general anesthesia even with spinal or epidural? You weren't awake were you?
mjd2491	I had a TAH and also a panniculectomy (sort of like a tummy tuck), stayed in 3 nights
peppermintpeggy	i was completely under anesthesia
fritzi64	Trayne, my best friend had a hysterectomy a couple weeks ago. She had both a spinal and general.
mjd2491	trayne91 - you usually are not awake.
RED0531	will have general
cmtsp	trayne~some women only have a regional, but most are general
fritzi64	Let's start moving on to your recovery.
fritzi64	What are your questions about what to expect as you recover from surgery at home?
MsS	Not sure what happened, chat closed out, so I missed some of the convo. Will I be able to look back and see what I missed?
ljgchgr	How soon after the davinci hyst is driving allowed
alacia	I'm wondering how long after surgery it will be before I can care for my kids without help.
cmtsp	Yes, MsS

cmtsp	Usually two weeks to drive
peppermintpeggy	alacia- what type of surgery?
fritzi64	Alacia, that's a great question to ask in our Pre-op forum. You'll be able to hear from other women how much time they needed help after their surgeries.
3monkeys	IS driving always a "no?"
alacia	I won't know until it's over. Hopfully just THA/BOS
trayne91	does everyone has some type of discharge/bleeding/or drainage?
krisd	will i need someone with me at all times the first few days after a lavh and i am having some kind of bladder repair(not sure what kind yet)
cmtsp	3monkeys~definitely get the all-clear from your dr
peppermintpeggy	alacia, it really will depend on the type of surgery, you won't be able to lift your kids for a while
fritzi64	3monkeys, my doctor told me I had to be off my pain medications and able to stomp on the brake without it hurting. I drove for the first time at 10 days post-op, and even though it was only one mile, it felt like it was too soon.
peppermintpeggy	i had discharge for about 4-5 weeks after, not heavy but needed a small pad
cmtsp	krisd~I was alone after surgery. Slow and steady...and always accept help that is offered!
MsS	I was wondering about, bleeding/discharge too.
fritzi64	I had discharge for almost six weeks. Some women have almost none.
alacia	It's so hard to prepair when you don't know exactly what will happyen
cmtsp	trayne~six weeks for me too
KWin123	Me too! I keep forgetting to ask! Will I bleed after like a period?
Reenski	When did feel like you were back to your self again
fritzi64	Alacia, it is hard to know what to prepare for. For me, waiting for surgery was harder than recovering.
cmtsp	KWin123~that varies.
MsS	What causes "swelly belly"?
ljgchgr	how does the recovery compare to recovery from having a baby-natural birth
cmtsp	Reenski~I would say about three months
peppermintpeggy	reenski- for me it really took quite a while (months) to feel like myself completely
trayne91	My mother in law wants to come to help for 2 weeks but I didn't think necessary, do you? She's getting older and has a 2 hour drive. I didn't want her to be out if not need someone here by my side all day for that longer. Hubby is staying home with me for 2 days.
alacia	It youth an advantage in recovery?
cmtsp	MsS~swelling is a reaction during healing. Even dissolving stitches cause it.
fritzi64	My worst swelly belly was at 3-4 months.
peppermintpeggy	ljg- i would say the recovery is completely different than childbirth, for me the hyst recovery was much harder, of course i was 21 having a kid and 40 having a hyst!
fritzi64	I was becoming more active, and that caused me swelling. It was a signal to rest.
fritzi64	What other questions do you have about recovery?
peppermintpeggy	trayne- you might enjoy a little extra care at first
cmtsp	trayne~it is possible to do it alone. I was okay. Maybe have her come if your recovery is going slowly?
fritzi64	We'll also be discussing hormones and a return to intimacy, so feel

	free to begin sending in your questions about that.
fuzzy52	Hormones, I've had to avoid them since my mother died of Breast Cancer, and want to know if there is anything safe for menopause side-effects
fritzi64	fuzzy52, have you seen our menopause forums?
fritzi64	There's one specifically for women who cannot use HRT, and that would be a great place to get some suggestions.
fuzzy52	No, none of the forums yet
trayne91	How often does the ovaries going to sleep happen after surgery?
krisd	how common is it for ovaries to stop working after surgery
fritzi64	My ovaries went to sleep for about 9-10 months, but they seem to be back to normal now.
Reenski	yes I had breast cancer and will not be able to use them
cmtsp	trayne~that is quite typical and lasts days, weeks, or even months. Three months for me.
MsS	My mother also passed from breast cancer, and my sister was diagnosed at an early age. I am keeping my ovaries.
fritzi64	We have quite a few resources here.
cmtsp	krisd~my ovary does not function quite the same, but enough that I can avoid hrt.
fritzi64	The blue menu bar at the top of the screen (don't click now or you'll log out of the chat) will take you to articles as well as give you a link to our discussion forums.
Reenski	I was struggling with taking my ovaries but I am keeping them so I don't go crazy
MsS	when your ovaries "sleep", can only one sleep and the other still work? Wishful thinking. :) Do you go into full menopause symptoms when that happens.
trayne91	Do they prepare you for that? Did you have to take anything to help with symptoms or are you on your own until they come back to work?
fritzi64	I exhibited quite a few symptoms of low estrogen, so I was put on a low-dose daily estrogen pill to help me manage.
cmtsp	When mine was asleep, I had some menopausal symptoms, though not terribly severe
fritzi64	WE have a couple questions ready to come through about a return to intimacy.
cmtsp	trayne~great question for your dr!
fritzi64	I'd like to remind you that this is a PG-rated website, so please keep that in mind as you are asking about intimacy-related issues.
ljgchgr	If you have cysts in your ovaries how do they keep them from bursting when removing your uterus
alacia	Did you feel any changes to sex drive?
3monkeys	What about intimacy with the DH? I know we will need clearance from the DR. but are there other options we can employ without intercourse?
cmtsp	ljgchgr~Have you spoken to your dr about removing them?
RED0531	Reenski I was having the same struggle and decided to keep them. My mother went into menopause a month after her hyst at age 45. Her ovaries never worked again. I am scared that will happen to me, but I am only 41.
krisd	will it feel different down there for my dh
fritzi64	Alacia, some women do experience a change in sex drive.
peppermintpeggy	my understanding is that having an orgasm early-on might not be a good idea, it's really best to wait until your doc clears you for sex
cmtsp	3monkeys~drs vary on the issue of outercourse
fritzi64	Sometimes it takes quite a while for women to regain a sense of

	normal sexual urges.
ljgchgr	yes but I wasn' sure how they're prevented from bursting when the ovaries and uterus are removed
cmtsp	krisd~most men feel no difference
peppermintpeggy	some women report that their dh says it feels different but most say it does not and that all is well
cmtsp	ljgchgr~you are having your ovaries removed then?
ljgchgr	yes, the ovaries will be removed
MsS	I have had 2 ovarian cysts removed. I would assume they would remove the cysts first, but I would ask your doc.
3monkeys	While I know that this is going to be a huge undertaking to heal, I wonder if there is something for my DH? He probably feels a little puzzled about all of this. We communicate well, and he is supportive, just want him to be okay throuh all of this too.
Reenski	RED0531 I am 50 and have been feeling symptoms but still my gut is telling me to keep them.
cmtsp	ljgchgr~your dr can probably describe what is done to prevent this from happening
cmtsp	3monkeys~there is a forum for men--misterhystersisters!
peppermintpeggy	have your dh go to misterhystersisters.com, it will help tremendously!
ljgchgr	ok i'll ask at the pre-opt
RED0531	all my bloodwork shows I'm not even close to peri-menopause, so I am keeping them
fuzzy52	Will orgasm feel different?
trayne91	any changes in wetness?
3monkeys	Is there I link I can pass on to him?
cmtsp	fuzzy~mine feels the same
peppermintpeggy	misterhystersisters.com
fritzi64	fuzzy, orgasm feels different to me
cmtsp	trayne~this varies for me depending on the day of my cycle
mjd2491	fuzzy - that's soooo individual. I have to admit mine are very different. Still nice, but different.
3monkeys	Thank you! I am loggin of now, your input has been very meaningful!
fritzi64	Thanks for coming, 3monkeys
Reenski	RED0531 - I think that is a good idea
fritzi64	Okay, I'd like to remove themoderation from the chatroom now.
fritzi64	What other questions and concerns do you have for us?
Reenski	This was the best place I have been today! Thank you and God Bless to everyone
fritzi64	We'll keep the room open for another 25 minutes or so, so feel free to ask away!
cmtsp	that's great!
fritzi64	You're welcome Reenski
maryn	Thank you all, that's very helpful
ljgchgr	I'm logging out now, but it has been very informative, thanks!
trayne91	will I be prone to problems sooner in life like with bladder, etc.
peppermintpeggy	best wishes ljg!
cmtsp	Goodnight ljgchgr!
maryn	Good nite
MsS	This was very informative, I still feel nervous. I know it's normal, but does anyone feel that coming here too often preop makes you more nervous?
peppermintpeggy	trayne, i have had bladder issues since surgery- a bit of leaking but not too bad
krisd	what kind of restrictions should i expect with bladder repair.

fuzzy52	The reason I'm having a tvh-bso is because of bladder and incontinence problems
alacia	Feels very overwhelming to have to deal with all these issues.
fritzi64	krisd, you might expect some additional lifting restrictions
trayne91	the more i know the better i feel prepared
peppermintpeggy	mss-i understand that feeling but hopefully being better informed will make it a little easier for you
fritzi64	alacia, it is overwhelming
RED0531	I'm still having issues with sex afterwards, everything is so overwhelming and that is an added "stress" to think about. We have a great relationship and I don't want that to change in the bedroom.
fritzi64	I felt overwhelmed, too, although I found a lot of comfort by posting in the pre-op forum and finding out that other women were feeling the same way.
trayne91	I dont want any surprises
MsS	I love and appreciate all that I have learned here, I think that I just think about all of this too much. I need to focus on other things too...if that's possible :)
fritzi64	Unfortunately, there are no guarantees. Most women do well, but some experience complications.
peppermintpeggy	it's hard not to think about it 24/7, isn't it? i know i did
fritzi64	That's why it's important to get second opinions, to be very sure this is the right option for you.
alacia	You think this will happen maybe when your older not now.
MsS	It is consuming my life right now, lol, maybe once I get my new surgery date I will feel better.
fuzzy52	to Krisd,The restrictions I will have is lifting no more than 5 lbs after hysto with bladder tie up and bladder neck sling.
trayne91	i have read forum posts of increased sex drives and hubby's can't keep up and it's better than ever. hope mthat happens to me!
peppermintpeggy	i want to encourage you all to be sure and do as much walking as you are instructed to do after surgery, it really makes a huge difference
RED0531	thank you for this tonight. I am getting more and more nervous every day
fritzi64	I was incredibly nervous when I actually got to the hospital.
MsS	tray..I hear ya
RED0531	I've known for over 2 months it is coming, and have been fine up till this week
cmtsp	I actually was calm once I checked into the hospital
fritzi64	Here was the most awesome thing, though: when I was on the operating table, the nurse covered me with piles and piles of warm blankets.
peppermintpeggy	trayne- i noticed a huge jump in my sex drive immediately after (even in the hospital) it was weird but nice:)
fritzi64	and I felt so comforted.
fritzi64	Next thing I knew, I was waking up in recovery.
mjd2491	trayne91 - some of those posts about increased sex drive are from very new post-ops who are experiencing hormone fluctuations. The sex drive usually goes back to normal soon thereafter.
alacia	Thank you for all the info. Goodnight
cmtsp	Goodnight!
fuzzy52	Thank you so much, the forum was great.
krisd	i think i am more nervous now that i have a date and it's over a month away
peppermintpeggy	best wishes alacia
mjd2491	In my case, I had the spike in sex drive, then my sex drive went

	"bye-bye" for several months.... and I kept my ovaries. :(
trayne91	I seen that but the encouraging one are the ones who are still riding it 15 years later. I got to have something to look forward to other than holes in my abs. heh? wishful thinking. I know. Just throwing some positive out there.
krisd	i feel like i need to find out everything i can
KWin123	even if the surgery is not done vaginally there will be restrictions?
peppermintpeggy	kwin- do you mean sex restrictions?
fuzzy52	Goodnight all. And God bless you in all your recoveries and mine too, 2 weeks away
cmtsp	Yes, KWin123. Abdominal surgery can be an even longer recovery
trayne91	I think about it all day long, too. 24/7. I think because it's so major. I more nervous know than when I had my heart ablation.
peppermintpeggy	goodnight fuzzy
peppermintpeggy	best wishes
cmtsp	Goodnight fuzzy
fritzi64	And no matter what surgery type you have, you'll have internal stitches that need to heal.
KWin123	yes, sexual restrictions. I am having DSH.
MsS	heading to bed, fever's back bye everyone...thanks again
peppermintpeggy	night mss, best wishes!
fritzi64	goodnight MsS
cmtsp	Take care, MsS!
trayne91	Does anyone know what percentage of da vinci's get switched in the middle?
KWin123	trayne, that is possible???
fritzi64	Trayne91, there's a chart about that in our chat transcript from last week!
cmtsp	I do not know, trayne.
peppermintpeggy	kwin- yes there are sexual restrictions no matter what type of surgery
fritzi64	I'll go take a look.
KWin123	I was afraid you were going to say that :(
trayne91	Thanks. I know it happens but didn't remember seeing that. I will ask the dr. too so I know what would cause it and what my chances of that happening are. I was kind of worried about that also.
trayne91	Sorry, Kwin123
peppermintpeggy	we haven't talked much about returning to work but i want to mention that i encourage everyone to take off as much time as your doc suggests, trying to go back too soon can be very difficult
cmtsp	Fritzi is looking it us for you, trayne
fritzi64	Trayne, it looks like it's under 10% that get converted.
trayne91	good number. thanks.
trayne91	what about the tummy binder? is that a necessity?
fritzi64	KWin, some doctors ask you to have total pelvic rest.
cmtsp	Good suggestion, peppermintpeggy, I agree!
inedhelp101	talking about work, i have some people trying to rush me out of the hospital and encouraging me to get to moving around quick
fritzi64	even sexual arousal brings an increase in blood flow to the area, and that can be troublesome for tissue that is still healing
cmtsp	I liked having a binder to keep some of the pressure off of my back muscles.
peppermintpeggy	moving around quickly is one thing, but going to work full time and not being able to rest during the day is quite trying, and if you have a stressful job it is especially difficult, at least it was for me
fritzi64	inedhelp, this is your recovery, and you need to work with your doctor--no one else gets a vote in how quickly you do things!

ineedhelp101	i had a fluid drained from a cyst in 2006 with abdominal surgery , laproscopy was not an option for me, it took me almost 10 weeks to recover
mjd2491	I used a tummy binder (provided by the hospital) and I loved it.
trayne91	does it squeeze too much and hurt the incision or it like velcro and you can adjust the squeeziness?
mjd2491	It's like the binder sold in the Hyster Sisters store.
cmtsp	mine had velcro
mjd2491	trayne - it's velcro and adjustable
mjd2491	:)
krisd	thanks for all the great advice. good night all
mjd2491	It gave great support (actually felt wonderful) and it held all of my bandages in place so there was no need for tape
trayne91	what about birth control. do you take this up until surgery?
cmtsp	good night krisd
mjd2491	trayne - ask your doctor about that -- good question
peppermintpeggy	i didn't use a binder, i found it much more comfortable to wear loose clothes and panties, but that is different for everyone and i did have a very long abdominal incision
ineedhelp101	what are some other options for meds after i leave the hospital in 2006 i went thru at least 5 scripts and still was not able to keep anything down
peppermintpeggy	best wishes kris!
cmtsp	ineedhelp~since you have issues with this, your dr can give you the best advice
ineedhelp101	everything either makes me vomit or hallucinate
mjd2491	ineedhelp101 - what sort of meds? Pain meds?
ineedhelp101	yes pain meds
mjd2491	In all honesty, some of us need very few pain meds.
mjd2491	But of course, most need them at least for a while. Many use just OTC meds, though -- and it works OK.
ineedhelp101	otc after having your abdomen cut in half
mjd2491	You may only really require narcotic meds for a few days.
fritzi64	I did okay with mostly ibuprofen
cmtsp	I took nothing once I left the hospital, ineedhelp, so it varies a lot from person to person
RED0531	thank you for all the help. Monday will be here sooner than I can blink!
mjd2491	ineedhelp -- well.... yes. You might also look into the On-Q system -- it's a ball of medicine which sits under your incision
cmtsp	Best wishes to you RED0531!
peppermintpeggy	best wishes for monday red, please come back and let us know how you are doing
mjd2491	The On-Q system gives good pain relief with no narcotics and it's also not ingested.
RED0531	i will. thank you
ineedhelp101	I will note that an ask about it , is this like a pain patch
mjd2491	No, it's a little ball that lies under the incision.
mjd2491	I think there are some threads on it at Hyster Sisters -- try doing a search.
fritzi64	Okay, we'll be closing the room in about five minutes.
2gr8dogs	Thank you ladies for taking the time to share your wisdom with us. "Talking to" and reading information from real people is very helpful and reassuring.
fritzi64	What other questions/concerns do you have?
fritzi64	I'm glad you all could come, and before everyone leaves, I'd like to thank cmtsp for being our guest speaker tonight!

ineedhelp101	she offered me something in my spine, but I have doctors reports of 2 herniated disks and I don't want anything done in that area
cmtsp	You're welcome
trayne91	I cleared out and drawing a blank. Thank you all so much!!! This site has been so helpful and everyone is so great to share their experiences with us. Thank you!
peppermintpeggy	thank you cmtsp!
ineedhelp101	my surgery is tuesday and I feel like I am way behind the 8 ball
peppermintpeggy	you are welcome, trayne, keep us posted on your recovery
trayne91	I will. good night everyone!
cmtsp	Good night!
ineedhelp101	no other women around or family to talk to so i really need help understanding everything
fritzi64	ineedhelp, that's what this website is for!
cmtsp	Keep coming back, ineedhelp. The women here are great!
ineedhelp101	will there be another time to chat like this tomorrow since everyone is leaving?
fritzi64	when is your surgery?
fritzi64	we have another chat scheduled two weeks from tonight
peppermintpeggy	i truly don't know how i would have made it through without this site during recovery!
ineedhelp101	this coming tuesday
KWin123	Thanks for all the info! I was distracted by the kids tonight during the chat so I couldnt participate much but I am glad I can read the transcript! This site is awesome!!
fritzi64	we have no live chat time scheduled before then
fritzi64	Have you posted in the pre-op forum yet?
peppermintpeggy	have you been using the pre-op forums?
fritzi64	All you need to do is post something saying
fritzi64	that you're scared
fritzi64	or have a question
ineedhelp101	i found some great info and i have taken some good notes, just concerned about the meds
fritzi64	and you'll be surrounded by other women who will help you on your way
ineedhelp101	in the pre op forum where do i find that
fritzi64	http://www.hystersisters.com/vb2/forumdisplay.php?f=23
ineedhelp101	is that the form they requested I fill out when i signed up today
ineedhelp101	thanks for the link
fritzi64	Oh, you're a brand new sister!
cmtsp	There is also a tab at the top of this page
fritzi64	When you log in, click on the Forums tab at the top right of the screen.
ineedhelp101	yes just found the site today...totally frustrated cuz i had no one to talk to
peppermintpeggy	so glad you found us!
fritzi64	That will give you a list of all the forums, and one of the early ones is Pre-op
ineedhelp101	thanks so much for that tip
fritzi64	peppermintpeggy, mjd2491, and I are all hostesses in the pre-op forum, and we'll look for you
fritzi64	okay, ladies
fritzi64	the chatroom needs to close
ineedhelp101	thanks is it at any special time?
KWin123	I keep my booklet I got in the mail next to my bed with a pen and paper for notes. Awesome!
peppermintpeggy	the forums are open 24/7

fritzi64	no, it's a discussion forum that's always open--not live like a chat, but someone is always around to help out
ineedhelp101	thanks so much all of you! God Bless
fritzi64	Thanks for coming KWin
cmtsp	Take care!
peppermintpeggy	best wishes to you all!
fritzi64	and good luck ineedhelp
KWin123	Thank you fritzi
KWin123	Goodnight all! :)

Chat Transcript Produced by [AddonChat Java Chat Software](#)