

# Pre-op Chat

January 28, 2010

Guest Speaker: tauruslady

fritzi64	Hi speppers
cmtsp	Hi speppers
tauruslady	Hi speppers, welcome to the chat
speppers	Hello
fritzi64	Take a few minutes to get yourself settled in. We'll have people coming in over the next few minutes and then we'll get started.
speppers	thanks
fritzi64	When is your surgery scheduled?
speppers	Feb 18th
speppers	planning on the Da Vinci..
cmtsp	oh good
fritzi64	Hi dbrand
cmtsp	Hi dbrand
speppers	Doc says there is a 25% chance I will still have to be an abdominal
dbrand	Hi!
speppers	Hi
tauruslady	Hi dbrand.
dbrand	Hi to all.. My first Chat!
cmtsp	When is your surgery, dbrand
fritzi64	We'll be quiet for a few minutes here, but then we'll get started.
speppers	this is my second.. but the first on pre op
fritzi64	were you at our davinci roundtable chat?
speppers	yes
dbrand	No
speppers	that's what made me go for it
fritzi64	Did that help you understand what to expect, do you think?
fritzi64	oh, I guess so?
fritzi64	Hi inspiringmind
cmtsp	Hi inspiringmind
inspiringmind	Hello!
speppers	Still a nervous wreck...
fritzi64	dbrand and inspiringmind, when are your surgeries scheduled?
inspiringmind	2/23
dbrand	Mine is postponed till maybe late March
dbrand	Iron to low....
fritzi64	I had three months between getting my surgery scheduled and the actual surgery date
fritzi64	due to scheduling, my choice, but it was a long wait
speppers	I have been pondering having it done since October
fritzi64	It was such a relief to me to have the date on the calendar, and it was an even bigger relief to finally be past the surgery
dbrand	Yes, I would much rather get it over with than waiting...
speppers	I bet.. but the closer I get my stomach churns a little more
cmtsp	Hi Panthera
fritzi64	Hi Panthera
inspiringmind	I was so happy to get my date. Things happened pretty fast for me after I saw a new Ob/Gyn
Panthera	Hello
inspiringmind	Hi Panthera

dbrand	Hello Panthera
Panthera	Hello : )
speppers	hi
Panthera	how is everyone this evening?
speppers	ok.. and you?
inspiringmind	Doing well here....cold!
dbrand	Yes, cold...
Panthera	hanging in there..cold as well
cmtsp	good, thanks!
fritzi64	It's cold here, too, in Wisconsin
dbrand	Yes, I am in WI also.
speppers	Im in Atlanta we actually had a really nice day...
Panthera	Virginia here
inspiringmind	I am in Ohio
fritzi64	Hi davincisister
fritzi64	I'm in the Milwaukee area
cmtsp	Hi davincisister
inspiringmind	hi davincisister
speppers	hello
davincisister	HI
dbrand	Hi davincisister..
fritzi64	It looks like we have a few more people on the way, so I'd like to wait just a moment more for them to show up.
inspiringmind	ok
Panthera	ok
fritzi64	Did anyone bring snacks or drinks to the chat tonight? :)
speppers	just water.. trying to get off the diet coke
inspiringmind	I just went to the bathroom and I don't want to have to get up again. LOL
Panthera	I am thinking this is the last couple of days that I will be cold. Not sure if I should be sad about that or not..lol
dbrand	Water here also..:)
cmtsp	My water is off for the night, unfortunately
davincisister	I'm in a cold thunderstorm aw
fritzi64	Oh, I always have to use the bathroom at least once during chats, since I always have a drink sitting right next to me
speppers	oh sorry
fritzi64	I have water with lemon slices in it
fritzi64	Okay, I think we can get started.
fritzi64	Welcome to our live pre-op chat!
fritzi64	We are so excited that you are able to attend tonight's chat.
fritzi64	It was over a year ago that I was preparing for my own hysterectomy,
speppers	thanks... so glad I found this site!
fritzi64	yet 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 some 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	After her "presentation" we'll ask for questions about...
fritzi64	....preparing for surgery...
fritzi64	.... recovering at home...

fritzi64	....hormones....
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?
davincisister	I've used chedkpoints
dbrand	Forums mostly
Panthera	all of the above
Panthera	accept videos
Panthera	except
speppers	I have been in the Davinci chat
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.
fritzi64	The videos definitely aren't for everyone!
davincisister	there's a davinci chat
davincisister	?
speppers	there was one a while back
fritzi64	yes, and in fact we will be having one next week, specifically to discuss the da Vinci surgery as an option
fritzi64	and it is archived on our chat page if you'd like to look at it
fritzi64	Okay, the chat room has now been set to moderated.
davincisister	thanks
fritzi64	Before I turn it over to our guest speaker, I'd like to introduce some folks to you.
fritzi64	If you look over on the right of the chat window, you'll see some members with blue "pawns" in front of their names. They have been members of our HysterSisters hostess team and will be helping to answer your questions and share their own experiences.
fritzi64	Tauruslady, it's all yours!
tauruslady	Thank you Fritzi64.
tauruslady	Hi! My Hystersister's name is TaurusLady. You can call me G since it is shorter than my full name or my screen name. I am a hostess on the Pre-Op forum.
tauruslady	I sometimes help on the Cancer Care forum with endometrial cancer questions and am helping with this week's Post-Op Recovery Thread
tauruslady	I am married, almost 30 years now. No children. I work in Information Technology. I have Project Managers and Help Desk personnel that report to me.
tauruslady	I was unexpectedly diagnosed with endometrial cancer after a D&C. I had very little time to find out about surgery, recovery and what to expect. It

	<b>ended up 3 weeks from diagnosis to surgery.</b>
<b>tauruslady</b>	<b>I remember in my Pre-Op time I was terrified of what was going to happen after surgical menopause. Also would there be more cancer and just overall how was I going to cope.</b>
<b>tauruslady</b>	<b>I definitely appreciated the Hysterectomy Checkpoints. The Pre-OP and Post-Op articles are also be helpful.</b>
<b>tauruslady</b>	<b>I had a Robotically Assisted Laproscopic surgery (daVinci). It was a total hysterectomy removing uterus &amp; cervix.</b>
<b>tauruslady</b>	<b>Both ovaries and tubes were removed as well; along with lypmh node dissections (pelvic and peri-aortic) and a pelvic wash to look for any possible cancer s</b>
<b>tauruslady</b>	<b>Well enough about me, now I have a question for you.</b>
<b>tauruslady</b>	<b>What kind of surgery are you going to have?</b>
<b>Panthera</b>	<b>TLH / BSO</b>
<b>speppers</b>	<b>Davinci.. at least I hope so .. uterus and cervix</b>
<b>davincisister</b>	<b>Mine is obvious, everything is going.</b>
<b>dbrand</b>	<b>TAH, but still deciding what to have removed other uterus...</b>
<b>tauruslady</b>	<b>Thanks everyone!</b>
<b>tauruslady</b>	<b>We have different types of surgery out there so to make it easier for you on the forums, since most people use abbreviations, I'm going to go over them now.</b>
<b>tauruslady</b>	<b>We'll start with hysterectomy types, remember the word hysterectomy only means the removal of the uterus and cervix.</b>
<b>tauruslady</b>	<b>Hysterectomies can either be done abdominally (A) or laproscopically (L)</b>
<b>tauruslady</b>	<b>Laproscopic surgeries can be subdivided into a standard procedure where the surgeon or attendants physically hold the camera and laproscopic instruments versus</b>
<b>tauruslady</b>	<b>A robotically assisted procedure where the surgeon sits at a console and utilizes a daVinci surgical system.</b>
<b>tauruslady</b>	<b>The surgeon controls the surgical instruments via the computerized system. He has 3-D vision and 10x magnification of the area.</b>
<b>tauruslady</b>	<b>So when you see TAH that's a total abdominal hysterectomy.</b>
<b>tauruslady</b>	<b>A TAH means that the uterus and cervix will be removed via an abdominal incision.</b>
<b>tauruslady</b>	<b>A TVH means the uterus and cervix will be removed via a vaginal incision. No laproscope is used.</b>
<b>tauruslady</b>	<b>An LAVH is a laproscopically assisted vaginal hysterectomy where the uterus and cervix will be removed via a vaginal incision.</b>
<b>tauruslady</b>	<b>A DVH or RALH are the daVinci system procedures where the uterus and cervix are removed vaginally</b>
<b>tauruslady</b>	<b>DVH is daVinci vaginal hysterectomy; RALH is robotically assisted laproscopic hysterectomy.</b>
<b>tauruslady</b>	<b>You may also see an S as in LSH. The S stands for supracervical.</b>
<b>tauruslady</b>	<b>This means that only the uterus is being removed, the cervix is staying intact. It is also sometimes called a partial hysterectomy.</b>
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<b>tauruslady</b>	<b>So an LSH is a Laproscopic Supracervical Hysterectomy and a SAH is a Supracervical Abdominal Hysterectomy</b>
<b>tauruslady</b>	<b>A DSH or RASH would be a daVinci Supracervical Hysterectomy or a Robotically Assisted Supracervical Hysterectomy.</b>
<b>tauruslady</b>	<b>You may also hear someone say they are having a radical hysterectomy. This is different than a total hysterectomy.</b>
<b>tauruslady</b>	<b>A radical hysterectomy means that a portion of the vagina will also be removed along with the uterus and cervix.</b>
<b>tauruslady</b>	<b>None of this covers ovary or tube removal. The term for ovary removal is an oophorectomy.</b>

tauruslady	The medical term for the fallipian tubs is salphingo.
speppers	wow that's a lot to remember!
tauruslady	So someone who is having both ovaries and tubes removed is undergoing a BSO.
tauruslady	yes it is but you'll get the hang of it
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	**
fritzi64	okay,
fritzi64	let's go ahead and move to your questions
fritzi64	We'll cover several different topics tonight.
fritzi64	Let's begin with your questions about how to prepare for your hysterectomy.
fritzi64	What questions do you have for us about how to prepare?
speppers	What kind of medicines can I take ?
cmtsp	That's a great question for your doctor. They will let you know when to stop taking meds, vitamins, etc.
speppers	they told me 2 weeks prior.
speppers	My last cycle will be next week and seeing that I cant take Motrin I know I am going to be in a lot of pain that Tylenol will not help
cmtsp	I had to do the same, speppers
fritzi64	I had a pre-op phone call with my hospital and was given all the instructions about medications and other preparation
dbrand	Don't have any questions really regarding prep.. just having a hard time deciding what type of hysterectomy to have, ovaries, cervix, or not..
cmtsp	those are big decisions, dbrand
cmtsp	There are many benefits to retaining even one ovary
tauruslady	I had a visit at the hospital for the blood draw that gave me information.
speppers	what did they give you CMTSP?
Panthera	I was told to stop aleve 4 days prior and that it was ok to take multi vitamins up until that day
tauruslady	I had so much anxiety I wish I would have checked on how close I could take xanax
dbrand	Yes, I know and everyone has to make that decision
speppers	Yes My anxiety is sooo high!
cmtsp	speppers~you mean for discomfort before surgery?
Panthera	taurus I was told I could take xanax that morning just to let themknow.
speppers	yes..
cmtsp	I just used Tylenol 8-hour. It worked okay. Enough to take the edge off.
speppers	My periods are so painful that I am just worried and of course I am already a nervous wreck anyway
Panthera	I have pretty severe sciatica so I am a little worried about not taking my aleve for four days
tauruslady	dbrand - the Dr. is leaving it totally up to you? Since I had cancer dx I had very little choice. Luckily I found my gyn-onc who could / would do daVinci
dbrand	Yes, I have a large Fybroid.. so it is my choice..
cmtsp	speppers~I would get terrible pains too. It really did help to have something I could take though
fritzi64	I had small fibroids that were causing intense pain. The last week before my surgery was difficult without any ibuprofen, but I did have a prescription of darvocet that helped some.
Panthera	speppers I wonder if you could drink chamomile tea. that might help. it is

	<b>an antispasmodic.</b>
<b>speppers</b>	<b>I have decided to leave my ovaries..and Dbrand I have the same problem</b>
<b>cmtsp</b>	<b>Peppermint tea is also an antispasmodic</b>
<b>Panthera</b>	<b>the darvocet was ok to take up until the surgery date Fritzi?</b>
<b>fritzi64</b>	<b>Yes, for me it was. But it's really important to ask your doctor, just to be sure.</b>
<b>speppers</b>	<b>My doctor says that I have a few years before menopause sets in so she thinks I would be best to not face menopause unless I have to right now</b>
<b>Panthera</b>	<b>my doctor hasnt said anything about meds before surgery. the pre-op nurse did.</b>
<b>dbrand</b>	<b>If the ovaries end up shutting down after surgery anyway.. is there really any benefit.. my doctor just talks like they are mostly just a risk for cancer later on.</b>
<b>cmtsp</b>	<b>dbrand~I have one ovary. It doesn't function quite like it used to, but boy am I glad that I still have it.</b>
<b>speppers</b>	<b>Do they ovaries always shut down?</b>
<b>fritzi64</b>	<b>My ovaries went to sleep and didn't really start to wake up until about nine months post-op.</b>
<b>cmtsp</b>	<b>It was about three months before my ovary started to function again</b>
<b>tauruslady</b>	<b>dbrand - Drs will talk that way but if you aren't post-menopausal than surgical menopause can be no fun</b>
<b>tauruslady</b>	<b>Many people say if the organ is healthy leave it but we've seen members who later did have to have ovaries or cervix removed....</b>
<b>fritzi64</b>	<b>And ovaries continue to produce a low level of hormones well after menopause, so even if you don't think they're working, they still are a little bit. Mine were within normal levels but were not normal for me</b>
<b>dbrand</b>	<b>My doctor makes it sound like there are benefits to ERT to get you through</b>
<b>Panthera</b>	<b>I am 39</b>
<b>Panthera</b>	<b>I am having a BSO and cannot have HRT due to family history of breast cancer and my own endometriosis</b>
<b>speppers</b>	<b>I worry about HRT</b>
<b>peppermintpeggy</b>	<b>i had a diagnosis of complex hyperplasia with atypia (pre-cancerous cells) so my doc took everything</b>
<b>fritzi64</b>	<b>We have a very helpful forum here called Hormones and Menopause Central.</b>
<b>cmtsp</b>	<b>Panthera~the ladies at this site will likely have some good ideas for how to cope</b>
<b>fritzi64</b>	<b>and there are sub-forums that help you specific to whether you kept ovaries or cannot take HRT</b>
<b>fritzi64</b>	<b>so you'll find women who can give you suggestions</b>
<b>speppers</b>	<b>I am or will be next week.. I am sure it will get here soon enough</b>
<b>Panthera</b>	<b>not to mention neither ovary is healthy, both are enlarged with multiple endometriomas</b>
<b>fritzi64</b>	<b>Are there any other questions you have about preparing for your surgery or about hormones?</b>
<b>speppers</b>	<b>sorry meant to say 45</b>
<b>Panthera</b>	<b>I have read almost all of the posts and found them very helpful CMTSP. Still worried though. hoping not to turn into a crazy (or crazier) person afterwards.</b>
<b>dbrand</b>	<b>What is the test they can do to check your level of hormones.. my doctor never mentioned that..</b>
<b>speppers</b>	<b>what should we do to prepare?</b>
<b>fritzi64</b>	<b>Speppers, I did almost nothing to prepare!</b>
<b>fritzi64</b>	<b>I was going to clean my house, freeze meals ahead of time, stock up on thank you notes, and set up a nice recovery area.</b>
<b>cmtsp</b>	<b>dbrand~that is usually an fsh test</b>

fritzi64	I was in so much pain for months before the surgery that I did nothing-- and everything went just fine.
speppers	I have tried to do a lot of grocery shopping and cleaning
cmtsp	That's good, peppers
speppers	how long was the pain afterwards? I will be the first to admit that I am a wimp
peppermintpeggy	for me, just making sure that the bed linens were clean for my return was very important
cmtsp	I had no pain after leaving the hospital. This varies a lot from person to person.
fritzi64	Speppers, I am a major wimp, too.
fritzi64	And I found that the pain was actually tolerable. I made sure to take my pain meds as scheduled so I could stay ahead of the pain.
lou914	I had abdominal myomectomy before and was wondering if the pain will be similar to a TAH.
speppers	is anyone else being told it's out patient ? My doctor says the DAVinci is an outpatient surgery
tauruslady	I didn't have time to prepare much so I put out an all call to friends to make meals
peppermintpeggy	the pain was my biggest concern as well, honestly it was totally manageable, it was tough turning over in bed, especially the first week or so and i took my pain meds regularly but i was never overwhelmed by pain
davincisister	I have been told that
Panthera	Mine is 1 1/2 hours in surgery with 23 hours in the hospital which is considered out patient. Not davinci though
speppers	Lou, my doctor says its about the same
speppers	They told me I dont even have to stay the 23 hours
speppers	which worries me a little,,,
Panthera	how would you compare the hysterectomy to a laproscopic surgery (cystectomy) pain wise?
speppers	If they can go through with the Davinci.. because of adhesions they said there is a 25 percent chance I will have to go abdominal
tauruslady	speppers - My surgery was monday morning early and I was released around 2:30pm the following day.
lou914	it's good to know the pain will be similar to an abdominal myomectomy because the pain wasn't bad at all. I remember waking up from the surgery thinking "That's it? This pain is nothing compare to what I go thru every month"~!
peppermintpeggy	i think it's important to realize that even if it's considered outpatient surgery, it's still major surgery, i think many women expect way too much of themselves afterward, just be prepared to need a few weeks to recover
fritzi64	I think it's hard to compare hysterectomy pain to any other kind of surgery.
fritzi64	Having an entire organ removed involves the cutting of ligaments, blood supply, etc. in a way that doesn't happen with myomectomies, c-sections, etc.
speppers	if I have a desk job.. would I still need 6 weeks?
cmtsp	If you are given six weeks from your doctor, I would suggest taking it!
peppermintpeggy	i think everyone should take 6-8 weeks, even if they don't think they need it, there's a lot of healing going on
peppermintpeggy	sometimes the tiredness is harder than the pain
fritzi64	I am a college professor and returned to teach two classes at four weeks.
fritzi64	I was on campus for less than ten hours that first week, over three different days, and I was more exhausted than I ever remember being in

	my life.
fritzi64	Let's go ahead and move to your questions about what to expect at the hospital.
cmtsp	Starting back part time helps, if that is possible for you
fritzi64	Then we'll move on to more questions about recovery and a return to work and other regular activities.
speppers	that's what worries me.. I have a desk job but not a 8-5 job by any means
dbrand	How common are issue with prolapses due to the removal of pelvic floor?
Panthera	I have an odd pre-op question; At my pre-op blood test appointment they gave me Chlorhexidine Gluconate Solution wipes to use just prior to my arrival at the hospital on Monday. Has anyone heard of these?
fritzi64	Panthera, I was given an antibiotic wash to use the night before my surgery and the morning of.
cmtsp	dbrand~What do you mean by "removal"?
speppers	no
speppers	They are only telling me to do the bowel prep
speppers	which sounds like so much fun :(
dbrand	Well, I mean with the uterus and cervix removed.. there isn't the support there anymore.. for bladder, intestines..
peppermintpeggy	the bowel prep wasn't too bad for me, nothing like i expected
fritzi64	dbrand, my cervix was removed, and the top of the vagina was stitched together and then attached to the ligaments that had supported the uterus--and everything is fine
tauruslady	mine wad done the same, so far so good.
cmtsp	There are pelvic floor excercises that you can do. Certain factors can increase the risk--such as being overweight.
Panthera	weird... maybe they are new. starting to wonder at my doctors choice of hospitals..lol
Panthera	Did you do kegels Fritzi?
fritzi64	I'm really bad at remembering to do them
peppermintpeggy	i have had minor urine leakage since surgery, i have to wear a light pad everyday
fritzi64	I'm doing them now, though :}
Panthera	a nurse told me that walking helps strengthen the pelvic floor. Do you think that is true?
lou914	any tips for nausea from the anesthesia?
davincisister	do they always do the bowel prep?
cmtsp	Yes, panthera. Exercise is key
Panthera	Peppermintpeggy..is there nothing they can do for you?
speppers	I am getting my bladder in a sling hopefully my leak will be gone
cmtsp	davincisister~no. Your dr will let you know
peppermintpeggy	regarding the nausea, the anesthesiologist gave me something beforehand that would help with nausea and i had none!
peppermintpeggy	panthera- i haven't gotten with my doc about it
tauruslady	davincisister - bowel prep depends on the Dr., do not do it unless you are told to do it.
cmtsp	lou914~you can discuss this with your anesthesiologist before you start regarding prevention
fritzi64	I, on the other hand, experienced nausea even with a nausea patch and something in the IV. Fortunately, they eventually switched me to something other than morphine and I was fine.
fritzi64	Do you have any other questions about what to expect at the hospital?
speppers	I dont think so...
fritzi64	Let's move on to your questions about your early recovery.
dbrand	Do they give you stuff for gas.. or is it best to bring your own?

<b>Panthera</b>	<b>how long does the cathetar stay in?</b>
<b>cmtsp</b>	<b>Panthera~mine was in for about 24 hours</b>
<b>peppermintpeggy</b>	<b>my catheter was in for 2 days, but i was in the hospital for 6 days</b>
<b>Panthera</b>	<b>yikes..i had assumed they would want to remove the cathetar as soon as possible.</b>
<b>fritzi64</b>	<b>My catheter was in almost 24 hours since I was nauseated for so long.</b>
<b>cmtsp</b>	<b>Until you are getting up more, it's nice to have the catheter in</b>
<b>Panthera</b>	<b>is it painful?</b>
<b>speppers</b>	<b>wow.. did you have the davinci Peggy?</b>
<b>peppermintpeggy</b>	<b>i was a little high-risk, so my situation was unusual</b>
<b>cmtsp</b>	<b>Mine was not</b>
<b>peppermintpeggy</b>	<b>no, tah and an umbilical hernia repair at the same time</b>
<b>tauruslady</b>	<b>mine was removed in the morning, they wanted to make sure I could urinate before being released</b>
<b>fritzi64</b>	<b>My catheter was inserted after I was asleep, and I completely forgot about it most of the rest of the day.</b>
<b>speppers</b>	<b>I think it depends on how long you have it</b>
<b>Panthera</b>	<b>ok so dont get upset with the nurses when they wont remove the cathetar..got it. : )</b>
<b>peppermintpeggy</b>	<b>i hated my catheter, it actually bothered me more than the incision!</b>
<b>cmtsp</b>	<b>dbrand~you can ask your dr if it is okay to bring your own</b>
<b>fritzi64</b>	<b>It is terrific to be able to drift in and out of sleep and not have to worry about getting to the bathroom. It truly is.</b>
<b>speppers</b>	<b>My doctor cut my bladder in my csection so I had to wear one for about 3 weeks and it did get to be painful</b>
<b>cmtsp</b>	<b>Yes, I agree with fritzi</b>
<b>tauruslady</b>	<b>my catheter airlocked during the evening so urine was filling the bladder and it was the most excruciating pain, the nurse had the tubing looped.</b>
<b>peppermintpeggy</b>	<b>i think mine was inserted incorrectly, everything i've heard since surgery is that it shouldn't have been painful, i just assumed that was normal so i didn't complain, i wish i would have</b>
<b>Panthera</b>	<b>I had read horror stories about the cathetar not working, etc. so I was worried.</b>
<b>Panthera</b>	<b>ok so if it is painful complain ..got it! : )</b>
<b>speppers</b>	<b>did any of you use the belly band and did it help?</b>
<b>cmtsp</b>	<b>I loved using a band, yes</b>
<b>speppers</b>	<b>how does it help? What does it do?</b>
<b>Panthera</b>	<b>is the band useful even if you arent having an abdominal hyst?</b>
<b>cmtsp</b>	<b>It makes it easier to be on your feet because it supports your back muscles</b>
<b>davincisister</b>	<b>how much swelling is there with a da vinci?</b>
<b>dbrand</b>	<b>I take it the band is just used once you are home recovering..</b>
<b>tauruslady</b>	<b>I think I had the same amount of swelling</b>
<b>cmtsp</b>	<b>Panthera~many women don't feel the need for one if they did not have abdominal surgery</b>
<b>tauruslady</b>	<b>I had swelling belly for a couple of months after I went to work, especially by the late afternoon.</b>
<b>Panthera</b>	<b>Thank you cmtsp</b>
<b>cmtsp</b>	<b>Yes, dbrand, you won't use it right away</b>
<b>tauruslady</b>	<b>I didn't use the band for daVinci but was in love w/ my tummy pillow</b>
<b>fritzi64</b>	<b>Many women have questions about driving and housework after a hysterectomy. Is there anything you'd like some insight about regarding these?</b>

<b>davincisister</b>	<b>thanks</b>
<b>Panthera</b>	<b>When is it safe to sit at your computer desk again?</b>
<b>peppermintpeggy</b>	<b>i did not use a band, i preferred loose clothing/panties, i was scared to have anything pressing on my incision</b>
<b>davincisister</b>	<b>I have a bad back as well</b>
<b>tauruslady</b>	<b>I used it at home, when coughing, in the car between the seatbelt and my tummy.</b>
<b>peppermintpeggy</b>	<b>panthera-i was sitting at my computer after a few days, you will know if it's not ok if you experience pain</b>
<b>fritzi64</b>	<b>I had a vaginal hysterectomy and found that sitting vertically was very uncomfortable for a few weeks.</b>
<b>fritzi64</b>	<b>but I found one of those donut pillows to sit on and that helped</b>
<b>davincisister</b>	<b>how long till driving</b>
<b>cmtsp</b>	<b>Usually two weeks</b>
<b>peppermintpeggy</b>	<b>yes, i used a donut pillow too even though mine wasn't vaginal, it helped with the back pain and pressure on that area</b>
<b>tauruslady</b>	<b>2 weeks for me, had to be off meds and able to turn without feeling like I was hurting anything and able to apply the brake</b>
<b>Panthera</b>	<b>I bought one too Fritzie just in case..the donut pillow</b>
<b>speppers</b>	<b>I think I will get a bad case of cabin fever!</b>
<b>dbrand</b>	<b>I suppose everyone is different, but how much walking were you able to do and how soon?</b>
<b>cmtsp</b>	<b>speppers~that happens to many</b>
<b>tauruslady</b>	<b>definitely want your dr. to release you so if there is an accident they don't say "she just had surgery"</b>
<b>cmtsp</b>	<b>dbrand~I walked very little during those first weeks</b>
<b>tauruslady</b>	<b>I was up the night of surgery. Some say a few minutes every hour. Helps get rid of the gas from the surgery.</b>
<b>peppermintpeggy</b>	<b>walking is the key to recovery, my doc told me to walk a mile a day (not all at once, but in total)</b>
<b>tauruslady</b>	<b>Also drink lots of water and with the walking helps the bowels come back on line.</b>
<b>fritzi64</b>	<b>I didn't walk nearly as much as I should have and felt that my recovery was slow because of it.</b>
<b>cmtsp</b>	<b>Yes, let gravity help</b>
<b>fritzi64</b>	<b>I think I enjoyed having my family pamper me just a bit too much.</b>
<b>cmtsp</b>	<b>lol</b>
<b>peppermintpeggy</b>	<b>i walked so much in the hospital that one of the nurses called me "the amazing walking lady" lol</b>
<b>cmtsp</b>	<b>lol</b>
<b>davincisister</b>	<b>I'm coming home alone. Will I need any help?</b>
<b>Panthera</b>	<b>any tips for the CO2 pain?</b>
<b>cmtsp</b>	<b>I recovered alone. Slow and steady and you should be fine</b>
<b>Panthera</b>	<b>I had it for 3 days after my lap it was awful</b>
<b>tauruslady</b>	<b>I saw a suggestion somewhere to put a chair in the bathroom so when you got off the toilet you could use the chair back to help get up. That was a lifesaver</b>
<b>peppermintpeggy</b>	<b>davincisister- i think it's good to have people on standby just in case you need them</b>
<b>cmtsp</b>	<b>Yes, always accept help that is offered</b>
<b>tauruslady</b>	<b>2 weeks for me, had to be off meds and able to turn without feeling like I was hurting anything and able to apply the brake</b>
<b>speppers</b>	<b>I would think so</b>
<b>tauruslady</b>	<b>Panthera - I didn't have that much gas pain, I've heard walking helps it too.</b>
<b>fritzi64</b>	<b>Do you have any other questions about the early recovery?</b>
<b>peppermintpeggy</b>	<b>panthera- i didn't have the co2 this time but remember having it during a</b>

gy	laparoscopy, i think the key to that is movement as well
fritzi64	I notice no one is asking how soon they get to vacuum. ;)
tauruslady	YEAH :)
tauruslady	Let the dust bunnies prevail
peppermintpeggy	fyi- fritzi doesn't vacuum
Panthera	thank ou
Panthera	hubby vaccuums ...i have a bad back..lol
davincisister	what is co2?
speppers	I think I will tell my hubby I cant for at least 3 months
tauruslady	they pump CO2 into your stomach to distend it so the surgeon can have more room
fritzi64	I didn't let my doctor tell me I could resume vacuuming, so I like to pretend I'm still not allowed to.
tauruslady	You are also in an inverted position, head down 45 degree angle (trendelburg I think is sp) again to move bowels and give surgeon more room
peppermintpeggy	co2 is not used in all surgeries
tauruslady	it's for at least some of the laproscopic surgeries, not the opens.
Panthera	CO2 usually gives you terrible shoulder pains.hard to breath. Worse than the incisions I thought.
speppers	lol
speppers	is the gas worse if they use CO2?
cmtsp	It can be speppers
fritzi64	My gas pain troubles were with, um, digestive gas rather than surgery-related gas :(
tauruslady	I only felt like I had a vaccination in one arm took me awhile to realize that it was the gas escaping.
peppermintpeggy	i had that horrible shoulder pain after my laparoscopy years ago, i agree, it's worse than incision pain
Panthera	different kind of gas pain
tauruslady	Fritzi - oh yeah!
fritzi64	Let's go ahead and talk about sex.
fritzi64	What questions do you have about a return to intimacy?
fritzi64	(And keep in mind that this is a PG-rated website, please :))
davincisister	how long with a da vinci, before you can have sex?
tauruslady	It's all how well you heal
davincisister	minimally?
tauruslady	The standard is 6 weeks, however I was a slow healer got held off to 10 weeks, still bled so held off for another 2
Panthera	I have a well endowed husband. Hoping this surgery won't be a problem
speppers	what about desire? I have heard that it's down hill afterwards.
tauruslady	YOu want to take it very slow when you start back into intimacy.
fritzi64	Panthera, the vagina is amazingly flexible.
cmtsp	Panthera~the vaginal tissues are supple--just take it slow
tauruslady	Speppers - sometimes it cranks up after surgery but from there it can be individual.
dbrand	And I suppose whether you even want it... 8)
Panthera	That's good to know : )
peppermintpeggy	my ability to have orgasms has actually increased since surgery, but there is still some pain with penetration
tauruslady	Did you keep the ovaries? Are they asleep etc.? BOth mind and hormones
Panthera	are your orgasms gotten better or worse or different?
tauruslady	I ended up with some vulvar pain that caused extreme pain during intimacy until i went through Pelvic floor physical therapy.
cmtsp	Mine feel the same

<b>fritzi64</b>	<b>Mine feel different.</b>
<b>tauruslady</b>	<b>Panthera - after 10 to 11 months I would say mine feel the same, but I had to get used to not having my cervix.</b>
<b>Weiser</b>	<b>uterine contractions will be gone</b>
<b>fritzi64</b>	<b>The blood flow in the pelvic region is shifted a bit, so I feel the sensations in different places</b>
<b>peppermintpeggy</b>	<b>mine are better, those that are clitorally-stimulated anyway</b>
<b>fritzi64</b>	<b>Hi Weiser!</b>
<b>Weiser</b>	<b>Hi!</b>
<b>Weiser</b>	<b>I am late--sorry!</b>
<b>fritzi64</b>	<b>Many of you will be seeing Weiser in the post-op forum after you return home from the hospital, and I'm glad you get a chance to chat with her now.</b>
<b>Panthera</b>	<b>I have some of that now pre-op</b>
<b>tauruslady</b>	<b>Peggy - mine are the same clitorally stimulated, of course uterine &amp; those "started" by bumping of cervix are gone. Took awhile but things are good.</b>
<b>Panthera</b>	<b>How Fritzi?</b>
<b>Panthera</b>	<b>ic</b>
<b>Panthera</b>	<b>Tell me about the vulva pain</b>
<b>tauruslady</b>	<b>Panthera - I developed a condition called vaginismus.</b>
<b>tauruslady</b>	<b>I had pain when first started back to intimacy plus emotional stuff from surgical menopause caused me to get very frustrated over the changes.</b>
<b>tauruslady</b>	<b>So when I had pain each time we started to be intimate my muscles tensed which caused more pain.</b>
<b>fritzi64</b>	<b>Panthera, blood vessels are cut during the surgery as part of how everything is removed, and since the flow of blood is what causes the sensation of orgasm, it's normal for everything to feel different.</b>
<b>fritzi64</b>	<b>But it's also normal for it to feel just like it did before. It's an individual thing.</b>
<b>tauruslady</b>	<b>I couldn't wear regular business pants because the sensation caused pain. The pelvic floor physical therapy reconditioned / retrained the muscles.</b>
<b>Panthera</b>	<b>what causes the vulva pain?</b>
<b>Panthera</b>	<b>I have some vulva pain pre-op. dr. just shrugged it off</b>
<b>tauruslady</b>	<b>for me it was tensing the muscles anticipating pain. If you have pain now you can check into other conditions.</b>
<b>speppers</b>	<b>never heard of it..</b>
<b>tauruslady</b>	<b>There is a whole class of conditions under the heading of dyspareunia which cover painful conditions of the vulva.</b>
<b>fritzi64</b>	<b>What other questions do you have about the return to intimacy?</b>
<b>tauruslady</b>	<b>As fritzi said it's an individual thing doesn't happen to every one.</b>
<b>Panthera</b>	<b>I will ask him again about it before surgery</b>
<b>Panthera</b>	<b>What helps with vaginal dryness?</b>
<b>cmtsp</b>	<b>I am using vitamin e oil for dryness</b>
<b>tauruslady</b>	<b>FOr me vaginal estrogen (since lost my ovaries). I also use additional regular over the counter lubrication</b>
<b>Panthera</b>	<b>cmtsp: where can i find that?</b>
<b>cmtsp</b>	<b>It is available in drugstores with the vitamin supplements</b>
<b>Panthera</b>	<b>thank you : )</b>
<b>cmtsp</b>	<b>You're welcome</b>
<b>fritzi64</b>	<b>We have about 15 minutes left before the chatroom closes.</b>
<b>Panthera</b>	<b>Are any of you no ovaries no hrt&gt;</b>
<b>peppermintpeggy</b>	<b>i am</b>
<b>fritzi64</b>	<b>I've removed the moderation, so feel free to continue asking questions or chatting.</b>

<b>Panthera</b>	<b>And what do find helps with the meno symptoms Peppermintpeggy?</b>
<b>fritzi64</b>	<b>Panthera, we have a forum specific to having no ovaries and no HRT.</b>
<b>dbrand</b>	<b>Any no ovaries.. wish you could have kept them?</b>
<b>Panthera</b>	<b>yup...read through all of it fritzi..thanks! : )</b>
<b>fritzi64</b>	<b>Good!</b>
<b>tauruslady</b>	<b>Me but gyn-onc wouldn't let me</b>
<b>Panthera</b>	<b>I have become a little obsessed iwth this website..lol</b>
<b>cmtsp</b>	<b>lol</b>
<b>peppermintpeggy</b>	<b>well, i was very fortunate not to have any hot flashes, i do have some night sweats, the bigger problems have been emotional, i have really just tried to "ride the waves" as much as possible</b>
<b>tauruslady</b>	<b>we all are that's why we are still here :)</b>
<b>Weiser</b>	<b>Panthera, does your surgeon plan to exise your endo?</b>
<b>Panthera</b>	<b>oh bless that is great pepper</b>
<b>Weiser</b>	<b>because it the endo is exised by a skilled surgeon, you may be able to use low dose estrogen plus progesterone</b>
<b>peppermintpeggy</b>	<b>i have been considering hrt, went to my cardiologist this week to be sure he's ok with it and he is</b>
<b>Panthera</b>	<b>He said he would do his best but that of course microscopic endo may remain</b>
<b>Weiser</b>	<b>an endo diagnosis does not always dictate no HRT</b>
<b>Weiser</b>	<b>I have stage IV and still have both ovaries</b>
<b>Panthera</b>	<b>I also have a family history of breast cancer</b>
<b>Panthera</b>	<b>No hrt is my choice. just wondering if it was doable. : )</b>
<b>Weiser</b>	<b>have you checked with a doctor specifically about your own bc risks?</b>
<b>Weiser</b>	<b>my maternal had BC issues</b>
<b>Weiser</b>	<b>okay</b>
<b>Weiser</b>	<b>we each do make our own choices</b>
<b>Weiser</b>	<b>just making sure you knew your options!</b>
<b>Panthera</b>	<b>Thank you Weise</b>
<b>Weiser</b>	<b>keep in mind, not all women experience the same reaction to surgical menopause</b>
<b>Weiser</b>	<b>so asking questions is the right thing to do!</b>
<b>Weiser</b>	<b>some women find they have little issues-- my SIL is one</b>
<b>davincisister</b>	<b>stage iv?</b>
<b>tauruslady</b>	<b>Yeah mine was horrid for 3 days and turned me into a raving maniac for weeks.</b>
<b>fritzi64</b>	<b>Could you all remind us when your surgeries are?</b>
<b>Panthera</b>	<b>It is nice to read that some do well without ovaries and without hrt</b>
<b>davincisister</b>	<b>mine is 2-22</b>
<b>speppers</b>	<b>Feb 18th</b>
<b>fritzi64</b>	<b>And maybe what kind you're having as well?</b>
<b>Panthera</b>	<b>Feb 1...monday</b>
<b>speppers</b>	<b>Davinci</b>
<b>Weiser</b>	<b>others do horribly--my grandmother was a mess!</b>
<b>Panthera</b>	<b>TLH / BSO</b>
<b>davincisister</b>	<b>rash</b>
<b>fritzi64</b>	<b>I'm feeling left out. I had a TVH :(</b>
<b>dbrand</b>	<b>Not currently scheduled..</b>
<b>Weiser</b>	<b>davincisister--stage iv is stage 4 endo, the worst stage</b>
<b>davincisister</b>	<b>endo?</b>
<b>Weiser</b>	<b>I had the LAVH 9 1/2 yrs ago, if anyone cares!</b>
<b>Panthera</b>	<b>Endometriosis</b>
<b>Weiser</b>	<b>endometriosis</b>
<b>speppers</b>	<b>I am still wonderin how they are going to get this huge uterus out if 5 tiny incisions</b>

Panthera	Of course we care Weiser
tauruslady	speppers - you are doing daVinci right?
speppers	yes
Weiser	spepper--it can be delivered vaginally
tauruslady	Keeping cervix or not?
fritzi64	9 1/2 years? Wow!
speppers	not
Weiser	or cut up and taken out of those tiny incisions
tauruslady	Okay than they will remove it vaginally
davincisister	but your cervix is ok?
Panthera	lol speppers..i am wondering how they are going to get my enlarged ovaries out of the tiny incisions
tauruslady	They will stitch up the top of the vagina and you will have a vaginal cuff where they stitched it up.
speppers	I have a 20 week uterus with a 8CM fibroid and many other small ones
Weiser	my cervix is gone
davincisister	they will make it very small
Panthera	my paperwork says TLH but doc said vaginally. that doesnt make sense does it.
tauruslady	davincisister - they will make what very small
Weiser	no it sure doesn't Panthera
fritzi64	Speppers, I had only one golf-ball sized fibroid and another one the size of a marble.
davincisister	uterus
Weiser	you might want to ask some questions
cmtsp	Probably a TVH, Panthera?
Panthera	paperwork says TLH / BSO
tauruslady	davincisister - not sure that I follow what you are asking?
davincisister	my male gyno claims I will only need a motrin when I get home.
Panthera	but he said he may do some of it vaginally
Panthera	so i guess he will figure it out when he gets inthere
davincisister	I think he should have this surgery
Panthera	lol dav
speppers	me too
tauruslady	davncisister - many women do only need motrin
tauruslady	I didn't use pain meds at home for many days
Weiser	I didn't go home with a script davinisister
cmtsp	davincisister~I did not use anything once I got home
Weiser	didn't take any meds past day two
Weiser	and I had a lot of complications
Weiser	not everyone needs pain meds
Panthera	for those of us with IBS-C pain meds are a nightmare
speppers	I changd to woman doctor a long time ago.. Men have no clue what we go through
tauruslady	You may want to ask for some pain meds for the drive home, helps with the bumps
davincisister	oh, that's good
fritzi64	I took pain meds as scheduled for a few days and then switched to the ibuprofen during the day and one percocet at night as needed
Panthera	lol speppers
Weiser	just to balance, my male doctors are great!
Panthera	i prefer male doctors
Weiser	my male endo specialist is probably the most compassionate doctor I have ever had
Panthera	wonder if it is safe to switch to aleve after a couple of days
fritzi64	I had a female doctor, but one of her male partners was available on the day I wanted my surgery and she wasn't.

Weiser	my mother's worst OB/GYN was a female!
Panthera	where ar eyou weiser?
Weiser	CA
speppers	Mine was awful.. he is also the one who cut my bladder
cmtsp	They are both NSaids, Panthera
fritzi64	Because my surgery wasn't an emergecny and the timing was important, I ended up having a male surgeon.
Weiser	unfortunately, bladder nicks are pretty common complications :(
Panthera	so should be ok cmtsp?
davincisister	II will have a urologist in there as well
Weiser	I'm sorry you experienced this speppers
davincisister	let's just get everyone in there
Panthera	my urologist and gi doc are on stand by
speppers	I am praying not.. but I will have the urologist there just in case
cmtsp	Just ask your dr, I would guesss yes, Panthera
speppers	because I am having hte sling
Panthera	lol dav..thatis what i said..you all do what you have to at one time and get this over with
speppers	thanks Weiser
Weiser	oops, I just realized I didn't add my teapost!
Weiser	sorry ladies!
dbrand	Well... good nite all.. have to get some Beauty rest... Thank you for sharing!
tauruslady	speppers - I have a male gyn-onc who I wouldn't trade, same with my counsellor; I have a female gyn now and a female uro-gyn, my male GP was very helpful as well.
fritzi64	Thanks for coming, dbrand!
Panthera	night dbrand
speppers	thanks you all too
cmtsp	goodnight!
Weiser	Night!
tauruslady	nigh dbrand
Weiser	sleep well!
tauruslady	night speppers
fritzi64	We have five more minutes. Does anyone have any final questions or comments?
davincisister	thanks to all
Panthera	WIsh i could find a decent GP
fritzi64	Thank you to tauruslady for being our guest speaker
Panthera	yes, ty
fritzi64	and to our other members of the hostess team who were her to help out as well
speppers	thanks all goond night and good luck!
tauruslady	sorry my connection was unstable tonight, thanks to everyone for helping out
Panthera	Sorry if I dominated the questions. I used to be an AOL guide
speppers	sorry cant type tonight
davincisister	indeed
Panthera	Ty everyone for your wonderful insights
Weiser	any final questions?
Panthera	I am sure i will think of some when we leave
Weiser	lol
fritzi64	Panthera, that always happens to me!
Weiser	that is Murphy's law for ya!
Panthera	is it ok to smack bad nurses?
fritzi64	Feel free to post your questions in the Pre-op forum

Weiser	No
fritzi64	and no,
Panthera	Dam
Weiser	they might smack back!
cmtsp	Never
Panthera	Lol
Weiser	Lol
cmtsp	Lol
fritzi64	I took a nice basket of chocolate to the hospital for the nurses.
fritzi64	They treated me wonderfully.
Weiser	bribbing them is suppose to work better!
Weiser	having complications got me lots of great attention
fritzi64	They came to my room quite often, and I would highly recommend the chocolate strategy
Weiser	though I don't recommend that route!
Panthera	i will try that fritz
Panthera	yeah lets not weiser..lol
fritzi64	We need to get the room closed up now.
Weiser	don't--not fun at all!
Panthera	ty again everyone
Panthera	take care and goodnight
fritzi64	Don't take it personally if you get a message that you've been "kicked."
cmtsp	good night Panthera

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