

Pre-op Chat

February 11, 2010

Guest Speaker: mjd2491

cmtsp	Hi neujadeja
mjd2491	Hi!
Catherine	Hi neujadeja
neujadeja	Hi!
fritzi64	Hi neujadeja
fritzi64	We'll be getting started in a few minutes while we wait for people to find us and get settled in.
fritzi64	Hi Alegna1967
mjd2491	Hello there!
Catherine	Hi Alegna
fritzi64	Hi jstussy
Catherine	Welcome jstussy
cmtsp	Hi jstussy
Alegna1967	Hello everyone
jstussy	HI ALL
fritzi64	I'm glad to see you've found the typing bar below the chat screen.
jstussy	I'm so glad to talk to someone tonight...really nervous and DH had to work
fritzi64	Neujadeja, do you see the box for typing?
fritzi64	Hi Marietwin
neujadeja	Me too jstussy
Catherine	Hi Marietwin
cmtsp	When is your surgery, jstussy?
fritzi64	We'll get started in just a couple minutes.
fritzi64	Hi mava
Catherine	Hi mava
jstussy	tomorrow 8am
neujadeja	good luck
cmtsp	Wow, good timing
fritzi64	Wow! Good luck!
jstussy	thanks..and yours?
mava	Hi everyone....
neujadeja	2/24
mjd2491	Good evening, ladies!
mjd2491	:)
fritzi64	Hi kat618
Catherine	hi kat
cmtsp	Hi Kat
Kat618	hello everyone
mjd2491	I'm sitting here, watching my dog sleep.... she's so cute!
Kat618	what kind of dog?
fritzi64	My dog is outside doing not-so-cute things
mjd2491	An angel as long as her eyes are closed
jstussy	what kind of dog
mjd2491	She's a cairn terrier

mjd2491	Like Toto
fritzi64	Mine is a norwegian elkhound and he's barking at a bunny
Kat618	ah...I have 2 yorkie's that are the love of my life!
jstussy	just gave my Morkie a bath...may be a few days before I can again!
fritzi64	Okay, let's get started.
fritzi64	I'm sure we'll have a few others joining us as we move along.
fritzi64	Welcome to our Pre-op Chat!
fritzi64	We are excited that you are able to attend tonight.
mava	thanks for a great site
jstussy	ditto
fritzi64	It was over a year ago that I was preparing for my own hysterectomy,
fritzi64	yet I remember the anxiety, the questions, the worries, the excitement, . . .
fritzi64	. . . the complete obsession with HysterSisters!
fritzi64	I'm going to the moderator tonight.
fritzi64	I'll be spending much of my time behind the scenes.
fritzi64	But I'll pop into the conversation from time to time as well.
fritzi64	Here's the way this chat will work...
fritzi64	Our guest speaker for tonight is mjd2491, one of our hostesses.
fritzi64	She will introduce herself and relay some basic information for your hysterectomy journey.
fritzi64	WE will then move through various topics that usually interest pre-op members
fritzi64	After her "presentation," we'll ask for your questions about.....preparing for surgery...
fritzi64	..recovering at home...
fritzi64	..hormones...
fritzi64	..returning to work...
fritzi64	...and a return to intimacy.
fritzi64	There are several hostesses here tonight to help mjd2491 answer your questions.
fritzi64	Catherin, peppermintpeggy, thank you for coming!
Catherine	You're welcome
peppermintpeggy	Hi all!
mjd2491	:)
fritzi64	We may not know all the answers, but we can let you know which HysterSisters forums will be the best place for you to get your information.
fritzi64	Hi atalanta_63
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.
atalanta_63	Hi, I just had a daVinci hysterectomy on Friday feb 5.
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 (like, "me, too!")
fritzi64	..or I press the wrong button (oops).

fritzi64	At the end of the chat, we'll remove the moderation for a while.
fritzi64	Before I turn it over to mjd2491 and switch the room to moderated, could you let us know which HysterSisters resources you've used so far?
fritzi64	Checkpoints? Videos? Forums? Pre-op Resources page?
atalanta_63	all
neujadeja	Forums, Pre-op page
regencyrrt1983	everything
mava	ditto to that
Kat618	resource pages, and forums mostly
jstussy	all! So much great support and ideas
Alegna1967	checkpoints
Marietwin	forums, pre op page
neujadeja	videos? where are those.
fritzi64	I'm glad you've found the resources helpful.
fritzi64	There's a link to the videos at the top right of the page.
fritzi64	It helps us to get to know what you've used as we start into the next part of our chat.
neujadeja	ah I missed that thank you.
fritzi64	The chat has now been set to "moderated."
fritzi64	MJ, it's all yours!
mjd2491	Hi! My name is Mary Jill, but everyone around here just calls me MJ, so feel free to do the same. I had my hysterectomy in September 2004, and I'm one of the pre-op hostesses here at Hyster Sisters.
mjd2491	The main focus of my "prepared comments" is an explanation of the types of surgery you will be having.
mjd2491	It was over 5 years ago when I was preparing for my hysterectomy.
mjd2491	I was like you -- hungry for any and all information I could find on the subject.
mjd2491	Anyhow..... there are several different types of hysterectomy surgery.
mjd2491	The most common surgery is the TAH, or total abdominal hysterectomy.
mjd2491	This surgery removes the entire uterus (including the cervix) via an abdominal incision.
mjd2491	Then there's the SAH, or supracervical abdominal hysterectomy.
mjd2491	This surgery is considered a "partial" hysterectomy because it only removes the upper portion of the uterus, and the cervix is not removed.
mjd2491	Then there's the LSH, or laparoscopic supracervical hysterectomy.
mjd2491	This is also a "partial" hysterectomy, and it removes just the upper part of the uterus through small incisions.
mjd2491	The TVH is a total vaginal hysterectomy, where the entire uterus (including cervix) is removed through the vagina.
mjd2491	Then there's the LAVH, which is a laproscopically assisted vaginal hysterectomy. This is also a total hysterectomy because the uterus and cervix are both removed.
mjd2491	There is also a newer procedure called a RALH, which is a robot-aided laproscopic hysterectomy.
mjd2491	This is the surgery which is performed with the assistance of robots such as the DaVinci robot.
mjd2491	Now.... you'll notice I kept saying "total" and "partial"

	hysterectomy...
mjd2491	But you might also notice what is NOT included in these definitions.
mjd2491	I haven't said anything about the ovaries yet.
mjd2491	That's because the surgery to remove the ovaries is a different operation, although it is often performed along with hysterectomy.
mjd2491	So.... it's possible to have a "partial" hysterectomy, yet have your ovaries removed.
mjd2491	Likewise, you can have a "total" hysterectomy, and retain your ovaries.
mjd2491	Does that make sense?
mjd2491	LOL
mjd2491	Well, it didn't really to me at first, either -- so don't worry.
mjd2491	I had a TAH, or a total abdominal hysterectomy. However, my ovaries stayed.
mjd2491	Anyway.... when you have your ovaries taken out, that procedure is known as oophorectomy.
mjd2491	And (you knew this was coming, didn't you?) there's a whole set of acronyms to go along with this procedure, too.
mjd2491	BSO - bilateral salpingo-oophorectomy - both ovaries and tubes are removed
mjd2491	LSO - just the left ovary and tube
mjd2491	RSO - just the right ovary and tube
mjd2491	Which means.... if you're having a total vaginal hysterectomy and both ovaries are being removed, you say you're having a TVH/BSO
mjd2491	It helped me alot in understanding what different ladies were going through.
mjd2491	Do you know what kind of surgeries you'll be having?
Marietwin	it's just not the total laparoscopic hysterectomy that I am concerned about, but the additional procedures that will be done. By this I mean, BSO and vag. vault suspension, cystoscopy, vaginal para vaginal repair with the mesh graft and the bladder sling and urethral with natural tissues.
mjd2491	Marietwin - yeah, you're having lots of other work done!
mava	Still deciding between a vaginal or laproscopic....total with ovaries left in
regencyrrt1983	I'm having a SAH with possible BSO/LSO
mjd2491	OK...
mariaferrick	I am so confused now but they are removing my uterus & both ovaries and tubes laproscopically
mjd2491	Anyone else?
ya ya sister	I'm having a TAH/BSO in April
Kat618	Da Vinci with cervix removed and possible rt oophrectomy
jstussy	I'm having LAVH/LSO--don't have the right ovary
mjd2491	Maria -- you're probably having either an LSH or LAVH
neujadeja	lavh, with lso
mjd2491	Cool! You ladies are catching on to the terminology just great
mjd2491	:)
mjd2491	That's a real plus!
mjd2491	OK... if we're ready to move on, let's talk a little about preparation for the surgery itself.
mava	atlanta....what type did you have?

mariaferrick	he is going to try and save my cervix's
mjd2491	If you're like me, you fretted over thousands of little details like what to bring to the hospital...
mjd2491	How to prepare your recovery area at home
mjd2491	What to buy
mjd2491	How the house would stay in one piece during recovery
mjd2491	Sound familiar?
mjd2491	lol
fritzi64	What questions do you have about how to prepare for surgery?
jstussy	tomorrow is mine and my bag is sitting here right now
mjd2491	Add your questions here!
regencyrrt1983	I have to admit that I work at awomen's hospital so its easy for me
mjd2491	jstussy - GREAT!
mjd2491	If there's one single piece of advice I can give for the hospital, it would be to pack light
mjd2491	In hindsight, I could have used a gallon ziplock bag!
mava	I am still trying to get enough nerve to schedule mine! Worried about making it through the surgery to worry about the other stuff. :)
mjd2491	I hardly used anything I took
mjd2491	mava - I hear you.
Catherine	((((mava))))
Kat618	My bed is super high, seriously above my waist when I stand, so wondering if I need a reclinger to slip in for a couple of nights after
Kat618	I go home the same day, 4 hours after surgery....so dont think I will need much there
mjd2491	Kat - I slept on the couch for several weeks after I got home.
cmtsp	kat~I used my recliner to sleep in for weeks
mjd2491	My bed was also very high (in fact, I did used to have a stepstool!)
regencyrrt1983	I am scared but ready for it to be over
mjd2491	Just make sure your recliner doesn't require you to "kick" the footrest in
jstussy	i have a robe, toothbrush, hairbrush and some facewipes
mjd2491	That would be bad
mjd2491	jstussy - that's probably a good list
neujadeja	I am worried about climbing stairs after, which would effect were I would sleep when I gohome
mjd2491	I didn't even take a robe
Catherine	chapstick
Kat618	good point!
jstussy	My bed is really tall too...not sure I will make it
Catherine	don't forget that
regencyrrt1983	What about getting into an SUV for the ride home?
mjd2491	I just used the hospital's stuff, which was much easier given all the tubes, etc.
cmtsp	neujadeja~most are told stairs are okay taken slowly
mjd2491	regency - Get a stepstool for that!
fritzi64	regency, I was able to climb into an SUV for the ride home
mjd2491	DH had a jeep and it worked, but it wasn't easy
mava	same question as regency
neujadeja	thank you

mjd2491	Also.... get some of the pads from the hospital to put on the car seats... not so much because you'd need them but just for peace of mind
mjd2491	:)
fritzi64	Preparing for surgery includes pre-op appointments--do you have some questions about what to expect with your pre-op?
Kat618	I have looked for weeks for one of those squishy pillows with the microbeads to use on my tummy, but cant find one.....will just a regular pillow work for when I cough, sneeze etc?
mjd2491	Kat - yeah, a regular pillow is OK
regencyrrt1983	great idea, and maybe on the bed too
mjd2491	I found my "mushy" pillow in the kids' bedding section at Target
jstussy	I live in the middle of no where and have a 1/2 mile driveway that is horribly rough...any ideas?
mava	should you bring your own pj's or are you mostly in those wonderful hospital gowns:)
mjd2491	jstussy - take it really, really slow.
Kat618	I just had my pre-op appt Monday and unbelievable how much that helped put final answers to my questions
mjd2491	mava - I just used hospital gowns so I didn't have to worry about the tubes, etc.
cmtsp	mava~I wore my pajamas to and from the hospital, but not during my stay
mjd2491	My gowns would have been much harder to navigate with IVs
fritzi64	jstussy, I would also suggest that you ask the nurses if you can take pain medication right before you leave, just to help you stay a bit more comfortable
mava	thanks
mjd2491	I wore a loose-fitting dress to and from the hospital
mjd2491	jstussy - good suggestion on meds. My nurses gave me an extra dose just before I left... "for the road" as they said
peppermintpeggy	they prefer that you use their gowns, i was able to convince the nurse to let me change into my gown finally, but with lots of begging lol
fritzi64	What other questions do you have about preparing for surgery?
mjd2491	Which was really, really nice
mjd2491	And very necessary
jstussy	I'm on a 23 hour stay--surgery tomorrow at 8am and dismissal at 6AM Sat morning
mjd2491	jstussy - that's getting more and more common
cmtsp	I would have loved to go home that fast!
mjd2491	But do be assured that if you're not ready, they'll keep you longer
jstussy	ok good
Kat618	what about shoes?? should I wear my regular shoes to the hospital or just wear house shoes since I obviously cant bend down to tie them?
mjd2491	haha - shoes!!!
mjd2491	I just wore slip-ons
mjd2491	No way was I bending over to tie shoes.
peppermintpeggy	i wore slippers in the hospital and to go home
cmtsp	Kat~I wore slip-ons going into and leaving
fritzi64	I wore a pair of clogs--they looked stupid with my sweatpants, but I didn't care

mjd2491	Also, I was really bummed out that they wouldn't let me wear my slippers in the hospital for liability reasons -- I had to wear their slippers
mjd2491	those lovely blue things
mjd2491	ack
mjd2491	But it was OK
mava	do they always give you something to "calm you down"....I have some heart issues and am leary of what meds they will give.
jstussy	nail polish? sorry too many questions
mjd2491	In all honesty, I didn't care in the least what I was wearing
mjd2491	mava - my hospital did not give any special stuff in the IV before surgery
cmtsp	mava~you can discuss that with your anesthesiologist
mjd2491	I think they would have if I had talked to them
peppermintpeggy	mava- they will discuss everything with you so you won't be given anything you aren't comfortable with
cmtsp	jstussy~most do not allow it
peppermintpeggy	jstussy-no nail polish
jstussy	ok thanks
mava	thank you!
mjd2491	My instructions also said no nail or toe polish
fritzi64	Are there any other questions about pre-op?
jstussy	one more thing to do before bed tonight! LOL
mjd2491	Oh... and don't shave yourself unless they instruct you to do so!
Kat618	No toe nail polish??? you must be kidding.
mjd2491	Kat -- yes, no toe polish
mjd2491	It's just one more way for them to be able to care for you...
mjd2491	Some don't say it, but I wasn't about to argue with them
peppermintpeggy	kat, i actually had colored toe nail polish on, no one said anything but be prepared in case they do
fritzi64	As we're wrapping up with these questions, feel free to start sending in your questions about what to expect at the hospital, from getting checked in to surgery to early recovery
mjd2491	((peggy)) right
regencyrrt1983	I can understand the nail polish, it interferes with the monitor but some sites say no toenail polish. ? If I can't shave my legs or get my toenails done then I'll DIE
mariaferrick	why not shave
neujadeja	Do you have anything you wished you had done before your surgery that you did not do?
Kat618	ok, I am the least girly girl ever but cant live with "boy toes" ...thanks for the info
mjd2491	regency - they told me they wanted to be able to see my nail beds
mjd2491	Well... check to make sure
cmtsp	maria~to prevent infection
peppermintpeggy	neujadeja- good question.....
mjd2491	But really, it's a pretty small price to pay. You can make a pedicure be one of your first pampering missions!
fritzi64	Okay, what questions do you have about what to expect at the hospital?
cmtsp	neujadeja~I wished that I had purchased a small plastic stool to sit on in the shower
mjd2491	Hmmm.... I wish I had cut my hair. Dealing with long hair in the

	hospital was sort of annoying
Kat618	Mine surgery is next wends. I am stressing that I did not allow my self enough time to really really clean the house the way I want to....all I have left is this weekend
mjd2491	The shower chair idea is good, too.
cmtsp	Kat~you may not even care!
fritzi64	Kat, I did absolutely no cleaning ahead of time due to the pain I was experiencing. And it was okay. I learned to close my eyes a lot ;)
peppermintpeggy	the shower chair was a life-saver for me, i was afraid i'd fall in the shower
neujadeja	I was wondering about the shower.
mjd2491	I had already treated myself to a cleaning person....
mava	any pros/cons in choosing a vag. vs lapro. procedure?
tasia	I'm having an abdominal hysterectomy. Anyone here with experience of that?
mjd2491	I figured it would either get clean or it didn't need to be cleaned.
regencyrrt1983	Actuallo my doc said no bowel prep, no shave, nothing special. He didn't tell me no toenail polish. I saw it on here
cmtsp	yes, tasia
peppermintpeggy	mine was abdominal
mjd2491	But I did give my refrig a good once-over, and threw out old frozen stuff
mariaferrick	can you shower afterwards
mjd2491	So I'd say, have the fridge clean!
mava	how soon after can you shower?
Catherine	I showered the next day
cmtsp	maria~you will probably be showering one day after
peppermintpeggy	i was able to shower the next day....the nurse helped me though
Catherine	with help from the nurse
mjd2491	The main thing here is to follow your doc's instructions. If you're not sure about something, just ask!
mjd2491	I didn't have any bowel prep or special diet, but many do.
regencyrrt1983	yeah!
mava	really....thought you had to wait awhile...that's good news!
jstussy	dr said 45 min for surgery, then to recovery and to a room...??? were you pretty aware of things when you got to your room?
mjd2491	Yep, I also showered the day after surgery
mjd2491	And I washed my hair the second day after.
cmtsp	I was pretty out of it that first day
mjd2491	I sure didn't win any speed awards going down the hall, though.
mjd2491	But I will say that the more I got up and walking, the better I felt.
fritzi64	jstussy, I had moments of awareness but mostly moments of being out of it
tasia	Only 45 min? My doctor was saying 2 hours.
mava	jtussy....what type of surgery with 45 min.....mine said 2-3 hours...
mjd2491	Yout ake it really, really slow at first, but it feels wonderful to walk.
Kat618	My doctor told me I could take a shower 24 hours later....I said ah next morning, he said NO wait 24 hours...so guess each dr is different
mjd2491	My surgery was supposed to be 1-1/2 hours long, but it was 2-

	1/2 hours long
mjd2491	Kat - yes, they are. And some will have you use special soaps, etc.
mjd2491	It may also depend on the type of incision you have
mjd2491	Stitches vs. staples, etc.
jstussy	mine is LAVH w/Iso
mjd2491	What great questions!
cindy9647	how long does a vag hyst take and
mjd2491	cindy - there's really no set time they take
fritzi64	cindy, I had a vaginal hysterectomy, and I was told 90 minutes
mjd2491	The docs can estimate, but they don't know until they start the surgery
fritzi64	and it really did take about that much time, although the doctor said that sometimes it's a bit longer
mjd2491	Like I said, mine ended up taking an hour longer than planned because my bladder and uterus were adhered together
mariaferrick	how bad will I bleed after
cmtsp	maria~that varies a lot
mjd2491	maria - It can vary from nothing (like me) to needing a pad for several weeks
AnnieT44	I am significantly overweight - will this make my surgery longer? and would they go for a vertical incision as opposed to a horizontal or bikini cut?
tasia	Do you recommend taking anything specifically to the hospital?
mjd2491	It's a good idea to plan to need some pads afterwards... you can always give them away
peppermintpeggy	annie- i am as well, my surgery did take much longer because of it
cmtsp	tasia~I only used my toothbrush and lip balm
fritzi64	I had vaginal bleeding and then discharge for about five weeks
fritzi64	but it was never as bad as a period was for me.
jstussy	take some to hospital?
Kat618	the question I have over and over to everyone is, are there ANY narcotics/pain meds that wont make me sick?? Vicodin, morphine, percocet makes me vomit for hours.
mava	I was told that they could schedule me early but that I would most likely be "bumped" for easier procedures like a D and C.....anyone else experience long waiting for your surgery?
peppermintpeggy	i had very little bleeding
mjd2491	tasia -- I used my toothbrush, toothpaste, a pad and pencil to write down questions, a battery-operated alarm clock for the table (I'm horribly nearsighted) and my comb.
cmtsp	they will have them there, jstussy
mjd2491	Many ladies swear by lip balm, but I didn't use it
mjd2491	And if there's anything you really need, someone can bring it for you!
mjd2491	I ended up changing rooms once, so it was helpful to have LESS stuff to cart around
cmtsp	Kat~I would discuss this with your anesthesiologist when you check in
mjd2491	mava -- that's hard, isn't it? I got in and was told right away I'd probably have to wait 3-4 hours because of an emergency... and I was really bummed
mjd2491	But then they moved stuff around and I got right in

fritzi64	Morphine causes me to vomit, so I had an anti-nausea patch as well as something in the IV. It didn't help much, so they switched me to something else
mjd2491	But then when I had my hematoma surgery, I waited 7 hours!!!
neujadeja	Are you "with it" enough to read? or use your laptop?
mjd2491	It was torture, I'll be honest
tasia	The one thing I'm taking is my husband. I know I can't keep him at the hospital the whole time, but...
Kat618	my issue is with the pain meds they send you home with?? that make me sooo sick
mjd2491	tasia -- good thing to take!
cmtsp	neujadeja~I was not, but some sisters post on the board while still in the hospital!
fritzi64	neujadeja, I am a prolific reader--and couldn't even manage to read an article from People magazine in the hospital
mjd2491	Kat - make sure you discuss this with the docs. There's alot of stuff out there to take, and sometimes you can lessen the nausea with food, etc.
AnnieT44	thanks peppermintpeggy!
mjd2491	You might also ask about the On-Q system for pain control
mava	wow mj....that doesn't sound good...i'm a bit hypoglycemic so was just wondering....
cindy9647	Can someone tell me pain level afterward. I know it will vary but I've had 2 c-sections. Is the pain better or worse?
mjd2491	No pills... it's a ball that's placed at the incision site to give pain relief
mjd2491	I haven't heard much about On-Q lately, not sure how widely it's used anymore.
mava	any experience with having vitamin c on an iv for faster healing?
Kat618	oh wow...good to know.
peppermintpeggy	cindy-what type of surgery are you having?
cmtsp	cindy~this is a popular topic on the boards. Most say that hysterectomy is a bit more difficult
cindy9647	vag
regencyrrt1983	we use it at our hospital a lot for c-sections
mjd2491	I had two c-sections.... and my hysterectomy was a completely different experience.
mjd2491	Strangely enough, it was easier than one of my c-sections, but not as difficult as the other one. They were different.
mjd2491	regency - the On-Q?
regencyrrt1983	When can I start using Mederma for the scar. I have BAD pregnancy stretch marks.
fritzi64	Let's start moving toward your questions about early recovery at home.
tasia	Is finally have a surgery date and knowing that the problems will end a tremendous relief? I've been asking for this surgery for years. Now that I'm over 40, they finally are granting it.
jstussy	We own our own business and I'm needing to be back next Friday...any suggestions?
mjd2491	jstussy - when is your surgery?
regencyrrt1983	yes the on-Q
cmtsp	tasia~I found it a relief to be scheduled
jstussy	tomorrow
cindy9647	what am I going to feel like doing when I get home

mjd2491	I dont' want to rain on your parade... really I don't. But I think taking only one week off is too little.
mjd2491	That's just my opinion
cmtsp	cindy~probably nothing for a few days
mjd2491	But Please don't go back if you're not up to it
fritzi64	cindy, the only thing I felt like doing was logging onto my laptop so I could post in the post-op forum on HysterSisters--and then fall asleep
neujadeja	I am having a LAVH how long to drive?
mjd2491	I had about the most stressful job I can imagine when I had my surgery... and I took six weeks off. Should have taken 8.
mjd2491	I was running a bank with 50 employees. Not a branch -- a whole bank.
cmtsp	Two weeks before driving is typical
peppermintpeggy	at home, i was able to do some crafty-stuff at first, but mostly watch tv and sleep
neujadeja	I have 3 children under 8. My husband will be home for the first week will that be enough?>
mava	that is stressful mj!
mjd2491	It's so touchy when you go back to work. Is there any way you could telecommute or only do part-time for a while?
tasia	My biggest fear about all of this is that we only have a claw foot tub. How difficult will it be climbing in and out of that?
mjd2491	neujadeja - 3 kids under 8. Do you have other childcare?
jstussy	We only have 10 employees and I'm in the office only.
peppermintpeggy	neujadeja-you might need some help after that
cmtsp	tasia~Is there someone that can assist you?
neujadeja	No. The older 2 are in school
tasia	cmtsp - just my husband
mjd2491	jstussy - well, make sure you "lean on" the rest of the staff for a while. My biggest fear is that you'll be so fatigued that you'll spend your "healing energy" on work. :(
cmtsp	I would only attempt it with his help at first
mjd2491	Hmmmm. I had a 3-year-old when I had my surgery
Kat618	how long before you can comfortably be at home all day by yourself?? no one there to help or get things for you?I really DONT want the mother in law coming if I dont have to after my husband goes back after the 3rd day home
mjd2491	And I needed to have my 16-year-old daughter come stay with us (she was living with her dad)
mjd2491	I really couldn't do anything for Matt for several weeks.
tasia	How about doing stairs? I have only one bathroom on the second floor.
cmtsp	Kat~I recovered alone. Slow and steady...
mjd2491	DH and DD had to bathe him, feed him
mjd2491	tasia --- second floor should be OK
peppermintpeggy	my surgery was abdominal and it was very difficult to get in and out of bed or even turn over in bed, i needed help with that for a couple of weeks
mjd2491	I climbed the stairs just a couple of times a day and it was OK
cmtsp	tasia~Most people are told stairs are okay taken slowly
fritzi64	We do have an article on our Post-op Resources page about recovering with small children. It provides several tips on how to make things easier for yourself with little ones.

mjd2491	One thing that really helped me was to enlist my son in being a "big boy"
tasia	Is sleeping alot before the surgery typical?
jstussy	My DH is going to be with me tomorrow, Fri, Sat and Sun-then I'll be alone
mjd2491	And your older children can be helpers.
AnnieT44	is anyone on Megestrol (Megace) prior to surgery? I'm on it and really struggling withe the side effects
neujadeja	thank you Fritzi I will look at thtat
mjd2491	tasia -- you mean now? in the weeks up to the surgery?
tasia	Mystress level is dropping as I read this chat. Thanks.
mjd2491	jstussy - I could have been alone after just a few days.
mjd2491	I really only needed my husband to change my bandages once a day
mava	are many of you scheduled for a laproscopic
jstussy	mine too! Thanks everybody
fritzi64	One thing that surprised me after I got home was that I couldn't even pour myself a cup of coffee or milk. Lifting even a pitcher or a coffee pot was really too much.
mjd2491	I was absolutely wiped out
cindy9647	My stress level is increasing. I am so not prepared.
mariaferrick	I am
tasia	Yes, I am sleeping a lot more than normal for me.
mava	this has been great and good luck tomorrow jstussy!
tasia	Then again, I put myself at a level 4 pain all the time now. The surgery couldn't be too soon for me.
peppermintpeggy	annie- i'm not familiar with megace
mjd2491	annie - which of the side effects are you having trouble with?
regencyrrt1983	I'm tired a lot too. I guess the fibroid is sucking the life out of me ;)
neujadeja	My husband seems to think this is no big deal,he seems to think I am going to be up and around and driving by day 9
mjd2491	And why is your doctor having you take Megace?
mariaferrick	I am so depressed all I want to do is sleep and cry
fritzi64	((((maria)))
mjd2491	((((maria)))
mjd2491	So sorry
mjd2491	This is such a big deal
fritzi64	I did that a lot before my surgery, too
cmtsp	neujadeja~he could visit misterhystersisters.com for information
peppermintpeggy	neujadeja- have your dh go to misterhystersisters.com
tasia	regencyrrt1983 - could be. My entire uterus is fibroid mass.
mava	I was hoping that megace would be an option for me instead of surgery but the side effects do sound tough annie
jstussy	I have to go for now..prep is underway and so much still to do here at home! Thanks to all more than I can tell you!!
fritzi64	good luck tomorrow jstussy!
peppermintpeggy	best wishes to you!
neujadeja	Good luck jstussy!
cindy9647	Good luck tomorrow
Kat618	good luck to you tomorrow!!!
mjd2491	tasia -- you sound like me..... click on my profile sometime to see a pic of my uterus after surgery

cmtsp	Best wishes!
mariaferrick	best wishes to you
mjd2491	'night tussy
mjd2491	:)
jstussy	thanks sisters!
fritzi64	Okay, let's move into some questions about hormones, ovaries, and menopause.
mariaferrick	hugs
regencyrrt1983	good luck!
AnnieT44	the side effects I'm struggling with are really bad insomnia, nausea, constipation, the emotional rollercoaster - it basically is making me feel like I'm pregnant, which I never have been (but wanted to be) and that irony isn't lost on me, which I'm sure is making me even more emotional
tasia	I have called it my Alien Love Child for years. I looked pregnant, but never was.
AnnieT44	this may have been covered earlier, but how did you cope with going into surgical menopause? my Gyne will be taking my ovaries as well and I am nowhere near menopause yet
mjd2491	((annie))) sorry about the side effects. I have read that Megace is a tough med to be on.
fritzi64	Annie, I kept my ovaries and didn't completely experience surgical menopause--but my ovaries did shut down for a while and I ended up on HRT
peppermintpeggy	annie- it's very different for everyone, i have fared pretty well but the emotional ups and downs can be hard
tasia	AnnieT44 - that is so not fun. The one thing I told my Dr was if at all possible I wanted to keep at least one ovary.
AnnieT44	it is, mjd, it's basically a hormonal chemotherapy
Kat618	I am actually excited that this finally almost here, tired of the waiting...but I very much want to keep my ovaries because I dont want HRT.....he thinks the right one is too diseased.....I dont know how I would handle it if I woke up to find out they were both taken out??? That is the only thing that scares me
mariaferrick	the ups and down get worse?
regencyrrt1983	The last month I've felt bloated and like I have a brick inside. I am not real hopeful that he can save my left ovary. maybe the right will keep me from menopause
cindy9647	Even with keeping my ovaries will I experience some form of menopause? This is really confusing me
mjd2491	((annie))) Unfortunately surgical menopause can be tough... but can you take hormones?
mjd2491	Sometimes the doc will have you on hormones when you leave the operating room
cmtsp	cindy~probably for a time. This can last days, weeks, or months
mjd2491	And some women find a good balance right away! We can hope you'll be one of them
fritzi64	cindy, my ovaries went into shock--they still worked, but just not at their previous levels--they're back now
peppermintpeggy	maria- i really didn't have any until after surgery...if you are already experiencing them you might not notice much difference
tasia	Did anyone else have weight gain? I've put on about 10 pounds since the diagnosis and the alien is feeling harder.
mariaferrick	not sure I can or not

AnnieT44	thanks, Fritzi and peppermintpeggy and mjd - I'm not sure what they will do about replacement therapy because there is a family history of breast cancer in two of my aunts, and HRT and breast cancer history are pretty much contraindicated
cmtsp	tasia~I gained no weight
mjd2491	tasia - I just stayed about the same.... I was hoping for a huge weight loss when I had my surgery, but unfortunately my greatly enlarged uterus only weighed 370 grams. What a downer!
peppermintpeggy	i'm not on hrt
fritzi64	Annie, my doctor said that sometimes zoloft and other antidepressants can help mask the symptoms of menopause in women who can't take HRT
mjd2491	They did remove 4 lbs of fat and skin with the panniculectomy, though
AnnieT44	but I'm seeing my Gyne next week for the results of my D&C, so we'll probably have a discussion about HRT then
mariaferrick	I have a aubt that had breast cancer also
peppermintpeggy	that is true, what fritzi said, i am on prozac
mjd2491	I think sometimes weight gain can result from just not feeling well, retaining water, etc.
mjd2491	That was the case with me
mariaferrick	aunt
AnnieT44	good to know, Fritzi, I'll talk to my Family Doctor about that as well
tasia	Is thre a list of questions I whould ask at the preadmission testing?
mariaferrick	the pre op chat is every Thurs?
mjd2491	Oh... and I gained weight in the hospital even though they removed 5 pounds of stuff from me!
fritzi64	maria, the chat is every other Thursday
mjd2491	tasia -- great question.
fritzi64	You can see the schedule over on the right side of the screen
mjd2491	There is a list of questions for the doc in our pre-op Checkpoints section
cindy9647	Can someone tell what I MIGHT experience following surgery (keeping the ovaries)
mjd2491	cindy - you mean as far as hormones go?
cindy9647	yes
regencyrrt1983	I've gained weight just because I felt to crappy to go to the gym.
mjd2491	I kept my ovaries, and they never went into shock or anything. But my sex drive took a nose dive for many, many months. :(
mjd2491	That was something I wasn't expecting at all.
mjd2491	I had that post-op "surge" where I felt like a teenager (before I could have intercourse) and when I could, I didn't want to. Bummer.
mava	how do you know if they've gone in to shock?
cmtsp	cindy~I had about three months of hot flashes, but then felt more normal physically and emotionally after that.
cindy9647	Great I was hoping that would be better
mjd2491	mava -- you have menopause symptoms -- hot flashes, etc.
fritzi64	I didn't realize my ovaries had gone into shock at first.
mjd2491	It doesn't necessarily happen right away, either
mjd2491	And unfortunately, some women have ovaries fail after surgery

fritzi64	but I went to the doctor complaining of extreme fatigue, exhaustion, inability to concentrate, vaginal dryness, etc.
cmtsp	mava~hot flashes, insomnia, hormonal headaches, etc
mjd2491	But it's not the majority by a long shot
fritzi64	and she handed me a list of symptoms of low estrogen
regencyrrt1983	Great! I just got remarried a year ago. My poor husband
mariaferrick	ok well I have to get off of here now I have really enjoyed this thank you so much for what I learned I feel better that I know where I can now get support & answers now... Goodnight all..... Hugs to all
mava	thanks....i am estrogen dominant now so was just wonderig "how dominant" they stay afterward!
mjd2491	maria - thanks for coming!
cmtsp	Goodnight maria
peppermintpeggy	goodnight maria
AnnieT44	goodnight maria
fritzi64	Let's move on to your questions about the return to work and a normal routine.
AnnieT44	this has been so amazing - thank you everybody for sharing your wealth of information - I feel so blessed to have found you!
mjd2491	One thing that really floored me (as I said before) was how ungodly tired I was for so long
mjd2491	I have shared the story of how I fell fast asleep waiting for my six-week checkup many times.
Kat618	what about the vaginal cuff??? how common is it for it to get infected?? or stiches burst rupture? I have heard several stories and my doctor even brought it up to me so I would NOT over do it after surgery
mjd2491	Yes, I even drooled on the chair
mava	Agreed!
mjd2491	Kat - the cuff is usually not an issue. Infection isn't common at all.
cmtsp	Kat~yes, take it easy
peppermintpeggy	i had no problem with the cuff
AnnieT44	lol mjd!
mjd2491	Annie - oh, and I'm not lying.
regencyrrt1983	I work three twelve hour shifts a week and everyone thinks I'll be back in 6 weeks but I don't know?
AnnieT44	I know I'll be drooling on furniture!
mjd2491	I was so proud of myself for driving an hour to the clinic, and I slept for 45 minutes in the waiting room. I just KNOW I was snoring, too
mjd2491	regency -- I'd ease back in
fritzi64	I think twelve-hour shifts at six weeks would be difficult
peppermintpeggy	i think the biggest thing we just don't realize before surgery is how long the recovery really takes
cmtsp	regency~If your doctor gives you an eight week option, take it!
mjd2491	My doc said, "Don't jump back in to everything"
mjd2491	You need to get back into physical shape
fritzi64	I went back to work on a very part-time basis at four weeks
fritzi64	and bumped it up a bit at six weeks
peppermintpeggy	you may be "cleared" to go back to work, drive, have sex, etc. but there is still a lot of healing going on
mjd2491	I had an employee who had a hyst a year after I did and I flat

	out told her I didn't want her back for at least 6 weeks full time
fritzi64	the first two weeks back at work were really, really tiring
mjd2491	Yep -- peggy's right. You have to be ready AND the doc has to say you're ready.
cindy9647	I have heard about that kind of tired from a friend but I thought she was stretching it a little. LOL
AnnieT44	OMG mjd, are you my long long sister?
tasia	I'm self employed. I can work from home. How much will I be able to do, and how soon? This tiredness before the surgery is already impacting my work.
regencyrrt1983	thank you!
mjd2491	I found myself "in my couch" at 7 p.m. every night for weeks after returning to work, and I wasn't doing much except sitting at a desk
mjd2491	annie - probably
mjd2491	:)
mjd2491	lol
peppermintpeggy	tasia- be prepared to get tired easily
fritzi64	tasia, I tried to work at home a bit, but until I no longer needed my pain meds, I couldn't even construct a coherent email
cmtsp	tasia~that tiredness will likely continue. Take it slow and maybe try to not raise others expectations too much
Kat618	I am having the Da Vinci, and my doctor says he thinks I will be ready to go back to work after 2 weeks????
Kat618	I asked for 3 weeks and he said only if you really think you need it
mjd2491	Oh... and I was also the one who went on a shopping trip at 3-1/2 weeks post-op.... did you know that Target employees will really escort you to your car???
tasia	Does the endless need to pee end with the surgery?
mjd2491	I'm telling you all, I was not a model patient
mjd2491	I learned
cmtsp	tasia~it did for me
mava	fritzi....how long do you usually need pain meds for?
mjd2491	And I paid for it all
fritzi64	mava, it varies
mjd2491	I was a somewhat slow healer and I had a large incision
fritzi64	I used them for about ten days
fritzi64	and sometimes after that at night
mjd2491	I needed pain meds for six weeks! Not at the level I started at, but my incision wasn't even nearly closed at six weeks
mava	MJ...nice to know about Target!
peppermintpeggy	i used pain meds for about 5 weeks, not regularly as it tapered off toward the end
mjd2491	mava - oh yes....
mjd2491	It helps to have the color of a sheet.
fritzi64	Okay, let's move on to everyone's favorite subject--sex
fritzi64	With a reminder that this is a PG-rated site ;)
mjd2491	In hindsight, I just know I was really overdoing it.... and I found myself having another surgery a year later to fix the problem.
tasia	I personally know I have a tendency to overdo thing. My husband is going to be my limiter and cut me off to keep me from overdoing.
mava	Seems like a long time for meds! Yikes! Was that all prescription

	or did it switch to over the counter like advil?
mjd2491	tasia -- good. Make him take your car keys
peppermintpeggy	i encourage all of you to do as much walking as you can to speed up the healing and get the energy back
mjd2491	Walking is key!
fritzi64	I used my percocet for ten days and then mostly switched to ibuprofen
kimmywoman	Hello to all. I am having Da Vinci and my husband seems to think I will snap back in no time. I am hoping the doctor will set him straight at the pre-op appt.
cmtsp	mava~I took nothing after leaving the hospital. This varies so much
tasia	I'm the only driver in the family, he is legally blind.
peppermintpeggy	mava- i used vicodin the first 5-6 weeks
regencyrrt1983	Darn, I hit the backspace on accident and logged out
cmtsp	kimmywoman~Good idea to bring him to your appt
mjd2491	kimmy -- well..... you can also ask him to do some online research. That's what I did with my husband. He figured it out after he did his own reading.
peppermintpeggy	kimmy- if you didn't see this before, have him go to misterhystersisters.com
mjd2491	And yes, bring him to the appointment, and also make sure he's there at your discharge from the hospital! The nurses will set him straight.
fritzi64	by the way, a transcript of tonight's chat will be posted on the chat events page tomorrow, so if you've missed anything, you'll be able to find it again
Kat618	Kimmywoman-I am also having the Da Vinci and he made it very clear 2 weeks is SHORT term recovery, but 8 weeks is really when everything starts to get back to normal
mjd2491	My hubby took one look at my incision and didn't let me lift a finger for weeks
regencyrrt1983	I ran off everything I could off your site and left it around for him to read
kimmywoman	Good idea.. will have him read up on it!! Thanks
mjd2491	Remember, even if you're having the DaVinci or LSH, you're still having organs removed!
fritzi64	Gee, no one has any questions about sex?
mava	sorry but back to pain meds....anyone have oxycontin?
mjd2491	This is a major trauma to the body. The difference is you don't have an incision to remind you that you just had surgery
mjd2491	Oxycontin... the time-release of oxycodone?
mjd2491	No, I've never taken it
kimmywoman	No sex for 6-8 weeks, right>
cindy9647	My husband has plenty sex questions
mjd2491	But I've taken oxycodone
mjd2491	Which is the short-acting version
fritzi64	Kimmy, that's the standard amount of time--but some women are cleared earlier and some later
mjd2491	The nice thing about the time-release is you don't have to take it as often
fritzi64	Cindy, what questions would your husband like you to ask about sex?
mava	Who can think about sex at a time like this! :)

tasia	So, haveing the big up down incision will be a good reminder to me to take it easy.
mava	Except my husband that is....:)
mjd2491	kimmy - I was "released" at 5-1/2 weeks, but remember, you have to want it, not just be declared "cleared" for it
regencyrrt1983	I'm worried about the sex issue because I'm newly married and sex is uncomfortable right now
Kat618	If you still have your ovaries, but no cervix do you have to worry about dryness??
mjd2491	Personally, my dh and I waited until more like 8 weeks. He told me he wasn't interested until *both* of us could enjoy it.
mjd2491	((regency)))
cmtsp	Kat~I need a vaginal moisturizer
fritzi64	Kat, I did, but we learned all about the lubrication section at the drug store and are trying to have fun with it
AnnieT44	yes, sex! lol..... will I experience really bad vaginal dryness and atrophy afterwards?
Kat618	my doctor said no sex for 8 weeks and until he was sure the vaginal cuff was healed completly
cindy9647	I don't know
mjd2491	Well... in most cases, sex is either as good or better after surgery. But it does take time
mava	what's the difference with oxycodone?...maybe I heard wrong!
regencyrrt1983	Nice hubby!
cindy9647	Is sex different when you've had a hyst
Kat618	what about orgasm's are they still as strong as before since you no longer have a uterus?
mjd2491	I'm one of those who had difficulties, unfortunately. But you don't know that going into the surgery
fritzi64	Orgasms can be as strong--but they feel different
cmtsp	Kat~mine feel the same. This varies a lot though
mjd2491	Cindy -- for many it is not different. For many it's better afterwards, too.
fritzi64	blood vessels have been cut, rearranged, etc, and it takes a while for everything to feel normal again
kimmywoman	I have already warned hubby that it will be a while...
mjd2491	Without pain, it can be very liberating... not to mention the lack of bleeding.
regencyrrt1983	The orgasm issue is what I'm wondering about
tasia	I recommend Liquid Silk and the even better stuff that is thicker by the same company that I can't think of the name of right now.
fritzi64	It's important to wait until the doctor has cleared you for sex--and this includes things that do not involve penetration
mjd2491	((regency))) My orgasms feel very different. But finally, a year or so ago, I started having better orgasms again. I'm just being honest. It took time with me, unfortunately
fritzi64	Arousal and orgasm increase the blood flow to tissue that is still healing
cindy9647	I have no interest in sex now so I'm hoping for better
Kat618	Is it ok to have an orgasm with NO intercourse of course BEFORE you are cleared?? or can that do damage?
kimmywoman	Yes, worry that orgasm will not be as strong
mjd2491	And I did miss that. I never thought that anything other than "attitude" and patience would effect my sex life

cmtsp	Kat~opinions vary on this. Talk to your dr
mjd2491	It takes more than just "relaxing" to make it happen
mjd2491	And the weird part is, I kept my ovaries so logically I should not have had libido issues. But I did.
fritzi64	We have the chatroom for another fifteen minutes.
fritzi64	I'm going to remove the moderation so we can have some quicker interaction.
mjd2491	Kat - my doc didn't say anything about that. Please don't hesitate to ask yours, though. Some say no orgasm at all
regencyrrt1983	Oral works better for me anyway but should I worry about bacteria?
fritzi64	Yes, regency, you should be concerned about bacteria
mjd2491	Regency - I would say no oral sex until you're cleared for intercourse
tasia	Thanks for all the information. I'll be reading the entire chat over tomorrow.
mjd2491	It's awfully risky in terms of infection
AnnieT44	me too
Kat618	so if they take organs through/out of your vagina, isnt your whole vagina sore after words NOT just your incision sites?
regencyrrt1983	Thats what I was afraid of, thanks for the info
cindy9647	This has been so helpful. I really appreciate the information
mjd2491	Kat - not necessarily. Remember, the vagina is a very elastic organ
fritzi64	My vagina was sore but not painful, if that makes any sense
AnnieT44	oh my God, yes, so helpful!
mava	okay silly question....does the vaginal cuff seal off the area where the cervix was completely?
kimmywoman	Sorry I missed the first hour, will catch up on the transcript tomorrow..
fritzi64	yes, mava, it does
cmtsp	Yes, mava
mjd2491	mava -- that's a GREAT question
mjd2491	Yes, it does
fritzi64	it was stitched up
fritzi64	and grew new tissue
mjd2491	But remember... your cervix is a very small opening
mjd2491	So the worry about "where does the sperm go" ---?
mava	Thank you...so much to know.
mjd2491	It isn't much different than it was before if that makes sense
mjd2491	I have to say I couldn't tell I had a cervix and now I can't tell that it's gone
mjd2491	Oh, and I hope this is OK to say ;) but a man cannot feel your cervix. No way!
mjd2491	lol
mjd2491	No man is that sensitive
AnnieT44	lol mjd!
mjd2491	OK, I'll be quiet now.
mava	:)
AnnieT44	you are so right!
regencyrrt1983	Thanks so much for the help. I'm beat, been up since 5:30 to go to work, gotta go to lay down with my new best friend Mr. Heating Pad.;)
fritzi64	especially after 6-8 weeks without

mjd2491	Say hi to the heating pad
cmtsp	Goodnight regency
mjd2491	lol fritzi
fritzi64	Thanks for coming regency
cindy9647	Really stupid question but is the Dr. just taking out my uterus?
AnnieT44	goodnight regency
mjd2491	Another question is about the length of the vagina
mjd2491	I was afraid that the surgery would "shorten" me
mjd2491	But not to worry -- the change is miniscule
cmtsp	What type of surgery, cindy?
peppermintpeggy	cindy, it depends, what are you having done?
mjd2491	And the vagina expands to accomodate your partner, so he won't notice a difference there, either
cindy9647	all I know is he is not taking my ovaries
mava	I will be heading to bed soon too....wish I could have you all here for support and vice versa for you! Thanks so much for all of the help....what a wonderful resource.
cindy9647	it is a vag hyst. I am so lost when it comes to this
cmtsp	Is it a "total" hyst, cindy?
AnnieT44	goodnight everyone! thank you so much! I will catch up with the transcript tomorrow!
fritzi64	A vaginal hysterectomy removed the uterus and the cervix
mjd2491	cindy -- remember, if he's taking your whole uterus, that includes the cervix.
cindy9647	no
mjd2491	The cervix isn't a separate organ, but the lower part of the uterus
peppermintpeggy	goodnight annie and mava
cindy9647	Thx. I failed biology and all the sciences LOL
mava	p.s. any pros or cons with the vaginal vs. laproscopic....not sure if that got answered
peppermintpeggy	lol
mjd2491	cindy lol
fritzi64	And it should always be okay to call your doctor's office and ask
mjd2491	mava -- I don't really think there's a set "pro" and "con" list
fritzi64	I had several conversations with nurses who very patiently reviewed my upcomign procedure with me
mjd2491	Unless you really want to retain your cervix...
mjd2491	Do you have strong feelings about it?
cindy9647	Nope don't know anything about it mjfd
mava	true....just trying to make a decision...two different doctors...two different recommendations.
kimmywoman	I've always been rather fond of my cervix...wonder if I can keep it? :-)
mjd2491	Well... I would recommend that you continue to research. There are those who say keeping the cervix is good for pelvic floor support
mjd2491	But then again, when you keep your cervix, you can have "mini-periods"
cindy9647	No!!!!!!!!!!!!
mjd2491	Frankly, I didn't want to bleed anymore
mjd2491	And I didn't want any more fibroids, which can grow on the cervix
fritzi64	and if you have fibroids, those can develop on the remaining

	cervix
mjd2491	So mine went bye-bye
cmtsp	I had mine taken to avoid mini periods
mjd2491	My sister had a 3-pound fibroid on her cervix once
mjd2491	ack
mjd2491	No fun
fritzi64	The chatroom will be closing in about five minutes.
kimmywoman	Nope, do not want any more fibroids to worry about, so maybe say goodbye to cervix
Kat618	if I get to keep my ovaries, will I still go through like PMS/cycles everymonth??sore breast, mood swings??? just no periods?
fritzi64	Can you think of other questions for us?
neujadeja	I am off to bed. Thank you for all the information. I am feeling better already!
mava	oh one last question too....anyone ever have experience with the "lumpiness" after surgery....I am very thin and the nurse said today to expect it.
mjd2491	Kat -- I found that my PMS symptoms were greatly diminished after surgery
cmtsp	kimmy~I regretted having mine taken at first, but now I'm glad I don't have it
mjd2491	It occurred to me that my major PMS problem was the bloating, etc. and that went away because my uterus was gone
fritzi64	Kat, although my ovaies shut down for several months after surgery, I'm back to PMS--but it's MUCH milder than before
mjd2491	I still get ovulation pain, but breast tenderness, etc. is almost gone
cmtsp	Kat~you can still have pms, though I find it minor
mjd2491	Now if I could only get rid of the chocolate cravings.....
Kat618	LOL!
cmtsp	mava~I am a tiny bit lumpy
fritzi64	Um, why on earth would you want to get rid of that, MJ?
mjd2491	Oh, yes, my mistake
kimmywoman	thanks to everyone!! Up with chocolate!!
mava	agreed....chocolate is a good thing
mjd2491	My favorite holiday is coming up.... Valentruuffle Day!
cindy9647	Chocolate is my BFF
peppermintpeggy	lol
mava	Goodnight and hugs to all...thanks again.
mjd2491	'night mava
cindy9647	Thanks everyone
cmtsp	goodnight mava
mjd2491	Thanks for coming!
fritzi64	Thank you for coming
mjd2491	This was a great chat, ladies.
peppermintpeggy	goodnight mava
Kat618	thanks so much for doing this!!!
fritzi64	And thank you, MJ, for being our guest speaker!
mjd2491	I hardly had to do anything -- I like that.
mjd2491	:)
fritzi64	Any last questions?

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