

# Pre-op Chat

April 8, 2010

Guest Speaker: mjd2491

fritzi64	Hi lizzyjlizzy
cmtsp	Hi fritzi
lizzyjlizzy	Hello to you too !
cmtsp	Hi lizzyjlizzy
fritzi64	I'm sitting here sipping on a chocolate milkshake
lizzyjlizzy	So thankful for your website....you are angels
cmtsp	I just had a hot chocolate
lizzyjlizzy	I am eating warm brownies
fritzi64	lizzy, I feel the same way--the women here saved my sanity throughout the whole experience
fritzi64	wow, I'm sensing a chocolate theme
fritzi64	Hi PeanutsDayCare
PeanutsDayCare	hello
fritzi64	Hi WalkingLady
fritzi64	Hi hope2010
cmtsp	Hi WalkingLady and hope2010
fritzi64	We'll give people a few minutes to find their way to the room and get settled in
fritzi64	sometimes the chat software takes some time to load.
WalkingLady	Hi everyone. This is my second pre-op chat. Looking forward to getting more helpful hints before surgery!
cmtsp	Hiya MJ
fritzi64	Hi MJ
mjd2491	hi
PeanutsDayCare	1st time in here
mjd2491	I'm finishing up an ice cream treat
mjd2491	hahahahah
fritzi64	Well, Peanuts, you figured out how to type, so you're all set!
fritzi64	How is everyone's weather today?
PeanutsDayCare	cold and snowing in MI
fritzi64	I woke up to snow this morning and had to turn the furnace back on (Milwaukee area)
WalkingLady	Sunny and warm in NJ
fritzi64	So I should be having hot chocolate rather than my shake, I suppose!
cmtsp	Hi Jasnack
fritzi64	Hi Jasnack
fritzi64	Hi Idnim
cmtsp	Hi Idnim
Idnim	Hi
fritzi64	We still have a couple folks making their way here, so get settled in and then we'll get started
Jasnack	Hi cmtsp and fritzi64
fritzi64	Hi mrswalrus

<b>cmtsp</b>	<b>Hi mrswalrus</b>
<b>mrswalrus</b>	<b>hi</b>
<b>fritzi64</b>	<b>Let's get started.</b>
<b>Jasnick</b>	<b>Hi mrswalrus</b>
<b>fritzi64</b>	<b>I'm sure we'll have a few more folks wander in as we get going, but that's okay.</b>
<b>fritzi64</b>	<b>Welcome to our live pre-op chat!</b>
<b>fritzi64</b>	<b>We are so excited that you are able to attend tonight's chat.</b>
<b>mrswalrus</b>	<b>i'm not too computer literate so bear with me</b>
<b>fritzi64</b>	<b>My surgery was a little over a year ago</b>
<b>Jasnick</b>	<b>Nice to be here - I'm from Western Australia where it is 9AM Friday</b>
<b>fritzi64</b>	<b>and I still remember the questions..</b>
<b>PeanutsDayCare</b>	<b>same here mrs w</b>
<b>fritzi64</b>	<b>the concerns...</b>
<b>fritzi64</b>	<b>the complete obsession with HysterSisters.</b>
<b>lizzylizzy</b>	<b>LOL</b>
<b>fritzi64</b>	<b>We didn't have a chatroom at that time, so I'm really glad we have one for you.</b>
<b>fritzi64</b>	<b>You don't have to be techy or geeky</b>
<b>fritzi64</b>	<b>and I'm thrilled that the time zone conversion works so that someone in Australia can translate "9 pm eastern US time"</b>
<b>fritzi64</b>	<b>I'm going to be the moderator tonight. I'll be spending much of my time behind the scenes.</b>
<b>fritzi64</b>	<b>Although I will pop into the conversations from time to time</b>
<b>fritzi64</b>	<b>Here's the way this chat will work!</b>
<b>fritzi64</b>	<b>Our guest for tonight is mjd2491, one of our hostesses.</b>
<b>fritzi64</b>	<b>She will introduce herself and relay some basic information for our hysterectomy journey.</b>
<b>fritzi64</b>	<b>We'll also move through some subjects that many pre-op members have questions about.</b>
<b>fritzi64</b>	<b>After mjd2491's "presentation,"</b>
<b>fritzi64</b>	<b>we'll take your questions about preparing for surgery...</b>
<b>fritzi64</b>	<b>(Hi simplyJ)</b>
<b>fritzi64</b>	<b>...what to expect at the hospital..</b>
<b>fritzi64</b>	<b>...what to expect in early recovery at home...</b>
<b>fritzi64</b>	<b>...hormones...</b>
<b>fritzi64</b>	<b>...a return to your normal routine..</b>
<b>fritzi64</b>	<b>...and a return to intimacy.</b>
<b>fritzi64</b>	<b>To help everyone follow the conversation, much of the chat will be moderated.</b>
<b>fritzi64</b>	<b>That means that when you post a question it will be held until it fits a topic of conversation.</b>
<b>fritzi64</b>	<b>I'll do my best to let everyone's questions through.</b>
<b>fritzi64</b>	<b>Please be patient with me, though.</b>
<b>fritzi64</b>	<b>If your question doesn't appear right away, . . .</b>
<b>fritzi64</b>	<b>. . . it's being saved for the time in the program when we will be discussing that topic, . . .</b>
<b>fritzi64</b>	<b>. . . by the time I see it to let it through, it doesn't make sense anymore (like, "Me too!"), . . .</b>

fritzi64	. . . or I press the wrong button on my screen (oops).
fritzi64	At the end of the chat, weâ€™ll remove the moderation for a while.
fritzi64	(Hi ckathy)
fritzi64	If any of your questions were not posted through, please feel free to ask them again.
fritzi64	I would also like to welcome cmtsp tonight.
cmtsp	HellO!
fritzi64	She is one of our alumni hostesses, and she is here to help you out as well.
fritzi64	Before I turn the program over to mjd2491, I'd like to ask you about what resources you've found helpful on HysterSisters.
fritzi64	Which of our resources have you used so far? Checkpoints? Videos? The forums? The Pre-Op resources page?
lizzylizzy	everything
fritzi64	LOL
simplyJ	all of the above!
cmtsp	That's great!
mrswalrus	ditto
Jasnick	All of them :)
lizzylizzy	I feel so thankful to have found this
mrswalrus	me too
ckathy	Hi, I have just a few minutes before I have to leave but wanted to check in. Love the web site. Today is my b-day and I got a wonderful ecard fro Hystersisters. My surgery is next Thurs.
fritzi64	Happy birthday!
fritzi64	I've set the room to "moderated" now.
fritzi64	But let me say before ckathy leaves,
fritzi64	the transcript for the chat will be posted tomorrow on the Archives tab of the chat page.
PeanutsDayCare	have a hard time finding how to post q's but over all the pages are great
fritzi64	PeanutsDayCare, we can help you out with that a bit
fritzi64	Let's go ahead and get started with the program for now.
fritzi64	It's all yours, mjd2491!
mjd2491	Hi! My name is Mary Jill, but everyone around here calls me MJ, so you can feel free to do so as well. :)
PeanutsDayCare	great thanks
mrswalrus	this is my first chat room
ckathy	Great, I was wondering about an archives page. I really wanted to be involved tonight but a b-day pary awaits me.
mjd2491	I had my hysterectomy back in 2004 (I know, before the earth's crust cooled)
cmtsp	lol
mjd2491	But believe me, I can still remember that pre-op anxiety
mjd2491	I was on Hystersisters 24/7
mjd2491	Sound familiar?
mjd2491	I even used to get annoyed when there weren't new stories for me to read in the Tell Your Hyst-Story forum

mjd2491	lol
mjd2491	I had my hysterectomy for fibroids and a boggy uterus
mjd2491	I also had a panniculectomy, which is related to a tummy tuck
mjd2491	The procedure was to remove extra fat and skin from the abdominal area, and it was considered plastic surgery
mjd2491	Anyhow... let's move on to hysterectomy stuff.
mjd2491	One of the first things to get straight is what kind of surgery you're having.
mjd2491	There are several different types of hysterectomy procedures.
lizzylizzy	I'm jealous
mjd2491	haha -- I'm not skinny now, lizzylizzy
mjd2491	It just made it easier to get to the abdominal area
mjd2491	And the panniculectomy wasn't covered by insurance and it was expensive
mjd2491	lol
mjd2491	Anyhow
mjd2491	One really important thing to know is the difference between a "Partial" and a "total" hysterectomy
mjd2491	Many of us (me included) assume that if you're not having your ovaries taken out, it's a partial hysterectomy
mjd2491	And if you're having your ovaries taken out, it's a total
mjd2491	Actually, the ovaries don't figure into the partial vs. total debate
mjd2491	A partial hysterectomy means you're having only part of your uterus taken out, and that your cervix (which is the lower part of your uterus) is not being removed
mjd2491	This was a shock for me
mjd2491	So the supracervical abdominal hysterectomy (SAH) is performed via an open incision and it just takes out the uterus, leaving the cervix
mjd2491	The LSH (laparoscopic supracervical hysterectomy) is performed via small incisions around the navel, and only removes the uterus, no cervix
mjd2491	Then there's the TAH (total abdominal hysterectomy) which removes the entire uterus with cervix through an abdominal incision.
mjd2491	This is still the most common type of hysterectomy, although other types are becoming more common.
mjd2491	The TVH is a total vaginal hysterectomy, where the uterus and cervix are removed through the vagina. No external incisions.
mjd2491	The LAVH is a laparoscopically-assisted vaginal hysterectomy, where along with taking the uterus and cervix through the vagina, there are small incisions so the laparoscope can assist with the surgery
mjd2491	There is also the RALH, or a robotic assisted laparoscopic hysterectomy
mjd2491	This is the surgery using a robot like the DaVinci robot
mjd2491	Again, no big incision for this surgery.
mjd2491	Whew

mjd2491	I'm tired
mjd2491	Then.... there's the part about the ovaries.
mjd2491	If you're having both ovaries removed, it's called a BSO - bilateral salpingo oophorectomy
mjd2491	LSO - left ovary only
mjd2491	RSO - right ovary only
mjd2491	SOOOOO.... this means if you're having a total vaginal hysterectomy and both ovaries removed, it's shortened up as TVH/BSO
mjd2491	OK... time for audience participation.
mjd2491	What kind of surgery is everyone having?
mjd2491	Do you know?
Jasnick	TAH
simplyJ	TAH
mjd2491	Sometimes they don't know until you get to the OR
LookingforaSis	I had an lavh/bs0 :)
WalkingLady	RALH and hoping to keep both ovaries
mjd2491	cool
cmtsp	I also had a TAH
fritzi64	I had a TVH.
mrswalrus	my surgery, TAH/BSO
mjd2491	I knew I was having a TAH, and if my ovaries were OK, they would stay. They were good, so I still have them
PeanutsDayCare	ralh bso
mjd2491	One thing that would be really, really cool is if you could put your surgery type into your Hyster Sisters signature on your profile. :)
fritzi64	(Hi tanddsand)
mjd2491	If the surgery type happens to change, you can always change it!
lizzylizzy	LSH - but she mentioned using a robot so does that make me a RALH
tanddsand	Hello sorry so late had very hard time getting in
mjd2491	lizzy - I believe so.
mjd2491	The daVinci system is very exciting.
lizzylizzy	Keeping my ovaries and cervix
mrswalrus	my surgery is in one week. What is the protocol on shaving "down there" ?
mjd2491	Oh, good question
mjd2491	The protocol for shaving is simple... dont' do anything you haven't been told to do.
mjd2491	It may seem petty, but often the hospital has procedures to prevent infection and if you have breaks (cuts) in your skin from shaving, they could delay your procedure
PeanutsDayCare	why is the davinci so exciting
mjd2491	They shaved me before my surgery, and it was actually a very relaxing experience.
mrswalrus	were you awake during the shaving?
mjd2491	(PeanutsDayCare) The DaVinci system is exciting because it's new and because it's less invasive, often leading to less discomfort and easier recovery. But not everyone is a

	<b>candidate, and it's not always available for surgery</b>
<b>mjd2491</b>	<b>Oh, yes.... they did the shaving in the pre-op holding area.</b>
<b>cmtsp</b>	<b>I was asleep during my shaving</b>
<b>lizzylizzy</b>	<b>what if you are already shaved</b>
<b>mjd2491</b>	<b>It was a woman who did it, she used warm water and wonderfully fragrant soap... and it was very wonderful</b>
<b>fritzi64</b>	<b>That was a good lead-in to our question &amp; answer section of the chat. What questions do you have about preparing for surgery?</b>
<b>fritzi64</b>	<b>I was asleep for my shaving.</b>
<b>tanddsand</b>	<b>Should we NOT shave until then</b>
<b>mjd2491</b>	<b>lizzylizzy -- well... I think that being shaved is OK, just don't do it right before the surgery</b>
<b>cmtsp</b>	<b>lizzylizzy~Mention this to your dr, maybe?</b>
<b>mjd2491</b>	<b>Just ask your doctor</b>
<b>mjd2491</b>	<b>Sometimes it's OK, sometimes not</b>
<b>lizzylizzy</b>	<b>someone mentioned some colon cleaning</b>
<b>mjd2491</b>	<b>I guess bottom line is, do what they say! It's not worth canceling surgery over.</b>
<b>mjd2491</b>	<b>I did not have any bowel prep for my surgery</b>
<b>mjd2491</b>	<b>Many women do and many do not</b>
<b>LookingforaSis</b>	<b>Lizzy, I didnt do it anymore about 3 days before mine. (shaving)</b>
<b>mjd2491</b>	<b>It all depends on what is being done, and some of it is doc preference as well</b>
<b>Jasnick</b>	<b>My doctor said no bowel prep</b>
<b>mjd2491</b>	<b>The bottom line there (sorry for the pun!) is that the bowel prep really isn't that bad....</b>
<b>mjd2491</b>	<b>I've done them for other things (colonoscopy, etc.) and while it's not a barrel of laughs, it's certainly not horrible, either</b>
<b>mjd2491</b>	<b>And some people handle them really, really well</b>
<b>PeanutsDayCare</b>	<b>mine said yes to the bowel prep</b>
<b>cmtsp</b>	<b>Have lots of moist wipes!</b>
<b>mjd2491</b>	<b>The important thing again is to do what your doc says, nothing more, nothing less</b>
<b>mjd2491</b>	<b>Sometimes ladies will decide to do laxatives, etc. on their own even if the doctor doesn't recommend or order a bowel prep</b>
<b>mjd2491</b>	<b>That's a big no-no!</b>
<b>LookingforaSis</b>	<b>Yeah and for the bowel prep, just dont eat heavy the day you have to start it.</b>
<b>simplyJ</b>	<b>no mention of it (bowel prep) when we scheduled</b>
<b>mjd2491</b>	<b>You could really dehydrate yourself, and then the hospital would NOT be expecting you to be dehydrated and they may not treat you properly</b>
<b>mjd2491</b>	<b>And in my case (after no bowel prep) I got to the hospital and they had me give myself two enemas. Imagine if I had already "cleaned myself out" the night before!</b>
<b>mjd2491</b>	<b>It would not have been good.</b>
<b>mjd2491</b>	<b>What other questions do you have about preparation for the hospital?</b>

<b>tanddsand</b>	<b>I have read that they do not want finger nail polish? is that true?</b>
<b>mjd2491</b>	<b>I would also recommend that you pack light for the castle</b>
<b>mrswalrus</b>	<b>that;s the best advice I've heard. Just follow your doctor's instructions</b>
<b>mjd2491</b>	<b>:)</b>
<b>simplyJ</b>	<b>and putting in your iv will be more challenging if you are dehydrated-BTDT with the colonoscopy!</b>
<b>mjd2491</b>	<b>tanddsand - I was told no polish, but again, hospitals vary</b>
<b>cmtsp</b>	<b>Yes, that is true, tanddsand</b>
<b>mjd2491</b>	<b>My take on this is as follows: If seeing my nail beds gives them a better chance to save my life if I'm not absorbing enough oxygen, why not give them that chance?</b>
<b>mjd2491</b>	<b>I know alot of ladies insist that they have to have beautiful, manicured hands and toes</b>
<b>simplyJ</b>	<b>I would think that would be for the oxygen sensor</b>
<b>mjd2491</b>	<b>But really.... they won't care a bit how you look, and neighter will you!</b>
<b>tanddsand</b>	<b>thank you</b>
<b>lizzylizzy</b>	<b>should be bring the tummy pillow to the hospital</b>
<b>mjd2491</b>	<b>simply -- yes, they have the sensor</b>
<b>WalkingLady</b>	<b>I may be bleeding when I report for surgery - any suggestions?</b>
<b>tanddsand</b>	<b>It can be their breathing time</b>
<b>mjd2491</b>	<b>But they can also look at you</b>
<b>mjd2491</b>	<b>I guess I'd suggest you make that mani/pedi appointment one of your first post-op pampering missions</b>
<b>mjd2491</b>	<b>That will make it special, too!</b>
<b>cmtsp</b>	<b>WalkingLady~I actually had permission to use a tampon, which was removed in the OR</b>
<b>mjd2491</b>	<b>WalkingLady - you're not the first!</b>
<b>mjd2491</b>	<b>Don't worry about it. Just let the nurses know what's going on, and they'll take care of it all for you.</b>
<b>mjd2491</b>	<b>As I once heard here, You'll go into surgery with your period, and come out of it without it.</b>
<b>tanddsand</b>	<b>Is it normal to clot afterwards</b>
<b>mjd2491</b>	<b>Actually, I didn't have any discharge or bleeding at all, at least not vaginally</b>
<b>mjd2491</b>	<b>My incision bled quite a bit a few times, though</b>
<b>mrswalrus</b>	<b>how much bleeding will there be after the surgery?</b>
<b>mjd2491</b>	<b>Again, this depends on your procedure, what the docs had to do, etc.</b>
<b>mjd2491</b>	<b>It can vary from nothing (like me) to needing a pad for several weeks</b>
<b>LookingforaSis</b>	<b>I didnt have a lot, spotting for a few days.</b>
<b>fritzi64</b>	<b>I had bleeding for several weeks.</b>
<b>Jasnick</b>	<b>With a TAH, will there be a lot of bleeding afterwards?</b>
<b>tanddsand</b>	<b>I am having the LVAH</b>
<b>mjd2491</b>	<b>I had a TAH and had NONE.</b>
<b>mjd2491</b>	<b>No bleeding at all, not even in the hospital</b>
<b>cmtsp</b>	<b>Jasnick~I had a discharge for about six weeks</b>

<b>mrswalrus</b>	<b>Mmy surgery tah/bs0</b>
<b>Jasnick</b>	<b>Why the differences between people?</b>
<b>mjd2491</b>	<b>I also had three surgical drains, and a hip-to-hip incision</b>
<b>mjd2491</b>	<b>:)</b>
<b>mjd2491</b>	<b>Jasnick - alot depends on how much has to be done in your particular situation</b>
<b>mjd2491</b>	<b>Sometimes the vaginal cuff bleeds, and stitches are needed on the outside of the cuff or on the inside of the vagina</b>
<b>mjd2491</b>	<b>I think that has to do with some of it</b>
<b>mjd2491</b>	<b>Everyone's different</b>
<b>mjd2491</b>	<b>We all heal differently...</b>
<b>mjd2491</b>	<b>But it's probably safest to have some pads (not tampons) on hand. You can give them away if you don't end up needing them.</b>
<b>mjd2491</b>	<b>That's what I did.</b>
<b>mjd2491</b>	<b>Is everyone packed for the hospital?</b>
<b>cmtsp</b>	<b>Yes, don't give those pads away just yet</b>
<b>mjd2491</b>	<b>I have to say, I could have packed in a gallon ziplock bag</b>
<b>mjd2491</b>	<b>lol</b>
<b>mjd2491</b>	<b>I only used a very few things I packed</b>
<b>cmtsp</b>	<b>I only needed a toothbrush and lip balm</b>
<b>mjd2491</b>	<b>I wore the same thing home from the hospital as I wore to the hospital</b>
<b>cmtsp</b>	<b>Me too. I wore jammies to and from the hospital</b>
<b>simplyJ</b>	<b>and I would think how active you are when recovering would factor into it....</b>
<b>mjd2491</b>	<b>slip-on shoes are very important! You won't want to bend over to tie anything.</b>
<b>Jasnick</b>	<b>I bought a couple of packets just in case</b>
<b>mjd2491</b>	<b>:)</b>
<b>lizzylizzy</b>	<b>getting there</b>
<b>Butterfly1857</b>	<b>I have 7 weeks b4 my date. But I do have my list.</b>
<b>mjd2491</b>	<b>That's good!</b>
<b>WalkingLady</b>	<b>Since RALH is considered same-day surgery, do I really need anything?</b>
<b>simplyJ</b>	<b>I have 4 more weeks to pack, plenty of time</b>
<b>tanddsand</b>	<b>I bought the mega pad pack just incase because i am such a bleeder</b>
<b>mjd2491</b>	<b>Don't forget a notebook and pen to write down questions, it's easy to forget stuff</b>
<b>mjd2491</b>	<b>Oh, and I brought a small battery-operated clock so I could see the time 24/7</b>
<b>mjd2491</b>	<b>I'm really nearsighted so that way I didn't have to have my glasses on to see the time</b>
<b>tanddsand</b>	<b>I have 1.5 weeks and getting VERY nervous</b>
<b>lizzylizzy</b>	<b>I am having RALH and have to spend one night</b>
<b>mrswalrus</b>	<b>I only found out 5 weeks ago I needed surgery. Now it's one week away...</b>
<b>PeanutsDayCare</b>	<b>dont forget the robes</b>
<b>cmtsp</b>	<b>WalkingLady~maybe bring a few essentials in case your stay is extended?</b>

mjd2491	tanddsand -- ((hugs))
Jasnick	I bought a cheapo watch so I could tell the time
mjd2491	One thing to remember is that if you really need something, you can have it brought to you.
cmtsp	I wore the hospital robe
tanddsand	Thanks
tanddsand	Should I leave my jewelry at home?
mjd2491	I also changed rooms during my stay (shared to private room!) so there was less to move the less I had.
mjd2491	tanddsand -- no jewelry
mjd2491	Nothing valuable
cmtsp	It's a good idea to leave jewelry at home, yes
mjd2491	I'm even a little wary of ladies bringing laptops
PeanutsDayCare	Kzoo they dont have robes
mjd2491	Or does the hospital rent you one?
cmtsp	They may have robes
cmtsp	Mine did
mjd2491	I used a second hospital gown as a robe
mjd2491	Worked well
mjd2491	mine had robes
mjd2491	And I had to wear their slippers, too
fritzi64	As we're finishing up with preparing for the surgery, what other questions do you have about what do expect at the hospital?
mjd2491	They wouldn't let me wear mine
mrswalrus	I have to have my cell phone with me
tanddsand	Should I buy a few outfits in prep for Swelly Belly or do you think dresses will work
lizzylizzy	what are you like immediately following surgery
mjd2491	I wore loose-fitting sundresses after surgery
mjd2491	It worked fine
cmtsp	dresses can work great with swelly belly
mjd2491	Which was really good because of the drains and my binder, which I wore for 6 weeks
cmtsp	lizzylizzy~the first day, I was really out of it
simplyJ	buying new pajamas, should I get them a couple of sizes bigger than what I wear now?
mjd2491	simply - maybe.... and frankly, I didn't wear any bottoms (or undies) for several weeks
cmtsp	simplyJ~I just wore my loosest clothes
mjd2491	It was just too hard with everything else I was dealing with
PeanutsDayCare	will be in pjs for several days like i was for the ovary removal
tanddsand	Should I allow DH to bring my kids the day of LVAH
PeanutsDayCare	pjs bigger yes
Jasnick	Will I be with-it enough to have my husband visit the first night?
fritzi64	tanddsand, how old are your kids?
tanddsand	Should I get the binder for LVAH?
cmtsp	I had visitors the first day, but I wasn't good company for them
mjd2491	tanddsand -- good question..... my ds saw me the day after.

	<b>He was 3 and he was a little scared</b>
<b>tanddsand</b>	<b>4 &amp; 8</b>
<b>PeanutsDayCare</b>	<b>undies bigger as well</b>
<b>mjd2491</b>	<b>The older one (16) was fine</b>
<b>mjd2491</b>	<b>I think the 4-year-old may be a little young. Hospitals can be scary</b>
<b>fritzi64</b>	<b>My kids were teens at the time, and even though they had been told I would have tubes in and out of me and that I would be out of it, it was still a bit difficult for them to see me that way.</b>
<b>mjd2491</b>	<b>But you can maybe give him the option</b>
<b>LookingforaSis</b>	<b>Jasnick, my DH was there. It really didnt matter either way to me though.</b>
<b>cmtsp</b>	<b>tanddsand~Many do not need a binder after vaginal hyst. They are terrific after abdominal surgery, however</b>
<b>mjd2491</b>	<b>The day of surgery, I slept most of the time I was back in my room</b>
<b>Butterfly1857</b>	<b>are there a lot of tubes &amp; machines</b>
<b>tanddsand</b>	<b>They know i am having surgery but not the full story I just dont know how to tell the NO</b>
<b>Jasnick</b>	<b>Its just he would have a long drive so I thought perhaps wait until the following morning</b>
<b>LookingforaSis</b>	<b>Butterfly, I didnt have a lot.</b>
<b>mjd2491</b>	<b>tanddsand -- you will only be gone a couple of days. Maybe it's best to let them know you'll see them when you get home, and you could always call them and let them know you're OK</b>
<b>cmtsp</b>	<b>Butterfly1857~I had an iv, and of course they were checking my bp and heart rate quite often</b>
<b>fritzi64</b>	<b>I had the compression thingies on my legs, an IV, blood pressure pump, pulse-o-meter thing on my finger, and a urine bag</b>
<b>tanddsand</b>	<b>I think that is what I need to convince him we need to do</b>
<b>LookingforaSis</b>	<b>tanddsand--- i told my son I was going on a trip. Then when I got home, I told him my tummy was sore and he couldnt hug me yet.</b>
<b>fritzi64</b>	<b>What other questions do you have about preparing for the surgery or what to expect at the hospital?</b>
<b>mrswalrus</b>	<b>how long does the NG tube stay in?</b>
<b>mjd2491</b>	<b>Another source of anxiety is that you won't know how long you'll be in the hospital. Most are in for 1-3 nights</b>
<b>cmtsp</b>	<b>Oh yes, I had a catheter too the first day, as well as the compressors for my legs</b>
<b>mjd2491</b>	<b>mrswalrus - Mine was out by the time I came to my room</b>
<b>mjd2491</b>	<b>But I had the IV, and then the three drains</b>
<b>lizzylizzy</b>	<b>what will be the determining factor for sending me home</b>
<b>tanddsand</b>	<b>How long did you keep the leg comp on they kind of sound good</b>
<b>lizzylizzy</b>	<b>Am I going to get a catheter?</b>
<b>mjd2491</b>	<b>The drains were the biggest pain because I had to have someone come every time I needed to go potty to "unplug" them from the wall</b>

<b>cmtsp</b>	<b>lizzylizzy~Some women have to pass gas and urinate, some also have to have a bm</b>
<b>mjd2491</b>	<b>tanddsand - the compression things stayed on for about 24 hours or until I was up and around regularly</b>
<b>LookingforaSis</b>	<b>tand, i took mine off every few hours because I had to pee! The nurses took them off "officially" the following morning.</b>
<b>fritzi64</b>	<b>Lizzy, my catheter was inserted while I was asleep . It stayed in until the evening of my srugery. They waited until I could walk to the bathroom.</b>
<b>tanddsand</b>	<b>I think the cath is one of the things making me nervous</b>
<b>PeanutsDayCare</b>	<b>why drains?</b>
<b>tanddsand</b>	<b>what are drains</b>
<b>mjd2491</b>	<b>I did not have to have a bm, which is good because they would have had to wait 8 days for it</b>
<b>mjd2491</b>	<b>lol</b>
<b>mrswalrus</b>	<b>what about he catheter?</b>
<b>cmtsp</b>	<b>tanddsand~I would say for about 24 hrs I had them on my legs</b>
<b>fritzi64</b>	<b>I loved the catheter. I could sleep when I wanted without having to worry about getting up to go to the bathroom.</b>
<b>Jasnick</b>	<b>Does one feel like eating the same day?</b>
<b>mjd2491</b>	<b>I had drains I think because of the panniculectomy... but it may have also been just because of the size of my uterus</b>
<b>mjd2491</b>	<b>Not sure</b>
<b>cmtsp</b>	<b>I also liked the catheter, which was in for about 24 hours</b>
<b>mjd2491</b>	<b>There was alot of tissue removed</b>
<b>LookingforaSis</b>	<b>Jasnick, my main concern was going pee, that was it.</b>
<b>cmtsp</b>	<b>Jasnick~I really didn't feel like eating for a couple of days</b>
<b>mjd2491</b>	<b>The drains are tubes with little things that look like hand grenades on the end of the tube</b>
<b>mjd2491</b>	<b>After I got home, I had to empty them out periodically</b>
<b>lizzylizzy</b>	<b>my doctor did not mention cathetorization</b>
<b>Jasnick</b>	<b>Is the catheter painful?</b>
<b>PeanutsDayCare</b>	<b>going pee lol have to relax and retrain self to pee all over lol</b>
<b>lizzylizzy</b>	<b>do you get drains with LSH</b>
<b>WalkingLady</b>	<b>Do only certain types of surgery require the leg compression things?</b>
<b>tanddsand</b>	<b>how long does it take for path results?</b>
<b>mjd2491</b>	<b>My catheter was not painful at all. They put it in after I was asleep (thank God) and I didn't even feel it coming out</b>
<b>cmtsp</b>	<b>I did not find the catheter uncomfortable. It was not put in until I was under</b>
<b>Pattypat</b>	<b>I didn't have drains with LSH</b>
<b>fritzi64</b>	<b>I had a TVH and had no drains.</b>
<b>mjd2491</b>	<b>walkinglady - I had them with both of my latest surgeries. I think until you're really up and around, they have them on you</b>
<b>mjd2491</b>	<b>Yeah, I think it's because of the extra tissue that was removed</b>
<b>mjd2491</b>	<b>Not everyone has drains</b>
<b>mjd2491</b>	<b>But some do</b>

<b>mjd2491</b>	<b>Depends on what is done</b>
<b>cmtsp</b>	<b>WalkingLady~I believe that the leg compressors are used quite commonly</b>
<b>fritzi64</b>	<b>Let's start moving on to your questions about hormones.</b>
<b>lizzylizzy</b>	<b>did you have a catheter with LSH</b>
<b>Pattypat</b>	<b>I had a cath with LSH</b>
<b>cmtsp</b>	<b>tanddsand~I got my path results after only a couple of days</b>
<b>tanddsand</b>	<b>i am waiting on nurse to call me back do i need to fast before pre-op</b>
<b>Jasnick</b>	<b>How soon can I resume taking HRT?</b>
<b>tanddsand</b>	<b>if they take 1 ovary and leave the other do you have to take hrt?</b>
<b>mjd2491</b>	<b>tanddsand -- shouldn't have to fast for pre-op</b>
<b>mjd2491</b>	<b>But you'll not be able to eat the day of surgery, that's for sure!</b>
<b>mjd2491</b>	<b>lol</b>
<b>fritzi64</b>	<b>tanddsand, I kept both my ovaries, but they went to sleep for a while before waking back up. I went on HRT, and it helped a great deal</b>
<b>LookingforaSis</b>	<b>Jas, I had to wait several weeks due to my endometriosis.</b>
<b>mjd2491</b>	<b>It's at least nothing by mouth after midnight the night before</b>
<b>Butterfly1857</b>	<b>are path reports automatically done?</b>
<b>cmtsp</b>	<b>tanddsand~ask your dr about fasting. I did not use hrt after having one ovary removed, but some do use it</b>
<b>tanddsand</b>	<b>good not eating for 1 day is about all i can handle</b>
<b>PeanutsDayCare</b>	<b>NOhrt if only have 1 ovary i have that noe</b>
<b>PeanutsDayCare</b>	<b>after everything is removed how soon until body relizes thereare no hormones when does the hot flashes start</b>
<b>mjd2491</b>	<b>butterfly - I think pathology is routine</b>
<b>mjd2491</b>	<b>Mine was done before my surgery was over... they did it right away to make sure I didn't have cancer, as I think that would have meant the ovaries would have been taken no matter what.</b>
<b>Pattypat</b>	<b>Need for HRT is very individual</b>
<b>tanddsand</b>	<b>i will be waiting on paths for specific reasons</b>
<b>LookingforaSis</b>	<b>Peanuts, depends on your estrogen reserves.</b>
<b>simplyJ</b>	<b>I wonder if I should ask about HRT. I am keeping my ovaries, but I have a family history of osteoporosis.</b>
<b>PeanutsDayCare</b>	<b>so i dont want them can they just give me meds before it happens</b>
<b>pinkytx</b>	<b>My surgery is tomorrow and I used a fleet enema and nothing happened. Has this happened to anyone?</b>
<b>Pattypat</b>	<b>simply, if you have symptoms, use HRT</b>
<b>LookingforaSis</b>	<b>Peanuts, depends on your doctor. Some docs write an rx right away.</b>
<b>fritzi64</b>	<b>In addition to our pre-op and post-op forums, we have a forum with several sub-forums devoted to hormone issues and HRT/no HRT.</b>
<b>simplyJ</b>	<b>I'll call tomorrow and ask</b>
<b>PeanutsDayCare</b>	<b>HRT is what exactly cant spell fast</b>
<b>tanddsand</b>	<b>my dh is most concerned about my hormones afterwards.</b>

	guess he thinks i am cranky already.
LookingforaSis	pinky, i have not ever had that happen.
Pattypat	I got my HRT Rx at my three week post op
mjd2491	pinkytx -- you might want to call and let them know nothing happened.... or tell them in the morning. They'll probably have you do it again, or they may help you with it.
fritzi64	pinkytx, perhaps you could call a 24-hour pharmacy and ask if they have suggestion for you
mrswalrus	My blood test CA125 is very high. That's why I'm having BSO. When should I know it there's cancer?
cmtsp	tanddsand~Your dh may want to check out <a href="http://www.misterhystersisters.com">www.misterhystersisters.com</a>
fritzi64	it's normal to have odd mood swings for the first couple weeks after surgery.
mjd2491	mrswalrus.... the CA125 does not mean you have cancer. Is there going to be a gyn/oncologist present at your surgery?
fritzi64	Your body and mind are trying to cope with the trauma of surgery, hormone changes, etc.
lizzylizzy	what is a "dh"
tanddsand	I will tell him to do that
fritzi64	dh=dear husband
mjd2491	mrswalrus... it's one of the markers, but not a definitive diagnosis.
mrswalrus	The G
cmtsp	The CA125 can elevate for various reasons
mrswalrus	A GYN/ONC is doing the surgery
cmtsp	great!
mjd2491	Good -- that's what I was wondering
mjd2491	:)
mjd2491	That's what you want.
mjd2491	I don't know how quickly the pathology on your ovaries will be done.... may be right away, may take a few days.
mjd2491	But I'm sure the sooner the better for you.
PeanutsDayCare	so what does inconclusive mean when it comes to cancer?
mjd2491	Many (((hugs))) going out your way
mjd2491	Peanuts... do you have an "inconclusive" test?
PeanutsDayCare	yes
PeanutsDayCare	full hyst on the 29th
mjd2491	I am not a doc, don't really know what they mean. But it sounds to me like the tests didn't definitely point to cancer but maybe don't rule it out, either?
fritzi64	Let's move on to your questions about your return to normal routines--at work, at home, in your intimate life (with a reminder that this is a pg-rated site, please).
lizzylizzy	did anyone have a chest xray at there pre-op at the hospital
mjd2491	In my case there was no suspicion of cancer, but that didn't mean they couldn't have found any.
fritzi64	lizzy, I had a chest xray because I used to smoke years ago and they said it was standard
mjd2491	lizzy - chest xrays are pretty common, as are EKG's
tanddsand	I was told i will have a chest xray tues

tanddsand	can you "roll in the hay" the night before surgery?
lizzylizzy	can you have "outer course" after surgery
fritzi64	Yes, you can have intercourse the night before your surgery. Some women do it the morning of the surgery.
cmtsp	Drs vary on outercourse. Some think it is too much stimulation to orgasm soon after surgery
lizzylizzy	whoo hoo!!
Jasnick	TAH on 19th - I asked my doctor how long I would be in bed after I returned home and he said : "You won't be" - I fully intend to be in bed for a while as I don't want to overdue it too soon.
mjd2491	Mine didn't say not to do anything after surgery, but dh and I waited for *everything* until I was 7-8 weeks out
mjd2491	It just wasn't worth it!
fritzi64	I spent a lot of time in bed after my surgery because my bedroom is quieter than anywhere else in my house
PeanutsDayCare	thanks ladys but Daycare kids early in the am Good night
fritzi64	thanks for coming, peanuts
cmtsp	Goodnight Peanuts
mjd2491	Jasnick -- well, you won't be bedridden, but you're right.... you certainly won't be out doing cartwheels and headstands
mjd2491	I used my living room as my recovery area because it had a TV, was close to the front door, kitchen, and had a bathroom nearby too
mjd2491	:)
Jasnick	That's what I thought
mjd2491	I actually slept there for weeks
Butterfly1857	i plan on taking really easy my first two weeks. mostly bed 7 couch
mjd2491	I couldn't lie down
mjd2491	Or more accurately, I couldn't get up from lying down for a while
mjd2491	lol
simplyJ	stairs-I was told there are no restrictions
mjd2491	I could do stairs right away... I just had to take it slow
fritzi64	I was told to take the stairs only a couple times a day--but I forgot and overdid it and ended up in pain
mjd2491	One thing to be prepared for is to be a little wobbly for a few days... that anesthesia takes alot out of you!
cmtsp	simplyJ~Slow and steady. Some drs have restrictions
tanddsand	That is what I have planned as well. Even bought a new liv suite with recliners to help
lizzylizzy	can you manage on your own at home or do you need someone there
mjd2491	lizzy - I could have been home alone after about a week
mjd2491	dh was there, and that was good
mjd2491	but I didn't really need him
tanddsand	Has anyone else had issues waking up after surgery?
cmtsp	lizzylizzy~I was alone and did okay as long as I did things slowly
fritzi64	What kinds of issues, tanddsand?

mjd2491	The thing I needed him for was changing my bandages, because of the size of the incision and I couldn't see it
simplyJ	afraid they will just frustrate me and I'd rather be alone
mjd2491	They might
mjd2491	I had my dh stand by the first couple of showers I took
mjd2491	And at about 1 week post-op, blood started streaming down my legs from the incision
mjd2491	That was scary
tanddsand	my last d&c (miscarriage @ 15 wks) they said they had a hard time waking me up
lizzylizzy	how soon can you shower
mjd2491	Turned out several months later I had a large hematoma.... but it wasn't found until then
fritzi64	lizzy, I took a shower in the hospital the next day
mjd2491	I had my first shower two days after surgery
mjd2491	It took forever..... but it was worth it!
cmtsp	lizzylizzy~I showered in the hospital on the second day
mjd2491	They washed my hair for me the day after surgery
mjd2491	Which was really nice, too
mjd2491	:)
fritzi64	What other questions are on your mind?
Jasnick	I have had my hair cut really short so I won't have to fuss with it for the next few weeks
fritzi64	I have short hair anyway, but I made sure to get it cut before my surgery so I could stand myself :)
tanddsand	Should i change diet this week before surg?
lizzylizzy	what about pain management....how long were you using pain medication. And I know everyone is different
lizzylizzy	I noticed some people said they were using morphine
cmtsp	It can help to eat lightly before surgery since constipation can be an issue
Pattypat	I used the morphine pump a few times in the hspital
cmtsp	After leaving the hospital, I took nothing for pain
fritzi64	I had morphine after the surgery but had a difficult time with it, even with anti-nausea meds.
Pattypat	If I was getting out of bed or had to move, I would take a pump
Pattypat	Only needed it it three times
fritzi64	After I came home, I had percocet. I took in on schedule for the first week and then took them just at night for another week
Pattypat	No pain meds at home (LSH)
fritzi64	I am a big wimp when it comes to pain, and I was very glad to be okay.
simplyJ	I had issues with morphine when I had my gallbladder out- had to stay an extra day due to all the vomiting. Now what?
mrswalrus	doesn't pain meds give constipation?
lizzylizzy	Pattypat - you had the LSH
Pattypat	yes, LSH
mjd2491	simply - I had fentanyl with my last surgery because morphine makes me itch. Worked very well

fritzi64	Yes, mrs walrus, pain meds can cause constipation--so it's important to drink plenty of fluids and take any stool softener recommended by your doctor
cmtsp	simplyJ~You can discuss nausea issues with your anesthesiologist
mjd2491	They put the fentanyl right into the pump just like morphine
mjd2491	There are all sorts of drugs out there
tanddsand	I want to THANK this site and EVERYONE in here for helping me through this time.
mjd2491	:)
mjd2491	I had vicodin when I came home
mjd2491	And honestly... I took it for 7 weeks
fritzi64	You're welcome, tanddsand
tanddsand	Have a great night & prayers and hugs to everyone
lizzylizzy	Do you need to ask for pain medication
fritzi64	I've removed the moderation from the room so it's a little easier to interact with each other.
mjd2491	If your surgeon won't refill your pain meds, go to your GP. Surgeons aren't really there to monitor your ongoing pain issues... they are there to do surgery.
cmtsp	You will likely discuss pain meds before leaving the hospital with your doctor
Jasnich	Thanks for the opportunity to chat, have an appointment with the anaesthetist this afternoon so better get cracking - will log out soon
mjd2491	lizzy - Again, hospitals vary on this. I had the PCA device for about 18 hours, then they transitioned me to oral meds and had a schedule for them.
Pattypat	I didn't need to ask for pain meds
cmtsp	Have a good day, Jasnich
mjd2491	I had ibuprofen and hydrocodone staged... they told me to call when I need the meds.
lizzylizzy	but when I come out of surgery they will have something set up for me
mrs walrus	Thank you HysterSister for being there.
mjd2491	mrs walrus -- and we're ALWAYS here! :) :)
Pattypat	when I got to my room there was a morphine pump waiting fo me
mrs walrus	You are always a blessing!
mjd2491	It took them some time to get my pain under control
lizzylizzy	I thank you all for your wisdom and advice....but there are some oreo cookies calling me...XOXO
cmtsp	lol
fritzi64	The first couple weeks after my surgery, I slept with my laptop instead of my husband and logged into HysterSisters at odd hours!
mjd2491	Bye lizzy
mjd2491	:)
cmtsp	Have a good night, lizzylizzy
mjd2491	haha fritzi
Butterfly1857	I plan on beig on HysterSisters also.

mjd2491	What other questions do you have?
Butterfly1857	thanks so much for having these chats
mjd2491	Oh, you're most welcome
mjd2491	They are fun for us, too!
mjd2491	It's great to get to know the members
mjd2491	And it's a great way for you to get questions answered in a more relaxed setting
mrswalrus	No more questions for now. I do plan on coming back to chat more.
mjd2491	Good!
fritzi64	our next preop chat is two weeks from tonight
mjd2491	We look forward to seeing you.
fritzi64	until then, post your questions in the pre-op forum, and we'll see you there!
Butterfly1857	My date is getting close. I have to start getting emotionally prepared
Butterfly1857	Good night ladies!
mjd2491	Yes, it can be challenging to really prepare
mjd2491	'night!
mjd2491	:)
cmtsp	Goodnight
fritzi64	Goodnight
mrswalrus	Two weeks from now I'll be looking for a post op chat
mjd2491	Good... we'll have one for you.
mjd2491	:)
fritzi64	we've been doing those once a week, although they are at different times each week
mrswalrus	Thanks. Your email invite got me in here.
fritzi64	you'll find the dates and times posted in your recovery progress thread in the post-op forum
fritzi64	It did? I'm so glad.
fritzi64	I didn't know that anyone actually read those invites! :)
mjd2491	Hey, peggy!
fritzi64	Any other questions for us before we close the room?
peppermintpeggy	i'm extremely late but wanted to pop in and say hi and good luck to all of you!!!
mrswalrus	And this is my first chat room session, ever.
fritzi64	you did very well :)
mrswalrus	But not my last.
Pattypat	:)
mrswalrus	You are gracious hostess's
peppermintpeggy	you have the whole floor mrswalrus!
cmtsp	Hi lilangel2009
mjd2491	Hi!
lilangel2009	Hi
mjd2491	When is your surgery?
mrswalrus	Oh WOW. Wish me luck in the Castle next week and I hope to talk to you all in two
fritzi64	Good luck mrswalrus
cmtsp	Best wishes to you mrswalrus!
fritzi64	Hi lilangel2009.

<b>Pattypat</b>	<b>good luck mrswalrus!</b>
<b>peppermintpeggy</b>	<b>best wishes!</b>
<b>lilangel2009</b>	<b>good luck mrswalrus</b>
<b>mjd2491</b>	<b>lilangel.... Our chatroom is actually just about to close for the evening.</b>
<b>fritzi64</b>	<b>We're just getting wrapped up, so what questions do you have before the chatroom closes?</b>
<b>mjd2491</b>	<b>We're having another chat in two weeks!</b>
<b>mrswalrus</b>	<b>Thank you all and have a good night</b>
<b>mjd2491</b>	<b>:)</b>
<b>cmtsp</b>	<b>Goodnight</b>
<b>lilangel2009</b>	<b>i have had my surgery wanted come and wish the members that are having surgery good luck</b>
<b>mjd2491</b>	<b>Oh, that's so sweet!</b>
<b>cmtsp</b>	<b>That's sweet</b>
<b>peppermintpeggy</b>	<b>thank you!</b>
<b>mjd2491</b>	<b>Make sure you come back in two weeks and do it again.</b>
<b>mjd2491</b>	<b>It's so appreciated</b>
<b>fritzi64</b>	<b>that's how this website works :)</b>
<b>lilangel2009</b>	<b>thank you i will and i let them know how my sugery went also</b>
<b>fritzi64</b>	<b>have you posted in Your Hysterectomy Stories?</b>
<b>fritzi64</b>	<b>that's a great place to share what happened</b>
<b>mjd2491</b>	<b>I agree. I'm a real fan of the Stories forums</b>
<b>lilangel2009</b>	<b>i will let you ladies go talk to you ladies later</b>
<b>mjd2491</b>	<b>OK... thanks!</b>
<b>cmtsp</b>	<b>Goodnight</b>
<b>fritzi64</b>	<b>thanks for stopping in!</b>
<b>peppermintpeggy</b>	<b>goodnight</b>

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