

Pre-op Chat

May 6, 2010

Guest Speaker: peppermintpeggy

fritzi64	And others can join us as they can.
fritzi64	Welcome to our live pre-op chat!
ga2sc	yeah and trying to make family understand is hard.
fritzi64	I am so glad you could be here with us tonight.
fritzi64	Although it's been over a year since my own surgery, I can still remember....
fritzi64	the worries, the anxieties, ...
fritzi64	my complete obsession with HysterSisters!
fritzi64	I 'm going to be the moderator tonight. I 'll be spending much of my time behind the scenes.
fritzi64	Although I will pop into the conversations from time to time
fritzi64	Here 's the way this chat will work";
fritzi64	Our guest for tonight is peppermintpeggy, one of our hostesses.
fritzi64	She will introduce herself and relay some basic information for our hysterectomy journey.
fritzi64	We will also move through various topics that usually interest pre-op women.
fritzi64	After peppermintpeggy's "presentation" we 'll ask for questions about";
fritzi64	preparing for surgery, ...
fritzi64	what to expect at the hospital, ...
fritzi64	early recovery,...
fritzi64	hormones, ...
fritzi64	the return to work and normal routine,
fritzi64	and a return to intimacy.
fritzi64	To help everyone follow the conversation, much of the chat will be moderated.
fritzi64	That means that when you post a question it will be held until it fits a topic of conversation.
fritzi64	I 'll do my best to let everyone 's questions through.
fritzi64	Please be patient with me, though.
fritzi64	If your question doesn 't appear right away, . . .
fritzi64	. . . it 's being saved for the time in the program when we will be discussing that topic, . . .
fritzi64	. . . by the time I see it to let it through, it doesn 't make sense anymore (like, "Me too!"□), . . .
fritzi64	. . . or I press the wrong button on my screen (oops).
fritzi64	At the end of the chat, we 'll remove the moderation for a while.
fritzi64	If any of your questions were not posted through, please feel free to ask them again.
fritzi64	It will help us to know a little bit about how you 've used HysterSisters so far.
fritzi64	Which of our resources have you used so far? Checkpoints? Videos? The forums? The Pre-Op resources page?
chelle05	I have used the Checkpoints and forums extensively.
WalkingLady	My surgeon suggested I spend time here - I've used all the resources!
WalkingLady	I've also put in key words and used the search feature.
Bibbs	Mostly the forums

fritzi64	That's good!
fritzi64	That 's great! It helps us get to know you a little bit more as we start into the next part of our chat.
ga2sc	forums mostly
fritzi64	The chatroom has now been set to "moderated."
fritzi64	Peppermintpeggy, it's all yours!
peppermintpeggy	Thank you fritzi64
peppermintpeggy	Hi! My Hystersister 's name is peppermintpeggy. I am a hostess on the Post-op forum and have been a hostess on the Pre-op forum as well.
peppermintpeggy	i had my hysterectomy on august 14, 2009
peppermintpeggy	just over 8 months ago
peppermintpeggy	i joined HS on a night when a pre-op chat was happening
peppermintpeggy	i was so happy to have found this site and that chat!
peppermintpeggy	it made all the difference for me in terms of my anxiety and knowing what to expect
peppermintpeggy	just a little about me before we go on....
peppermintpeggy	i am 41, i had my hyst when i was 40
peppermintpeggy	i was diagnosed with complex hyperplasia with atypia (pre-cancer)
peppermintpeggy	so, a hysterectomy was the only option for me
peppermintpeggy	My recovery has gone very well, I am not on HRT (always have to insert "yet"□ when I say that) and I had no major complications following my surgery.
peppermintpeggy	Well enough about me, now I have a question for you. What kind of surgery are you going to have?
ga2sc	LAVH
chelle05	Davinci total hysterectomy
Bibbs	TAH
WalkingLady	Davinci - hope to keep ovaries
peppermintpeggy	There are many different types of surgeries out there so to make it easier for you on the forums, since most people use abbreviations, I 'm going to go over them now. We 'll start with hysterectomy types. Remember the word hysterectomy only means the removal of the uterus and cervix.
peppermintpeggy	Hysterectomies can either be done abdominally (A) or laproscopically (L).
peppermintpeggy	Laposcopic surgeries can be subdivided into a standard procedure where the surgeon or attendants physically hold the camera and laproscopic instruments versus a robotically assisted procedure where the surgeon sits at a console and utilizes a daVinci surgical system to hold and manipulate the camera and instruments.
peppermintpeggy	In this procedure the surgeon sits at a console and controls the surgical instruments via the computerized system. He has 3-D vision and a 10x magnification of the area.
peppermintpeggy	So when you see TAH that 's a total abdominal hysterectomy. A TAH means that the uterus and cervix will be removed via an abdominal incision.
peppermintpeggy	A TVH means the uterus and cervix will be removed via a vaginal incision.
peppermintpeggy	An LAVH is a laproscopically assisted vaginal hysterectomy where the uterus and cervix will be removed via a vaginal incision.
peppermintpeggy	A DVH or RALH are procedures where the daVinci system is used to perform a vaginal hysterectomy removing the uterus and cervix. DVH is daVinci vaginal hysterectomy; RALH is robotically assisted laproscopic hysterectomy.
peppermintpeggy	You may also see an S as in LSH. The S stands for supracervical.

	This means that only the uterus is being removed, the cervix is staying intact. It is also sometimes called a partial hysterectomy . So an LSH is a Laproscopic Supracervical Hysterectomy and a SAH is a Supracervical Abdominal Hysterectomy.
peppermintpeggy	A DSH or RASH would be a daVinci Supracervical Hysterectomy or a Robotically Assisted Supracervical Hysterectomy.
peppermintpeggy	You may also hear someone say they are having a radical hysterectomy. This is different than a total hysterectomy. A radical hysterectomy means that a portion of the vagina will also be removed along with the uterus and cervix.
peppermintpeggy	Notice we haven `t said anything about ovary removal, that `s an oophorectomy. Or fallopian tube removal, the word for tubes is salphingo. So someone who is having both ovaries and tubes removed is undergoing a BSO.
peppermintpeggy	Bi-lateral (both sides), salphingo (tubes), oophorectomy ovaries. LSO or RSO means only the tube and ovary from the right or left side.
peppermintpeggy	You can find information on these items in the Hysterectomy checkpoints on the site. There are videos, checkpoints and questions for your doctor listed there
fritzi64	Okay again, enough about us let `s get back to you. So our first topic is "Preparing for surgery"□ What kinds of questions do you have about preparing for surgery?
fritzi64	How to prepare your home...your recovery area...preop testing, etc.
ga2sc	what to expect when you come out of surgery?
peppermintpeggy	when you first wake up?
fritzi64	ga2sc--we'll talk about that in a bit--but is this something you're particularly anxious about?
ga2sc	yes
fritzi64	Has anyone had their preop testing done yet?
peppermintpeggy	yes, we will definitely address that!
ga2sc	I am worried about all, sorry for jumping ahead
peppermintpeggy	no need to apologize!
fritzi64	that's okay--normally I would hold the question back for a couple minutes but my finger slipped :)
chelle05	Yes, I had mine Tuesday.
mudduck	My preop is still 4 weeks away, so I have no idea what to expect. I know my doc will be doing a biopsy then and ask for other labs...thats all I know
ga2sc	not yet
peppermintpeggy	i mudduck, will your results determine whether you are having surgery or are you definitely having it?
fritzi64	My preop testing included several things--an EKG because I was over 40, a chest xray because I used to smoke when I was younger, a complete blood count, and an HIV test
fritzi64	all standard stuff, pretty much
WalkingLady	Yes, all pre op tests are done.
chelle05	MIne was the standard...blood, urine, etc.
mudduck	I am definently having one - schedules one week after pre-op - just because my uterus looks funky - also to determine if LAVH or abdominal
peppermintpeggy	i had to have an ekg as well, just to be sure my heart was in good condition
peppermintpeggy	oh, i see
fritzi64	Most women also have a pre-op appointment with the doctor
fritzi64	At mine, I signed consent forms, went over my questions, and he

	reminded me of all the risks to be sure I was making an informed choice.
peppermintpeggy	does anyone have questions about how to prepare at home or what to ask the doc at the pre-op appt?
ga2sc	I have one with the doctor also is this normal?
chelle05	I saw my doctor for a pre-op consultation and also did all of the paperwork at the hospital on that same day.
SurgsoonTX	Mine asked me if I still wanted to have the surgery!
peppermintpeggy	my pre-op at the docs office was only with the nurse which surprised me
peppermintpeggy	lol surgsoontx!
fritzi64	We have a good list of questions on our pre-op resources page that you can print out and take to the doctor's appointment with you!
fritzi64	SurgsoonTX, that's what mine did--to be sure--and I'm glad he did
fritzi64	What other questions do you have about preparing for surgery?
SurgsoonTX	Also, the preop time is a good time to review your previous medical history with the surgeon.
mudduck	diet restrictions?
cmtsp	Do you mean before, or right after, mudduck?
ga2sc	what kind of clothing should we buy before?
peppermintpeggy	i wasn't given any particular restrictions, just had to do a bowel prep 2 nights before and then liquids only the day before
cmtsp	I just wore my loosest clothes, ga2sc
fritzi64	My surgery was the day after Christmas, and since I didn't have to do a bowel prep, I was able to enjoy Christmas dinner--but no food or drink after midnight
mudduck	I heard drinking a lot of water (being well hydrated) helps - until you aren't supposed to drink any more - diet -yes, prior to surgery ;)
peppermintpeggy	yes, loose clothing for me too, lots of comfy stuff that was not restricting
ga2sc	is the bowel prep hard?
peppermintpeggy	mudduck-yes, that will help you from getting dehydrated and make the iv insertion easier
cmtsp	I think eating light is a good idea, mudduck, since you can be quite constipated post op
peppermintpeggy	my bowel prep was not bad at all, just had to drink a bottle of mag citrate
fritzi64	My surgery was the day after Christmas, and since I didn't have to do a bowel prep, I was able to enjoy Christmas dinner--but no food or drink after midnight
SurgsoonTX	The bowel prep is not fun but it is doable. You drink the bottle and then wait and then go to the bathroom all night.
Bibbs	Is a bowel prep the same as if you are having a colonoscopy?
peppermintpeggy	i actually only went to the bathroom a few times
fritzi64	As part of my pre-registration with the hospital, I had a long talk with one of the hospital nurses. She went through all my food and drink guidelines.
peppermintpeggy	i think the one for the colonoscopy is more severe
mudduck	oh, sounds like fun:(
cmtsp	This varies, Bibbs. Drs vary on what they want done
ga2sc	does every doctor do the bowel prep?
peppermintpeggy	no they do not
SurgsoonTX	Bibbs...different doctors have different preferences for bowel preps. Colonoscopy requires that the Dr. can really visualize the area and so the bowel prep is usually more extensive and precise.

fritzi64	Let's move on to the next subject...what questions do you have about what to expect at the hospital?
ga2sc	what if you throw up the bowel prep? Can anything else be done?
cmtsp	I had instructions from my dr on what to do about this
peppermintpeggy	that is a good question
peppermintpeggy	what were you told cmtsp?
cmtsp	I am sorry to say that I don't remember. maybe ask at your pre op appt?
mudduck	Is there a approximate time for the surgery? I know everyone differs, but an approximate?
SurgsoonTX	Ga2sc if you are worried about nausea with the bowel prep, specifically address that with your surgeon. They may decide to Rx you something for nausea just to have it on hand.
cmtsp	Can you refresh our memories on what type you are having, mudduck?
peppermintpeggy	it's really different for everyone, i am pretty overweight and had a hernia repaired as well so mine took 6 hours which is very unusual
SurgsoonTX	I had a DVH and it took about 2-3 hours I believe.
ga2sc	I will thanks
mudduck	Well, at this time, my doc says she is going to do a LAVH but may have to switch to adbominal once she peeks inside...also I still have to decide if I am going to leave my one good ovary or not, but the other is going
SurgsoonTX	Sometimes just knowing you have something for the nausea makes it go away :)
Bibbs	I'm having a hernia repair also. Will this make my recovery longer?
cmtsp	My TAH, with endometriosis plus one ovary removal was about an hour and 45 minutes
peppermintpeggy	what other questions do you have about the surgery/hospital?
ga2sc	I hope so
fritzi64	Let's move on to your questions about your early recovery.
mudduck	oh yeah, I have moderate endo too - so there will be some clean up
peppermintpeggy	bibbs- it is hard to say whether that makes it longer or not but it does make it necessary to be more careful so the hernia doesn't reappear
peppermintpeggy	so far, mine has not come back and it was pretty large (grapefruit-sized)
WalkingLady	What's it like to wake up after several hours under anesthesia? Are you alert? Too groggy to know anything?
cmtsp	I was very out of it that first day, WalkingLady
peppermintpeggy	i don't remember waking up nor do i remember much about that first day
SurgsoonTX	Walkingleady...it's like waking up out of a nice warm and cozy sleep. You can hear what is going on around you, but you are so sleepy you just drift in and out.
fritzi64	I was groggy and in and out of it for the whole first day
fritzi64	good pain meds :)
peppermintpeggy	the nice thing is that i don't recall feeling any pain at first either
cmtsp	yes. My pain was very well controlled
peppermintpeggy	it was pretty peaceful, in fact i have a picture that my daughter took of me and i was smiling (a very goofy smile lol)
cmtsp	lol
WalkingLady	Because mine is considered same-day surgery, I was just wondering how long it will take me to be alert enough to go home!
SurgsoonTX	WalkingLady...you are having a DVH right?
fritzi64	My TVH was considered same-day surgery, but it took me a while to get my walking legs back so I went home the next morning.

Bibbs	I had a parathyroidectomy in Sept and I woke up dripping and covered in ice packs. I hope that doesn't happen again.
SurgsoonTX	Bibbs..did they tell you why?
fritzi64	Generally, they want to make sure you can urinate and pass gas before you head home.
ga2sc	mine is outpatient surgery but I will be staying for 23 hours where will they put me after?
WalkingLady	I keep forgetting what the initials stand for...sorry! Davinci, yes. RALH, I think!
SurgsoonTX	WalkingLady, I had a DVH @ 8 a.m. and was *barely* up and walking with catheter removed by 8 pm I think.
fritzi64	oh, ga2sc, I had the 23 hour thing, too
fritzi64	I went into a regular hospital room, but I just wasn't officially admitted
Bibbs	No they never told me why that happened and i've never had that happen with any other surgery.
SurgsoonTX	Bibbs, you really need to find out why that happened. Be sure and mention that to your surgeon and try to obtain a copy of the surgical report if at all possible.
WalkingLady	After I come out of surgery, my DH will need to leave for several hours. Will there be nurses around to help me get up and walk?
cmtsp	Oh, definitely
peppermintpeggy	walkinglady-yes-most definitely
fritzi64	WalkingLady, they didn't even get me out of bed for hours
peppermintpeggy	there will always be someone nearby, especially at first
ga2sc	that was something I was wondering if they would keep me in recovery for the whole time.
Bibbs	Thanks, I never thought about that until now.
peppermintpeggy	and don't be afraid to ask for help....push that button!
peppermintpeggy	i had to get help just to turn over in bed which was quite often as i was pretty uncomfortable
fritzi64	I kept a basket of chocolates in my room (I had my husband set them there for me) to make my nurses want to come check on me a lot :)
SurgsoonTX	Very, very important Bibbs.
peppermintpeggy	good idea fritzi!
peppermintpeggy	my nurses were wonderful and very attentive
ga2sc	what about going to the bathroom after a LAVH?
Bibbs	Great idea
cmtsp	You will likely have a catheter, ga2sc
SurgsoonTX	I like the chocolate idea! I didn't do that but I still had amazing nurses. I was at a woman's hospital though.
cmtsp	I had my catheter for about one day
SurgsoonTX	I had my catheter for about 10 hours or so. It really comes in handy when you are soooo groggy!
fritzi64	What questions do you have about your early recovery at home?
ga2sc	but when it comes out what about any pain? Does it burn the first time?
cmtsp	I had a little blood in my urine, but not any pain
mudduck	stairs? bedroom is up one flight of stairs
ga2sc	How much help should you have the first couple of days?
Bibbs	Should I move my bed down stairs or are stairs doable?
peppermintpeggy	i didn't have any pain after it came out, it was painful for me while it was in though
SurgsoonTX	It burned a little, but not too bad.
peppermintpeggy	my doc told me no stairs for a week
fritzi64	Stairs are do-able--but it's important not to do stairs more than a

	couple times a day
cmtsp	Slow and steady on the stairs. Some drs like to limit the number of times per day
fritzi64	or follow other instructions from your doctor
fritzi64	I stayed in my bedroom most of my first week, simply because it was quieter there than anywhere else
Bibbs	Ok. That's good.
WalkingLady	They don't make sure you can "pass gas" in front of them, do they?
cmtsp	I lived in my recliner, and even slept in it
SurgsoonTX	WalkingLady...no one asked me to do the deed in front of them, LOL!
mudduck	my bedroom will be the quietest - will have a housefull of people
cmtsp	lol. No, WalkingLady
peppermintpeggy	no, they just ask you if you have
ga2sc	should your husband limit the vistor you have?
peppermintpeggy	that is really a personal choice and, of course, the hospital may have restrictions
cmtsp	I kept my visits to a minimum
peppermintpeggy	i enjoyed my visitors but i did feel a bit like i had to "entertain" them and it made me very tired
SurgsoonTX	For the life of me I never figured out why people want to 'visit' someone who has just had surgery. I didn't tell anyone but my close friends and specifically asked them to come by later in the week.
fritzi64	I had told a friend she could visit me in the hospital--and she did, and it was dreadful
fritzi64	she was having a rough time at work and talked at me for an hour, even though I was throwing up in front of her
peppermintpeggy	but i got very bored when no one was around also
ga2sc	okay personal question did anyone look at you funny after.
mudduck	I wont have visitors, but need someone to help my "household" while I can't - so my inlaws are staying with us (from another state)
peppermintpeggy	i was in the hospital for 6 days so it got boring
cmtsp	Like, co-workers, ga2sc?
peppermintpeggy	that is good mudduck
SurgsoonTX	Funny like "oh you look horrible" or funny "you just had your parts taken out?"
peppermintpeggy	i think people really didn't know how to respond sometimes
fritzi64	well, I kept thinking people were looking down at mytummy to see if I looked any different--but I'm pretty sure they weren't
Bibbs	I'm sorry I have to go get my son ready for bed. Thanks for all of the great info and hopefully i'll catch another chat before my surgery. Have a good night.
ga2sc	no family they are already telling me how sorry they are and that it is going to be bad for me
peppermintpeggy	my hair was so greasy and i was puffy so if they looked at me funny, i deserved it lol
cmtsp	ga2sc~maybe focus on yourself and shut out those negative comments?
mudduck	I have a wierd question - what happens with all that empty space? do things move around some? :? :?
cmtsp	Yes, mudduck. That space will fill in
fritzi64	It doesn't happen overnight, though.
peppermintpeggy	i have read where some ladies say that they can "feel" their insides shifting...i didn't feel anything
fritzi64	The intestines gradually fill the space over time

ga2sc	with what?
fritzi64	Even when the uterus is there, intestines are kind of draped all over the uterus. It isn't as pretty as it looks in anatomy pictures.
WalkingLady	Early work hours so I must go, too. Thanks everyone for all the helpful info!
fritzi64	Thanks for being here, WalkingLady!
peppermintpeggy	best wishes walkinglady!
cmtsp	Goodnight
fritzi64	Let's move on to questions about hormones.
ga2sc	is there any one thing that some one can do to really help you out
stregademare	outside of female parts what else could they take when its meshed together
nclark05	good evening ladies
peppermintpeggy	ga2sc- i think help at home with cleaning and cooking is important at first
peppermintpeggy	hi nclark05
peppermintpeggy	welcome!
nclark05	Do you still have mood swings when you are suppose to have your monthly if you still have your overies?
ga2sc	how long before the first shower?
cmtsp	That can happen if ovaries are kept in, nclark05
peppermintpeggy	i was able to take a shower after a couple of days, with assistance of course
fritzi64	ga2sc, I had my first shower in the hospital
cmtsp	I took a shower the next day
peppermintpeggy	i bought a shower chair for home and it was very helpful, i highly recommend it!
ShellieJ	Hormones... I had both ovaries extracted so I'm in menopausal state. Didn't take the Evamist trial spray recommended just to see what would happen. Well, I started it this week (5 wks postop)
stregademare	I haven't had surgery yet but my hormones are off so I have moods and nightsweats and hotflashes
cmtsp	Hope it works great for you, ShellieJ
mudduck	now, I have moderate endo - if I do leave in a functioning ovary - won't there be a chance of endo issues still?
fritzi64	I kept my ovaries, but they went to sleep for months after surgery--eventually, I started experiencing mood swings again (but nothing like before)
fritzi64	I went on hormone therapy and that helped me a lot
cmtsp	This can happen with or without ovary removal, mudduck. Is your dr excising the endo?
ga2sc	did anyone use the belly band?
ShellieJ	Thanks cmtsp... after reading the side effects of Evamist tho, I'm still wary
nclark05	what about a sex drive? do you lose it too?
peppermintpeggy	i had everything removed and my symptoms were not that bad
mudduck	yes, excising the existing endo
cmtsp	I lost my sex drive for several months
cmtsp	Great, mudduck. That will lessen your chances of recurrence
fritzi64	It's normal to have a libido spike just a few weeks after the surgery
peppermintpeggy	i have not had any changes in my sex drive either, like fritzi said, it actually spiked at first
ShellieJ	Didn't get the belly band which I may buy before resuming work... or a girdle perhaps for support
nclark05	i am hoping mine gets better cause i have no sex drive at all now. i just hope i am different

fritzi64	and it's really important to get the doctor's clearance in resuming any sexual activity (even "outer"course)
peppermintpeggy	nclark, some of your lack of sex drive may be from the issues you are having now, you might find that things get back to normal after surgery
stregademare	during the down time??
peppermintpeggy	what is your question, stregademare?
fritzi64	nclark05, my interest in sex has improved since the surgery. My surgery was due to fibroids that were causing such intense pain, and I dreaded sex. With time, my body has stopped having that expectation of pain so things are much better
ShellieJ	Peg, it seems everyone has different experiences... funny thing about the human body
ShellieJ	Have my drs appt postop tomorrow; am def getting an extension for recovery (SAH- c/section type is no fun)
ga2sc	how many follow up visits should I expect?
cmtsp	I had two post op appts
peppermintpeggy	yes, the biggest thing to remember is that there really is no "norm"
fritzi64	I had just one follow-up visit that was planned, although I went back a couple other times because we thought I had an infection.
stregademare	do they spike during the down time the 6 weeks
fritzi64	stregademare--the libido spike?
peppermintpeggy	oh, yes, unfortunately
stregademare	yes
fritzi64	Yes, unfortunately most of us really want sex when we can't have it
peppermintpeggy	i had 1 post-op appt to remove the staples and then one at around 5 weeks
fritzi64	but there's no way to predict how any one woman will be feeling about it once she's been given the green light
nclark05	My pre op is monday. I am a little nervous
stregademare	sigh figures
ShellieJ	I had three postop appts; this is #4 since surgery on 3/15... I whine a lot/ curious about bodily experiences so I ask lots of questions :-)
peppermintpeggy	nclark, when is your surgery?
nclark05	wed.
peppermintpeggy	shellie, nothing wrong with being informed
peppermintpeggy	that is very soon, nclark, what type of surgery?
fritzi64	What other questions do you have about what to expect with your hysterectomy and recovery?
stregademare	nclark the 28th...if so mine is too
ShellieJ	What I wish OB/GYN offices had were volumes of pamphlets regarding hysterectomy experiences. The one on this site should be circulated widely! I'm thinking of writing a book. It's not fair to be kept in the dark about this type of surgical procedure. So many questions- not many answers...
fritzi64	I've removed the moderation from the chatroom, so we have about 15 minutes to try to answer more questions or to give you a chance to just chat :)
nclark05	mon. pre op and tues my birthday then wed. surgery. happy birthday to me huh? yes it is the 28th i am really neverous about being really sore and not being able to walk much
peppermintpeggy	i agree, shellie, i knew so little going into this and learned most of what i do know now from this site
fritzi64	Wow, nclark, that will be a full week!

peppermintpeggy	happy early birthday!
ga2sc	can the hysterectomy also help with migrine headaches
fritzi64	my surgery was a week after my birthday and a week before new year's eve
nclark05	thanks you
ShellieJ	Am sooo thankful for this site... and to know you are on Facebook too! :-)
cmtsp	Migraines vary a lot from person to person after surgery, ga2sc
peppermintpeggy	you will be sore but should be able to walk, in fact, your doc will insist that you do walk
fritzi64	I don't know what I would've done without this site
ga2sc	good luck nclark
ShellieJ	Yup- I had migraines and insomnia- had to get sleep aids and take motrin
fritzi64	and we are on Facebook, although that isn't the place to get the support as much as here
nclark05	i have 3 young children i hope it goes well. how did others deal with children?
ga2sc	this site has help alot thanks for being here
ShellieJ	True.. but FB updates you when chat events are scheduled
peppermintpeggy	my daughter is 19 so i don't have much to offer on that
stregademare	anyone elses hair fall out like crazy
peppermintpeggy	before surgery?
stregademare	yes
ShellieJ	Wish the chat room was open at all times so folks could chat like this than in the forums
peppermintpeggy	no but mine got very thin after surgery, it is better now but the first month or so was bad
fritzi64	Since I help out with our Facebook page, I'm happy to know that someone is actually paying attention!
ga2sc	me too Shellie
ShellieJ	:pays attention:
ShellieJ	;-)
stregademare	ok ty peppermint
fritzi64	woohoo
fritzi64	since you mention chats, let me tell you something to look forward to
fritzi64	in our post-op forum, we have a recovery progress thread for each week
peppermintpeggy	we only have about 15 min left so feel free to ask whatever you want to know about
ga2sc	good night and Good Luck
ShellieJ	What about posting pics post surgery so preops can see what to expect... not to gross them out but... ya know?
fritzi64	so you can reply on the thread to update people on your progress
fritzi64	and in those threads, you'll see announcements for recovery chats--held once a week at different days/times each week--just for women recovering
stregademare	how many of you needed transfusions?
nclark05	i have to have my cervix removed too. So how does that effect discharge and sex?
fritzi64	Shellie, I think we had someone post a pic on our facebook page with her incision, and a few people found it hard to see
peppermintpeggy	most women don't notice any difference in sex after the cervix is removed
cmtsp	nclark05~I don
cmtsp	Oops

fritzi64	If you're a crown jewel member on the site, though, you have a photo gallery you can post pictures to. Lots of women post their surgery and uterus pictures!
fritzi64	I had my cervix removed, and I don't really notice any difference.
cmtsp	I don't really have much of a discharge anymore
ShellieJ	I think there was one comment on FB about that pic... someone thought it vile to post a pic. Oh well, can't please everyone..
nclark05	i wished mine would go away all together
peppermintpeggy	i don't have discharge either
ShellieJ	Hmm.. I took lots of mine; I may consider posting...
peppermintpeggy	i guess there's nothing for it to come from....?
nclark05	the sad thing is i am going through this at 27yrs old
ShellieJ	Discharge... what type?
ShellieJ	That's young nclark
peppermintpeggy	oh, nclark, that must be hard
fritzi64	aw,(((nclark05)))
nclark05	my oldest son was like mommy you cant have my sister now
peppermintpeggy	:(
ShellieJ	Fibroids are a legacy in my family; my sis had 3 csections...
stregademare	ohhhh
nclark05	i have 3 boys
peppermintpeggy	so do you all visit the pre-op forums a lot?
fritzi64	Many women find that they really struggle with the emotions of having a hysterectomy, whether or not they've had children, wanted them, etc.
nclark05	but i have come to relize that i dont really need a girl too much drama
stregademare	i do
ShellieJ	Oh.. that's not too bad nclark- thought you had no kids. It's tough to undergo this surgery when you have no kids... if you want kids that is
fritzi64	We have an Aching Hearts forum that is designed especially for women who are grieving this loss.
fritzi64	If you find that you're having a rough time, that might be a good place for you.
ShellieJ	I'm 49 and never had the desire for kids, so this wasn't an issue for me
stregademare	ty for that
fritzi64	
nclark05	they are 7yrs 3 yrs and 4 months
peppermintpeggy	like fritzi said, there is a recovery thread for each week of surgery so you can visit with others who had their surgeries the same time you did
fritzi64	ShellieJ, some women find that even though they never wanted children, the reality of the loss of that possibility can cause a bit of heartache
nclark05	that is awesome i am so glad i have found this site
peppermintpeggy	we are too!
ShellieJ	I have one final ques about the chatroom: how can I find it on the site pahe without doing a keyword search? There's no tab that points to its access
peppermintpeggy	i can't stress enough how this site helped me right after surgery, i was on here like 23 hours a day!!
cmtsp	I just keep it in my favorites, ShellieJ
ShellieJ	I understand that Fritzi...
nclark05	i might be too now. thanks for the answers for my questions
fritzi64	Me, too, peppermintpeggy! And as much as I thought I was

	addicted before my surgery, it was even more true after my surgery!
fritzi64	I slept with my laptop for a week :)
ShellieJ	Hmm.. ok... smart answer :-)
stregademare	ty ladies for talking I appreciate the help
nclark05	well i have a desk top not to comfy
fritzi64	ShellieJ, you're right that there isn't a tab that points to the chatroom
peppermintpeggy	fritzi- please explain to shellie how to get to the chats
fritzi64	Our pre-op chats are all posted on the calendar, with the listings over on the right of the screen.
fritzi64	and there's a link in there.
peppermintpeggy	nclark, i was able to sit at a table pretty comfortably, even at first
fritzi64	When you see announcements for the recovery chats in your recovery thread, you'll find a direct link there, too
ShellieJ	Well, thanks Princesses for all the input and feedback and info. Will be tuning in again sometime soon... Have a blessed night all! :waving:
peppermintpeggy	best wishes!
nclark05	good night
fritzi64	Thanks for being here, ShellieJ
cmtsp	Goodnight
peppermintpeggy	any final thoughts/ questions?
fritzi64	We have five more minutes--anyone else have any questions?
nclark05	how swollen did you all get?
peppermintpeggy	pretty swollen, the "swelly-belly" can be a beast
cmtsp	I was quite swollen for a number of months
fritzi64	I had a pair of jeans that was really loose on me before my surgery
peppermintpeggy	make sure you have loose clothing for a while
fritzi64	and after my surgery, I could put them on in the morning and they'd be falling off me
fritzi64	but by the end of the day, they would be so tight I had to take them off
nclark05	my doc is going to try doing a vaginal hyster.
fritzi64	I had a vaginal hysterectomy--with no external incisions at all
fritzi64	the swelling isn't so much from the external incisions as from all the work done inside--I had over 50 stitches where different ligaments, arteries, etc. had been cut
nclark05	was it the best thing you done?
cmtsp	No regrets for me, nclark05
fritzi64	I think it wasn't the best thing I've done in my life, but I'm very glad I had it done.
nclark05	i hope it makes me feel better i have really bad periods
fritzi64	It definitely improved my quality of life.
peppermintpeggy	i wasn't having bad symptoms beforehand so there wasn't a sense of being "better" necessarily but it wasn't that bad and now i don't have to worry about uterine cancer anymore!!
fritzi64	Be sure you are aware of all the risks, though. Although most women do well, some don't.
fritzi64	Okay (((sisters)))
fritzi64	It's time to close the chatroom
nclark05	good night all