

Pre-op Chat

October 7, 2010

Guest Speaker: peppermintpeggy

fritzi64	Hi birdenny
peppermintpeggy	hi birdenny
peppermintpeggy	welcome!
birdenny	hello!
fritzi64	Hi Minxy56
peppermintpeggy	welcome minxy58
fritzi64	while we're waiting for a few others to show up, feel free to set yourself up with an avatar
fritzi64	you can click on the little masks icon above the typing bar and choose something
Minxy58	hello everyone
fritzi64	and if you click on the paint palette button, you can choose a color
peppermintpeggy	welcome thunderstorm816
fritzi64	Hi thunderstorm816
thunderstorm816	hi fritz
thunderstorm816	hi peppermint
fritzi64	we'll get started in a couple minutes
thunderstorm816	ok
fritzi64	it takes a while for everyone to make their way here and get settled in
fritzi64	so feel free to grab your refreshments!
thunderstorm816	I actually made it in on time
thunderstorm816	i usually forget till its like 10
peppermintpeggy	lol
fritzi64	I'm extra glad you made it, then
birdenny	When you click on the avatar, does it automatically attach to you?
birdenny	I guess so!
fritzi64	yup
peppermintpeggy	perfect for you! a bird!
peppermintpeggy	so how is everyone tonight?
Minxy58	good thanks...and yourself?
peppermintpeggy	ooh, that yellow is hard to see :)
fritzi64	Minxy58, do you think you could try a darker color?
peppermintpeggy	i'm great, thanks
Minxy58	wow that was too bright!
fritzi64	oh, thanks!
fritzi64	you never know until you try, right?
fritzi64	Let's go ahead and get started
fritzi64	I'm sure we'll have a few others join us as we move along
fritzi64	and if we don't, well, you all will get more attention :)
peppermintpeggy	lol
fritzi64	I'm glad you could all make it to our live Pre-op Chat tonight
fritzi64	It's been two years since I decided to have my own hysterectomy
fritzi64	and I still remember the anxiety, the questions, the worries, the excitement,...
fritzi64	I was completely obsessed with HysterSisters. LOL
fritzi64	I'm going to be the moderator tonight. I'll be spending some of my time behind the scenes.
fritzi64	and I'll be popping into the conversation at times as well

fritzi64	Here's the way this chat will work...
fritzi64	Our guest speaker for tonight is peppermintpeggy
fritzi64	She is one of our HysterSisters hostesses
fritzi64	and she has spent lots of time in the Pre-op and Post-op forums.
birdenny	I love peppermintpeggy's name! :)
peppermintpeggy	thank you
fritzi64	me too
fritzi64	She'll introduce herself
fritzi64	and then she'll provide some basic information about hysterectomies:
fritzi64	surgery types, other decisions, etc.
fritzi64	and then we'll spend most of our time with your questions
peppermintpeggy	welcome cmeffl
fritzi64	To help everyone follow along, we'll be addressing your questions in a kind of structured way
fritzi64	Hi CMEFL
fritzi64	we'll start of our Q&A time with questions about preparing for surgery
fritzi64	then we'll talk about what to expect at the hospital
CMEFL	Hello everyone!
fritzi64	then we'll move into early recovery questions...
fritzi64	and hormones...
fritzi64	and then with a return to normal routine..
fritzi64	and a return to physical intimacy.
thunderstorm816	hi cmeffl
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	Hi tirerestless
peppermintpeggy	welcome tirerestless
tirerestless	hello
fritzi64	Please be patient with me, though.
fritzi64	If your question doesn't appear right away, . . .
fritzi64	. . . it's being saved for the time in the program when we will be discussing that topic, . . .
fritzi64	. . . by the time I see it to let it through, it doesn't make sense anymore (like, "Me too!"), . . .
fritzi64	...I lose my internet connection,...
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	A transcript of this chat will be available by clicking on the Archives tab in the chatroom entrance area (where you were before you got here)
fritzi64	I'll post that sometime tomorrow
fritzi64	Before peppermintpeggy gets started, it will help us to know a 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?
thunderstorm816	can u ssee archives from past pre op chats or just this one
fritzi64	yes, you can see archives from all of our preop chats, starting in April 2009
thunderstorm816	cool, i have used the checkpoints and forums
fritzi64	So how have you used HysterSisters so far?

fritzi64	Checkpoints are really helpful--especially during the recovery time, I think
Minxy58	videos but mostly the forums
birdenny	I joined a couple years ago, but havent signed on in a very long time until recently when I decided to go ahead with the hysterectomy. I have only read a few posts.
peppermintpeggy	we are so glad you are back!
fritzi64	birdenny, I first found my way to this site two years before my own hysterectomy.
fritzi64	but I didn't sign up until I'd made the decision to go ahead.
CMEFL	I found HS on a search and can't say thanks enough for all the info...love reading other stories and get a non Dr account of what will happen. ? My Dr did not mention "bowel prep" is this for everyone I'm having LSH 10/19
fritzi64	Anyone else?
fritzi64	Okay, the room has been set to "moderated."
fritzi64	Peppermintpeggy, the floor is yours!
fritzi64	Hi BeinMe
peppermintpeggy	cmevl we will get to your question soon
peppermintpeggy	Thank you Fritzi64!
peppermintpeggy	Hi and welcome everyone! My Hystersister's name is Peppermintpeggy. I am a hostess in the Post Op forum.
fritzi64	Hi decap
peppermintpeggy	I am 41 years old (40 at time of hyst.) I am married and have a grown daughter who lives at home and goes to college.
birdenny	What is lsh?
peppermintpeggy	I found Hystersisters the night before my surgery. Well, actually I saw it on the Internet a few weeks before my surgery. You won't believe what I thought!
peppermintpeggy	we will go through all the hyst types shortly, there is a lot to learn! :)
decap	Hi. Having a Hysterectomy on October 21st
peppermintpeggy	My first reaction was something like, "I don't want to get involved with a bunch of women who are complaining about their hysterectomy!"
peppermintpeggy	The truth was that I was really scared to read what anyone else had to say. I just wanted to deal with it all alone, as if I were the only woman in the world going through
peppermintpeggy	it
peppermintpeggy	I was diagnosed with Complex Hyperplasia with Atypia (pre-cancerous cells) and told there was a high chance that I had cancer. I also had several Ovarian Cysts
peppermintpeggy	The night before surgery, in a desperate attempt to find more answers or something to ease my mind, I ran across Hystersisters again. This time I stopped and read. And read. And read. ♫
peppermintpeggy	I was so fortunate because that night there was a Pre-op chat. Fritzi64 was the hostess!!
fritzi64	I remember that :)
peppermintpeggy	:)
peppermintpeggy	That chat was the best thing that could have happened at that point and having Hystersisters during my recovery was priceless. I don't know how I would have made it through my recovery without all of the wonderful women who had been where I was and could understand exactly what I was feeling. If I had a pain, a fever, felt scared or lonely, there was always someone here to comfort me, offer advice or give a hug!
peppermintpeggy	So, the next day I had a complete hyst and hernia repair via a

	vertical incision that went from my belly button to my pubic area. I was in surgery for 6 hours and in the hospital for 6 days. Both of these are unusually long and most of you won't experience such durations. Part of the reason I did was that I am very overweight and, of course, was having 2 surgeries at once. I am also diabetic.
fritzi64	Hi onaravenswing
peppermintpeggy	Well enough about me, now I have a question for all of you. What kind of surgery are you going to have?
fritzi64	And while you're answering that, I'd like to remind you that after peppermintpeggy's presentation, we'll move on to all your questions!
tirerestless	I am decide whether to have an LAVH or TAH
CMEFL	LSH uterus only
decap	laparosopy
birdenny	Vaginal Hyst with possible Lap Assist
tirerestless	Not sure I am trying to decide between and LAVH ot TAH
thunderstorm816	LAVH with posterior repair
fritzi64	Anyone else?
decap	LAVH
peppermintpeggy	Thanks, everyone!
peppermintpeggy	There are several different types of hysterectomies. So to make it easier for you here and in the forums and since most people use abbreviations, I'm going to go over them now.
peppermintpeggy	We'll start with hysterectomy types, remember the word hysterectomy only means the removal of the uterus and cervix.
BeinMe	Had surgery on Monday (TAH).
onaravenswing	Tlh with da vinci robot
peppermintpeggy	Hysterectomies can either be done abdominally (A) or laproscopically (L)
peppermintpeggy	beinme, thanks for coming so soon after surgery to share with the pre op ladies!
peppermintpeggy	Laprosopic surgeries can be subdivided into a standard procedure where the surgeon or attendants physically hold the camera and laprocopic 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.
onaravenswing	forgot to say HI
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	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.
peppermintpeggy	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.
peppermintpeggy	So an LSH is a Laproscopic Supracervical Hysterectomy and a SAH is a Supracervical Abdominal Hysterectomy
peppermintpeggy	hi tauruslady!

fritzi64	Hi tauruslady
tauruslady	hi
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.
peppermintpeggy	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.
fritzi64	And just a reminder...we'll be getting to your questions soon :)
peppermintpeggy	Or fallopian tube removal, the word for tubes is salphingo.
fritzi64	Hi shur61
peppermintpeggy	i promise, i'll stop soon ladies! just trying to get the definitions out there :)
peppermintpeggy	So someone who is having both ovaries and tubes removed is undergoing a BSO. Bi-lateral (both sides), salphingo (tubes), oophorectomy ovaries.
peppermintpeggy	LSO or RSO means only the tube and ovary from the right or left side.
shur61	hello
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.
peppermintpeggy	does anyone have questions about surgery types?
fritzi64	So, does everyone know what surgery type they'll be having?
onaravenswing	I have mine scheduled for 11-16-10
onaravenswing	mine is removal of uterus,cervix and rt ovary
fritzi64	Let's go ahead and start on your questions now.
fritzi64	We'll begin with your questions about preparing for your surgery, including things like pre-op appointments, decisions to be made, etc.
decap	lavh
birdenny	LAVH (BSO), or RSO (my choice...haven't decided yet)
thunderstorm816	I may also be having my left ovary removed
onaravenswing	is it true that keeping one ovary can keep you from having to take hormones... doc said yes
peppermintpeggy	you may have noticed that tauruslady, another hostess, has joined us, thank you tauruslady for being here!
fritzi64	onaravenswing, many women find that one ovary will take on the work of two
CMEFL	LSH
decap	If I opt not to have my ovaries out do they take out tubes?
thunderstorm816	ona that is why I want to keep my right one..one is better than none for the hormones
tauruslady	Decap - I am not sure if that is standard protocol or not, you'll need to ask your Dr. that one.
fritzi64	decap, I have a photograph of my uterus after it was removed. I kept both ovaries, but one of the tubes is attached to the uterus in the picture
decap	Do i need ovaries if I am 55
decap	And I have been told to stop all vitamins and supplements two weeks before. I can understand aspirin, but why vitamins?
birdenny	I am having this done because of horrendous cramps. If I leave an ovary, won't it still trigger the remaining endometrial tissues in my body?
peppermintpeggy	i do know that many women, even if they keep one or both

	ovaries, still can have menopausal symptoms, especially at first as they ovary or ovaries "go to sleep" for a bit
tauruslady	Decap - even though you have gone through menopause the ovaries still produce some residual hormones.
peppermintpeggy	some vitamins change your chemistry, or, as in the case of vitamin e, can thin the blood as aspirin does
fritzi64	even post-menopausal ovaries continue to produce low levels of hormones throughout life--so if they're healthy, talk with your doctor about what's best
peppermintpeggy	birdenny- do you have endometriosis?
tauruslady	Some find that the ovaries fail after the surgery or have to be removed but as fritizi said discuss with your dr. and do what's best for you.
fritzi64	Has anyone had their pre-op appointment yet?
decap	even calcium?
tauruslady	Even if you are post-menopausal you may have some menopause symptoms because of the loss of all the ovarian hormones.
birdenny	That is what she thinks, yet there was nothing terrible to clean up during my laproscopy a few weeks ago.
thunderstorm816	my preop was monday and my surgery is this coming monday
tauruslady	Decap - check with your Dr. I did stop everything except some low dose xanax to keep me from overwhelming anxiety.
peppermintpeggy	decap- i don't know much about calcium....does anyone else?
decap	pre-op meaning blood tests and EKG?
fritzi64	yes, decap--although some women have other tests as well, depending on the doctor and hospital
CMEFL	pre op 10/5 surgery 10/19
peppermintpeggy	i had a pre op dr. visit and a pre op hospital visit as i'm sure many of you will or have
decap	pre op 10/12 surgers 10/21
thunderstorm816	I have been taking Vitamin C cuz i am trying to avoid being sick before surgery
birdenny	All of my pain is mid-cycle, or starts around day 17. And lasts 7-9 days. So, she believes it is ovulatory and mostly on the right. Yet both of my ovaries appear normal. She seems to be leaning toward keeping the left one in there.
CMEFL	no ekg or blood work yet
peppermintpeggy	just be sure your doc knows everything you are taking
fritzi64	What other questions do you have about preparing for your surgery?
birdenny	I am only 41 and unable to take hormones due to a previous blot clot.
decap	i am pretty freaked
peppermintpeggy	if you can keep one ovary and it's healthy, that's usually what is best
thunderstorm816	i am trying to get my bag in order but I know i will forget something
peppermintpeggy	yes, i am sure you are freaked...it's a very difficult time before surgery, at least it was for me
fritzi64	I packed way more than I needed--but I packed it in 2 bags and left one in the car
birdenny	I feel like the vaginal hysterectomy is going to be pretty easy, but everyone keeps telling me I'm going to be laid up and very tired.
decap	why remove cervix?
fritzi64	birdenny, I had a TVH--and everyone is right.
peppermintpeggy	yes, the fatigue is probably the hardest part of recovery
fritzi64	No matter how the surgeon gets to your uterus, we all have the

	same ligaments being cut, the same surgical shock, and so on. I felt fatigued for a long, long time.
thunderstorm816	the hysterectomy part isnt freakin me out it is the posterior repair i am having with it that is freakin me out
birdenny	Is it painfull?
decap	I was told too much blood loss if I keep cervix with LAVH
CMEFL	most difficulty preparing is knowing how much help i will need with two kids on different scholl schedules
peppermintpeggy	yes, thunderstorm816, that would be scary
fritzi64	Pain is such an individual thing. I have a very low threshold of pain--but by taking my pain medications on schedule, it was never intolerable for me
peppermintpeggy	is/has anyone else had posterior repair?
peppermintpeggy	cmevl- what type of surgery are you having?
fritzi64	I haven't had any repairs done--but we do have a Pelvic Floor & Bladder Issues forum that might be a good place to post some questions specific to repair issues
decap	what is posterior repair
shur61	I had a sphinteroplasty about 6 years ago
CMEFL	LSH
birdenny	I have my Mom coming to stay with me, and the mom's from my kid's school are taking care of all of our dinners.
peppermintpeggy	i would say with any hyst that you should plan to have help at least for the first week
fritzi64	If you have a family, that will mean lots of dishes--so even if you prefer to be "green" and not use disposable dishes, this is a situation where it might be a reasonable option for you
peppermintpeggy	that doesn't mean you won't be able to do things nor does it mean you won't need help longer, but i would at least plan on one week of strong support
birdenny	I didn't have any pain at all with the Laproscopy. My belly button was sore, but that was about it. I took the pain meds for a day, because they told me to, but I felt fine after that. I'm hoping that this will work out that well!
tauruslady	posterior repair would be where the intestine is pushing into the back of the vagina a rectocele
fritzi64	If you have additional questions about preparing for surgery, please ask.
fritzi64	But also, feel free to start asking your questions about what to expect at the hospital itself.
thunderstorm816	posterior repair is the surgery to fix a rectocele
tauruslady	As PeppermintPeggy said expect some pain because major organs are being removed.
birdenny	After surgery, do you wear pads, like you've had a period, or is there any bleeding at all?
peppermintpeggy	i didn't bleed at all but had some light brown discharge for a few weeks, i only needed a light pad
decap	Not sure what to tell my boss since I have not said anything yet
decap	I work for a "good ole boys" firm
fritzi64	I had some discharge for nearly six weeks--and other women who had the same surgery type as I did had absolutely nothing at all
tauruslady	I wore a mini pad a few times when I had a stitch dissolve and had some bleeding.
birdenny	I was told to take a "coughing" pillow. Is that necessary if I am not having an incision?
peppermintpeggy	hmmm, that's a tough one! do you not feel comfortable saying hysterectomy to them? can you just say it's a female issue or not

	even that?
peppermintpeggy	birdenny, your insides will likely still be sore
fritzi64	I found that when I coughed, it helped to press a pillow on my tummy to provide additional support
decap	I want to just say hysterectomy.
CMEFL	i say use the word uterus and vagina...they will so let you have as much time off as you need
thunderstorm816	i cant believe that in 4 days at this time I will be uterusless recovering in the hospital
birdenny	My doctor didn't tell me anything about bowel prep. Will I need to do that? Is that what they will tell me at my pre-op appt. on Monday?
peppermintpeggy	lol cmeff
fritzi64	LOL, CMEFL
decap	:)
peppermintpeggy	4 days!
peppermintpeggy	birdenny- don't do one unless you are instructed to, some docs don't require it
tauruslady	birdenny - do not do a bowel prep unless the Dr tells you to do one. They may tell you at the pre-op appt.
birdenny	Thunderstorm, Monday?
thunderstorm816	they will tell u about bowel prep at ur pre op.. i dont have to do one but I do have the special soap to wash my belly with
CMEFL	bowel prep ???
birdenny	Mine is Tuesday.
peppermintpeggy	a bowel prep is a way to cleanse your intestines/bowels
peppermintpeggy	i drank magnesium citrate before my surgery
fritzi64	I didn't have any bowel prep at all other than no heavy foods the day before and no food or liquid after midnight--it really varies
CMEFL	ok that was freakin me out...maybe not required
fritzi64	Do you have any questions about what to expect at the hospital?
thunderstorm816	what was the one most important thing that u took to the hospital that u would of cried if u had forgot it
peppermintpeggy	my cell phone!
fritzi64	my ipod
birdenny	I was contemplating doing it anyway, just to be cleaned out and not be so stopped up from pain meds. Magnesium Citrate will do the trick! When I had my Lap I didn't have to do a bowel prep, but I didn't have a BM for 4 days after. That got a little uncomfortable.
Minxy58	a book!
decap	after an LAVH - how long is stay
fritzi64	birdenny, don't do anything that your doctor doesn't okay
peppermintpeggy	the nice thing is that you won't really need much while you are there and the hospital will have just about everything you need if you forget anything
tauruslady	I have 2 - my eye shade (cover eyes when I was sleeping) and portable CD player w/ relaxation CDs.
tauruslady	Ohhhh my tummy pillow for walking the halls. :)
fritzi64	the doctors make decisions about your care based on what their instructions were, and doing something different can cause the surgery to be postponed :(
peppermintpeggy	yes, going to the bathroom afterwards is usually challenging
birdenny	I will definately aske her about it first.
thunderstorm816	our hospital supplies toothbrush toothpaste deodorant and things like that
decap	i was told 1 -3 days
Minxy58	does everyone have a catheter inserted?

CMEFL	how about explaining to my 6yo...he is very attached
tauruslady	My daVinci wsa an overnight stay.
CMEFL	flask...jk...comfy clothes
peppermintpeggy	i did have a catheter, i think that's standard, right hostesses?
tauruslady	CMEFL - there might be an article in pre-op about talking to young children.
fritzi64	Minxy58, my catheter was inserted after I was asleep--and afterwards, I was very happy to have it and not have to worry about walking to the bathroom
tauruslady	You can alwasy start a thread on it.
birdenny	Oh no! One day, please not 1-3. I want to sleep in my own bed.
birdenny	Does the cath stay in after surgery, or just during?
fritzi64	With my TVH, I was in the hospital just overnight.
CMEFL	thanks
tauruslady	Yes I believe that everyone gets a catheter.
peppermintpeggy	my cath was in for a couple of days :(
tauruslady	Mine was in overnight
fritzi64	Let's start to move on to your questions about your early recovery
tauruslady	Depends on the surgery and if there are any complications as to when the catheter comes out
fritzi64	and this might include things like moving around, getting in and out of bed, pain relief, etc.
thunderstorm816	how do they judge on when to take the catheter out
birdenny	do they let you rest after surgery, or do they make you walk around?
fritzi64	Thunderstorm816, my catheter wasn't removed until I was able to walk to the bathroom to use the toilet.
peppermintpeggy	a little of both....they definitely want you walking but they won't push you more than you can handle
tauruslady	thunderstorm, I don't know if it has to do with amount of fluid or exactly how they judge.
decap	does it feel like having a baby?
birdenny	How long after surgery can you start walking, like around the block?
fritzi64	Decap, it didn't to me. Having an organ removed is a very different experience--not better or worse, just different.
peppermintpeggy	my doc wanted me walking up to 1 mile a day as soon as i went home; not all at once but in total
decap	I had it vaginally
birdenny	I heard, don't vacuum, and don't lift anything for 6 weeks. Don't lift anything? How heavy?
peppermintpeggy	they will tell you at the hospital but i think it's 5 lbs....?
tauruslady	weight of a gallon of milk
fritzi64	I couldn't even pour my own cup of coffee for the first week after my surgery
birdenny	for six weeks?
thunderstorm816	has anyone also had their gallbladder removed and hyster and is the after pain similar or is the hyster more painful
CMEFL	i have 24 staaira to get to my bedroom...any suggestions
peppermintpeggy	for 6 weeks you have to be very careful
tauruslady	birdenny - yes
peppermintpeggy	by the 2nd week i was cooking a little but very slowly and not bending or lifting heavy pans
tauruslady	thunderstorm - there have been others that had gallbladder surgery and they said it was different.
decap	whether abdominal or laparos
birdenny	I hate using the stairs now! I'd move my bed!! :)

tauruslady	CMEFL - stairs very carefully,.
tauruslady	Decap - yes - no matter the procedure the same organs are being removed.
peppermintpeggy	cmeffl, check with your doc about stairs, mine said no stairs for a week but i have heard from other ladies that they were told stairs were ok, just to go slowly
tauruslady	CMEFL - also stairs 1 or 2x a day max.
thunderstorm816	i have stairs also but the bad part is bedroom on 2nd floor bathroom on first floor and couch is not comfortable at all
decap	i thought two week recovery for LAVH
tauruslady	Decap - for a select few and usually it is an LSH not an LAVH.
peppermintpeggy	do you have a recliner thunderstorm816? or anyone else for that matter...my recliner was perfect during recovery
tauruslady	2/4 weeks to 6/8 weeks for initial recovery and 6 months to a year for full recovery.
CMEFL	Thanks guess i will be prisoner to the second floor...I have lots on my shopping list so I don't have to go out then
fritzi64	CMEFL, if you have a small fridge you could put in your bedroom (and a microwave!), you should be just fine :)
fritzi64	but even a cooler in your bedroom will come in handy
thunderstorm816	the ends of the couch recline but i just dont find the couch comfy at all
birdenny	How do we express to husbands the importance of the taking it easy for 6 weeks?
fritzi64	I tried to avoid the phrase "taking it easy" with my family, because it sounded too much like a vacation
peppermintpeggy	have your husband check out misterhystersisters.com
fritzi64	I emphasized that I needed to recover, that my tissues needed to heal, that if I overdid it I could end up laid up or in the hospital for much longer--and I wore my pajamas and slippers longer than I needed to so they wouldn't think I was all better
CMEFL	Ah the hubby question! I have one of the best but he is no good at nursing care
thunderstorm816	i should just buy a portapotty for my room lol
tauruslady	stay in your jammies and don't wear make-up :)
peppermintpeggy	i agree with the hostesses! don't start looking good too soon lol
CMEFL	Fritzi64 Great info ...consider it stolen
fritzi64	any time LOL
fritzi64	What other questions do you have about your early recovery?
peppermintpeggy	you will find that you have days where you feel really good and your family might expect you to be "all better" but then you'll have a day where you are not feeling so great
fritzi64	As we're finishing up with those, be thinking about questions you have about hormones post-op
birdenny	Does anyone know about surgical menopause?
fritzi64	Hi sushpb
peppermintpeggy	what do you want to know birdenny?
tauruslady	I experienced surgical menopause
sushpb	hi there
birdenny	I have a lot of questions about hormones! Like if I have a BSO, and can't take hormones, "just how bad will it be?"
thunderstorm816	i am hoping to keep one ovary and not need hrt
tauruslady	birdenny - that is different for everybody. Some don't have symptoms and others have them bad.
peppermintpeggy	that one is really tough to answer definitively....for me it hasn't been awful but i have struggled emotionally, no hot flashes but some night sweats

fritzi64	We have several hormone forums that can help you, too. After your surgery, once you know for sure what happened with your ovaries, you can visit various forums based on whether you still have ovaries or not, and there's also a forum specifically for women who can't take HRT
CMEFL	even if you keep ovaries i have heard that you have meno symptoms until they wake up...any experience
birdenny	I have a few days to decide if I want to keep the left one.
fritzi64	CMEFL, my ovaries didn't completely wake up after surgery
fritzi64	so even though I occasionally can tell that I am cycling (tender breasts, moodiness, etc.), I do take a low dose of estrogen to help me get by
sushpb	i kept both ovaries and i'm 6 yrs out. everything went very smooth!
tauruslady	so here's the range. I had ferocious symptoms 5 days from surgery for a weekend; then some hefty hot flashes; and everything ended up putting me into a clinical depression
fritzi64	I wish I'd asked my doctor about what symptoms to pay attention to. As it was, I thought I was losing my mind with the brain fog I was experiencing. I was quite relieved to know my ovaries were just being stubborn!
sushpb	keep your ovary
birdenny	I was told if you have a hysterectomy for endometriosis that you have to lose your ovaries.
fritzi64	Hi LoveBirds
LoveBirds	Hi! I was afraid that I'd missed the chat
peppermintpeggy	i don't know about that birdenny...you might want to visit the endo forum
fritzi64	We've been going for about an hour, but we still have plenty of time for questions :)
fritzi64	Any more hormone questions?
fritzi64	If not, let's move on to your questions about a return to your normal routine--work, housework, etc.
sushpb	sounds good fritzi
onaravenswing	my doc said I can go back to work at 2 wks...
CMEFL	I work with kids and horses so my Dr. said no for 6 weeks...i will be going in as more of supervisor no hands on
peppermintpeggy	here's where i give strong advice and only from my personal experience---don't go back to work too soon
peppermintpeggy	take as much time as your company will allow...i had a very hard time adjusting to normal life again and work totally overwhelmed me
fritzi64	One of our other hostesses returned to work at 2 weeks as well. This may depend on your surgery type and the type of work you do--but it's a good idea to plan for more time off than you think you'll need. It's easier than returning to work and experiencing a setback of several more weeks!
sushpb	I agree with pepper
sushpb	you probably need more time from work
sushpb	That's when you can stand straight up
birdenny	When is the first post-op appointment with the doctor?
peppermintpeggy	my post op appt wasn't until 5 weeks (i had my staples removed at 10 days but no check-up)
fritzi64	My first post-op appointment was at 2 weeks--and the only reason I had more was because I had a stubborn stitch that needed to be dealt with
birdenny	How do you know when you are "back to normal"

peppermintpeggy	you just have to listen to your body and your mind....i wasn't really myself for a year but i'd say at 4 months or so i was beginning to see some light
fritzi64	I felt back to normal when I realized that I wasn't experiencing aches, pains, fatigue, etc. that I had right after my surgery. I didn't feel 100% until eleven months, honestly.
LoveBirds	With a lap. hysterectomy with repairs, will you see stitches come out as you are healing?
birdenny	Are there staples in a LAVH? Or do they only stitch and cauterize?
onaravenswing	my boss gave me all kinds of trouble just being of for 2 wks.. i think her head would pop off if i had to be off more...
peppermintpeggy	that doesn't mean i couldn't function, go to work, live my life, but it takes a while to be yourself again
tauruslady	You only get 1 chance to heal properly.
peppermintpeggy	that's a shame onaravenswing
fritzi64	Onaravenswing, just imagine how your boss will respond if you go back at 2 weeks, ended up with a complication, and then have to be off work for four months....
fritzi64	My boss's first response on learning I was having a hysterectomy was to ask how my work was going to get done and when I would return...it can be frustrating
onaravenswing	good point taurus lady...
birdenny	OMG!!! Do the stiches itch up in your whoo-haa????
LoveBirds	peggy, is that due to the surgery or hormone adjustment?
tauruslady	birdenny - I had stitches. Some have had external stitches closed wth glue.
tauruslady	You may see stitches coming out.
fritzi64	birdenny, I had a little itchiness--but only when the stitch was trying to work its way out--the tissue was so busy healing that my nerves weren't sensing itchiness
peppermintpeggy	i think a bit of both, looking back it's hard to tell but i was just weak and fragile...mentally and physically
CMEFL	for those of you not feeling 100% for a while what was your physical shape going in and does this make any diff?
peppermintpeggy	i'm sure it does make a difference cmeffl
birdenny	I've heard stories about things...falling....down, or out. How often does that happen? And ew..to the stiches coming out.
tauruslady	CMEFL - I was exercising regularly and had lost 40 pounds.
tauruslady	I had the hysterectomy due to an unexpected cancer dx so everything gathered together threw me into a not so good state.
peppermintpeggy	you won't "feel" the stitches inside or coming out, they are just there
fritzi64	I haven't had anything fall out. I usually read about that kind of thing only when women have not followed doctor's orders with lifting, sex, etc.
onaravenswing	I work the check in at a doc office so it's a desk job but there is a lot of twisting and reaching in my chair also getting up and down so many time to get things off printer and fax... dont think my boss has thought about all of that
tauruslady	I'm still struggling to get back to the "exercise is good and makes a difference stage"
peppermintpeggy	your boss is a doc and she doesn't understand your need for time off?
tauruslady	But that is just my experience, others have had everything go well and your physical fitness can be a benefit.
fritzi64	We have about 15 minutes left, so let's go ahead and starting moving on to our last subject of the evening--physical intimacy

	(with a gentle reminder that this is a PG-rated site).
birdenny	Fritzi- good to know!
LoveBirds	I've been going to the gym, taking aerobics classes 5 days a week. I will really miss that.
onaravenswing	my boss is the office manager... wish she was a doc
fritzi64	So, what questions do you have about sex after a hysterectomy?
tauruslady	You can gradually build up over time, LoveBirds.
CMEFL	tauruslady you did go through alot...hope it is better now
onaravenswing	I guess I just have to be firm... onto the next question
onaravenswing	my husband has all kinds of concerns in this area
tauruslady	Thanks CMEFL. I'm say 95% back.....
LoveBirds	where does vaginal lubrication come from and will I lose it when my ovaries are removed?
peppermintpeggy	unfortunately, i did, lovebirds
fritzi64	Vaginal lubrication comes from the walls of the vagina. I did experience a decrease in lubrication--but I'm very happy with the estring
onaravenswing	he is so afraid that I won't have the desire any more
CMEFL	i was worried about the sex part but most stories are positive so Im going with that
birdenny	When removing the cervix, doesn't that significantly shorten your...playground?
tauruslady	I have lost most of mine because of the surgical menopause. I'm allowed to use vaginal estrogen to keep the tissues healthy
LoveBirds	I'm 54, but still had periods up until 3 months ago. Lubrication has never been a problem. I am worried about that.
thunderstorm816	i am gonna be afraid to have sex after the posterior repair..i will have sutures like an episiotomy and that will be sore for a good while ughhh
tauruslady	Onravenswing - you may have a peak in desire during early recovery. if you keep ovaries you should be okay.
fritzi64	Hi fflips
tauruslady	Personally I think those that have had pain beforehand have a little bit easier time because they hysterectomy removes those issues.
fflips	Hello
LoveBirds	My posterior repair will all be done inside the vagina, but I worry about the soreness lasting too.
onaravenswing	I think I am going to be concerned that all is healed since it time and healing varies so much
peppermintpeggy	i was worried about not having an orgasm but that has not been a problem
tauruslady	birdenny - just removing the cervix shouldn't significantly shorten your vagina.
fritzi64	I was very happy to have an internal exam so my doctor could confirm that everything was healing the way it was supposed to
tauruslady	I was a slow healer so instead of 6 weeks it was 9 and than had some issues so it turned in to 12
fritzi64	my husband says there doesn't seem to be any change in that area
peppermintpeggy	just remember not to do anything until you are released by your doc, even external stimulation can be damaging
LoveBirds	at what week post op did you have an internal?
birdenny	peppermintpeggy- why is that?
fritzi64	I had an internal exam at 2 weeks--and I was very happy that the first thing in there was a sterile speculum
tauruslady	LoveBirds - 3 weeks for me.
birdenny	Thunderstorm- what kind of surgery are you having?

fritzi64	I've removed the moderation from the room now so you can have a few minutes to chat
peppermintpeggy	stimulation causes internal changes as well and your body may not be healed enough for that
fritzi64	and we can continue with your questions, of course
birdenny	I see.
thunderstorm816	my doctor told me that after my posterior repair that things will be tighter down there and my bf will enjoy that...it will be like going back to a virgin again
peppermintpeggy	now that's a positive! lol
birdenny	Can they tighten the vagina too?
thunderstorm816	i am having a LAVH with posterior repair
birdenny	That would be nice!
thunderstorm816	on monday
LoveBirds	I know they can tighten the opening
thunderstorm816	yes the vagina will be tightened too
thunderstorm816	kind of a perk to the surgery
birdenny	I'm not having the posterior repair, but my surgery is Tuesday.
thunderstorm816	they get rid of the extra stretched out skin
LoveBirds	I'm having a TLH, a&p repairs and urethral sling....
CMEFL	thanks for the chat everyone and good luck!
fritzi64	Thanks for being here, CMEFL
onaravenswing	good to know fritzi64
thunderstorm816	she told me that my old episiotomy scar will be gone and my entrance will be smaller after she fixes the opening there
LoveBirds	done by a gyn and a urologist
peppermintpeggy	best wishes cmeff
birdenny	I'm sorry, but what is a posterior repair? I'm guessing it is from tearing at childbirth, but I really don't know.
fritzi64	I don't know if that's actually true about the vagina being tightened after the repairs--but that would be a great question to ask in the Pre-op forum
thunderstorm816	i am just freaked about stitched up the whole backside of my vagina
onaravenswing	do they always tighten the vagina?
LoveBirds	posterior repair is for a rectocele
fritzi64	We still have five minutes left
birdenny	I'm thinking that sounds painful. (the smaller vaginal opening)
LoveBirds	it's done on the posterior (back) wall of the vagine
birdenny	and a rectocele is?
fritzi64	but I want to be sure to thank our speaker, peppermintpeggy, for being here tonight and providing everyone with information
fritzi64	and thank you, tauruslady, for being here to help out with questions
onaravenswing	thunder.. i was concerned about the same..
birdenny	Thank you all for sharing, and moderating!!
thunderstorm816	fritz my doctor told me that after they cut the vaginal skin open to get to the rectocele to repair it they will trim off excess loose skin before they sew the vaginal skin back together
thunderstorm816	so she said will be tighter there
fritzi64	And remember that a chat transcript will be posted on the archives tab of the chat lobby tomorrow
birdenny	nice.
Minxy58	Thanks for the Q & A!
onaravenswing	when they take the cervix off do they seal that off?
peppermintpeggy	you are welcome and thanks to you fritzi64 and tauruslady!
thunderstorm816	and she is doing at the opening too cuz my rectocele extends

	down into that area
thunderstorm816	but only a grade 2
LoveBirds	mine is a grade 2 but is higher up
peppermintpeggy	yes, onaravenswing, a vaginal cuff is created
tauruslady	onaravenswing - they will sew it shut, that creates the vaginal vault. Some Drs. leave a small opening that heals on its own
LoveBirds	my cystocele is a grade 3
birdenny	Thunderstorm, I hope your surgery goes well. I'll be thinking of you when I go in on Tuesday!
onaravenswing	how does the air that they put in your sugical area get out?
thunderstorm816	bird a rectocele is kinda like a hernia in the vagina
birdenny	Maybe we'll chat when we are post-op.
fritzi64	yes, we have weekly recovery chats
thunderstorm816	the muscle between the rectum and the vagina weakens or splits letting the rectum push forward into the vaginal area
birdenny	How do you know you have it?
tauruslady	from what I understand they try to let the gas out of laproscopic openings / ports
fritzi64	the days and times will be announced in the Recovery Progress threads in the Post-op forum :)
thunderstorm816	ill probably be stoned when u are going for ur surgery bird but will try to think about ya lol
LoveBirds	i first learned of my rectocele from my annual pelvic exam
birdenny	Great! Thank you.
fritzi64	It's time for me to be a party pooper and end the chat.
fritzi64	If you have any more questions, please ask them in our Pre-op forum.
peppermintpeggy	thank you all for being here!
birdenny	Don't worry about me..stay doped up for a few days, and enjoy someone else taking care of you!
onaravenswing	oh .. so do they do that after they are done and before they send you to recovery
fritzi64	Thanks for coming!
LoveBirds	thank you
tauruslady	Onravenswing -yes
fritzi64	And as the room closes, you may get a message that you've been kicked.
birdenny	Bye!
onaravenswing	cool.. i was worried about the baloon belly..
fritzi64	Also, you can just close the window or click on another link to log out.
fritzi64	Okay, room is closing now. Goodnight, everyone!
onaravenswing	night
peppermintpeggy	goodnight all!
thunderstorm816	they push out the air while u are on the table
tauruslady	you still may havesome gass pains because they don't get it all out.
thunderstorm816	before they sew up the holes

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