




A Roundtable Discussion: Exploring Hysterectomy Options


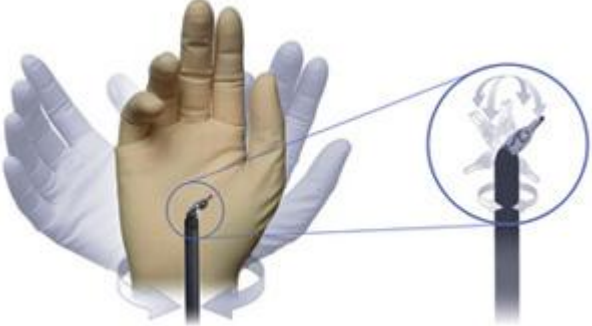
October 14, 2010

Panelists: marleemagoo & Milovany

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| fritzi64 | Hi Pashatu |
| Kathy | Hi Pashatu |
| fritzi64 | If you'd like to change your font color, you can click on the paint palette icon above the typing box. |
| drindab | ok |
| fritzi64 | Pashatu, are you able to see the messages in the window? |
| Pashatu | yes thank you I'm just learning how to do this |
| tauruslady | Hi hystad |
| fritzi64 | Hi hystsad |
| marleemagoo | hi hystad |
| Pashatu | Hi hystad |
| Milovany | Hi hystsad |
| fritzi64 | I'm always glad when people can get here and settle in nicely |
| hystsad | Hi, i don't know how to do it. do i just read and jump in with questions? |
| fritzi64 | we'll be starting in 2-3 minutes while others find their way here, so feel free to go grab your refreshments if you like |
| Kathy | Hi hystsad |
| Pashatu | How does this work |
| fritzi64 | hystsad, we have a program prepared for you |
| fritzi64 | we'll have a presentation |
| hystsad | Okay, thanks! |
| Kathy | hi depressedpuppy |
| Pashatu | oh okay thank you |
| fritzi64 | and after the presentation, we'll have a good block of time for everyone's questions |
| Milovany | hi depressedpuppy |
| hystsad | how long does the presentation last? |
| fritzi64 | while we're waiting to get started, feel free to chat |
| depressedpuppy | hello all |
| Pashatu | Hi depressedpuppy |
| fritzi64 | the presentation is about half an hour |
| fritzi64 | and will provide some information about the davinci hysterectomy |
| fritzi64 | and briefly discuss its effectiveness for different reasons for hysterectomies |
| fritzi64 | we also have some members with us who have had the davinci hysterectomy who can answer questions about the patient experience |
| fritzi64 | we'll get started in one minute, everyone |
| Pashatu | ok |
| hystsad | Great! I am very interested to hear the stories and also to hear from da vinci people. |
| fritzi64 | Hi Danni3113 |
| marleemagoo | HI danni |
| Kathy | Hi Danni3113 |
| Milovany | Hi danni |
| Danni3113 | Hi =) |
| Danni3113 | I do go by Danni |

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| fritzi64 | Let's begin! |
| fritzi64 | I'm sure we'll have some others arriving as we go along, but I'm happy to see so many here this evening. |
| fritzi64 | Welcome to our Roundtable! |
| fritzi64 | In this discussion this evening, we hope to provide some information for you regarding your hysterectomy options. |
| fritzi64 | Often, we are limited in our medical choices by lack of information and what may be an option. |
| fritzi64 | We hope to encourage our audience members to learn as much as they can about their diagnosis and explore non-hysterectomy alternatives as well as explore hysterectomy options. |
| fritzi64 | Tonight's Roundtable discussion focuses on the subject of daVinci Hysterectomy as a hysterectomy option. |
| fritzi64 | We have a daVinci representative in the discussion with us tonight. |
| fritzi64 | In the first part of our program, Drinda will provide you with information about how the da Vinci system works. |
| fritzi64 | You will also hear from several members of HysterSisters who faced a hysterectomy for various reasons, including fibroids and endometriosis. |
| fritzi64 | You'll learn about their experiences with the da Vinci hysterectomy. |
| fritzi64 | DaVinci is our sponsor tonight. |
| fritzi64 | If you have questions for our daVinci representative, please remember that this is only for general information and you will not be given personal answers that could be considered medical advice |
| fritzi64 | And at the end of tonight's roundtable, we hope you will be encouraged to take further steps to gather all the information you need for your medical decisions |
| fritzi64 | Because daVinci is still relatively new and is something our doctors may not have experience with, we wanted to provide you with a bit more insight. |
| fritzi64 | Here's how tonight's Roundtable will work: |
| fritzi64 | One of our HysterSisters hostesses, Tauruslady, will be interviewing our panelists about the daVinci hysterectomy procedure and their experiences. |
| fritzi64 | The program will begin with a presentation about the da Vinci system—how it works, the general benefits, and the specific benefits in regards to various medical conditions that can lead to a hysterectomy. |
| fritzi64 | After the presentation, we will ask our member panelists to introduce themselves and share their experiences with the da Vinci hysterectomy. |
| fritzi64 | Our member panelists this evening are marleemagoo and Milovany. |
| fritzi64 | I may also be asking a few questions as we proceed. |
| fritzi64 | And I will be stepping in on occasion to ask the audience a few questions. |
| fritzi64 | When I ask a question of (((HysterSisters))), that is a question for the members of our audience. |
| fritzi64 | This Roundtable will be moderated. |
| fritzi64 | That means that every comment you type will be held in a queue and will appear in the chat window when it fits in. |
| fritzi64 | If you can make note of your questions and save them for the right moment, that will help me make sure things go a bit more smoothly! |
| fritzi64 | You may notice some symbols appearing on your screen at times: ** |
| fritzi64 | This is just our way of letting each other know when we're done with our response and it's time to move on to the next question! |
| fritzi64 | Let's get started. Tauruslady, it's all yours! |
| tauruslady | Drinda, can you tell us about your role with daVinci? |

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| drindab | I work in the marketing dept at Intuitive Surgical and I help to educate surgeons on using this technology.** |
| tauruslady | Drinda, could you explain how the da Vinci Surgical System works? |
| drindab | The da Vinci System consists of three main components. In the diagram below, from left to right, are: the surgeon console, the patient side cart and the vision system. All three components help the surgeon perform the surgery successfully. |
| drindab | First component - the vision system (far right in above diagram) projects the operating image to the surgeon and on a monitor. |
| drindab | Second component - the surgeon console is where the surgeon sits during surgery, allowing him/her to see inside the patient's body with a 3D camera at 10 times magnification. |
| drindab | At the console, the surgeon also controls the instruments that operate inside the patient's body. |
| drindab | The operating instruments' movements correspond to the surgeon's hand movements, and are under the surgeon's complete control at all times. |
| fritzi64 |  |
| fritzi64 |  <p><i>Intuitive® Motion</i></p> |
| drindab | Third component - the patient side cart (sometimes referred to as the "robot") consists of 4 "arms" that hold the camera and the operating instruments that are controlled by the surgeon at the surgeon console. ** |
| fritzi64 |  <p>Surgeon directs precise movements of the instruments using Console controls</p> |

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| fritzi64 |  |
| tauruslady | What does it mean that there is a "robot" involved? |
| drindab | The surgeon is seated at the surgeon console controlling the operating instruments on the robot. Usually there is also a patient-side assistant (a doctor or nurse) standing next to the patient and the robot at the OR table during surgery.** |
| tauruslady | Drinda, what are some of the general benefits of da Vinci surgery as opposed to other hysterectomy options? |
| drindab | The main benefit of da Vinci surgery is that it is a minimally invasive approach. Our specially designed operating instruments allow the surgeon to work through small incisions in the abdomen. These EndoWrist instruments are even more flexible than the human wrist – which allows the surgeon to handle difficulties with the patient's anatomy. |
| fritzi64 |  |
| drindab | Compared to other hysterectomy options such as TAH (total abdominal hyst or open surgery), laparoscopic or vaginal hysterectomy, studies have shown that the da Vinci approach results in faster recovery back to work, shorter stay in the hospital, smaller incisions, less blood loss, and less pain. ** |

| fritzi64 | <p style="text-align: center;">Surgical Approaches to Gynecologic Conditions</p> <p style="text-align: center;">Open (abdominal) surgery da Vinci® Hysterectomy (robot-assisted surgery)</p> | | | | | | | | | | | | |
|-------------------|--|-------------------|------------------------------------|-----------------|----------|------|----|------|----|----|-----|------|----|
| fritzi64 | <p style="text-align: center;">Return to normal activities</p> <p style="text-align: center;">For women ... post-hysterectomy</p> <p style="text-align: center;">Return to Normal Activities (days)</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Surgical Approach</th> <th>Return to Normal Activities (days)</th> <th>Sample Size (n)</th> </tr> </thead> <tbody> <tr> <td>da Vinci</td> <td>24.1</td> <td>40</td> </tr> <tr> <td>Open</td> <td>52</td> <td>40</td> </tr> <tr> <td>Lap</td> <td>31.6</td> <td>30</td> </tr> </tbody> </table> | Surgical Approach | Return to Normal Activities (days) | Sample Size (n) | da Vinci | 24.1 | 40 | Open | 52 | 40 | Lap | 31.6 | 30 |
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| da Vinci | 24.1 | 40 | | | | | | | | | | | |
| Open | 52 | 40 | | | | | | | | | | | |
| Lap | 31.6 | 30 | | | | | | | | | | | |
| tauruslady | <p>Drinda, each of our panelists made a decision, along with her doctor, about what was best for her own medical situation. We'd like to ask about the da Vinci hysterectomy in regards to the specific medical conditions they faced.</p> | | | | | | | | | | | | |
| tauruslady | <p>First, we'd like to find out a bit more about why our members are having their hysterectomies.</p> | | | | | | | | | | | | |
| tauruslady | <p>((HysterSisters))), could you share with us the reason for your hysterectomy?</p> | | | | | | | | | | | | |
| depressedpuppy | <p>I have endometrial cancer</p> | | | | | | | | | | | | |
| Pashatu | <p>complex hyperplasia with atypia</p> | | | | | | | | | | | | |
| Danni3113 | <p>Huge fibroid here</p> | | | | | | | | | | | | |
| hystsad | <p>11+ fibroids including submucosal and heavy bleeding</p> | | | | | | | | | | | | |
| bklynwoman | <p>Adenomyosis, heavy bleeding</p> | | | | | | | | | | | | |
| fritzi64 | <p>Anyone else?</p> | | | | | | | | | | | | |
| tauruslady | <p>Drinda, what are the benefits specific to women having a hysterectomy for gynecological cancer?</p> | | | | | | | | | | | | |

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| drindab | Before I answer, please bear in mind that as with any surgery, these benefits cannot be guaranteed, as surgery is patient-, surgeon-, and procedure-specific. |
| drindab | For patients with gynecological cancer, the da Vinci System allows for precise removal of lymph nodes, which helps in the staging of the cancer. Because of our EndoWrist instruments, the 3D vision, and 10 times magnification, the da Vinci System provides an equal or better outcome than open surgery while being minimally invasive. |
| drindab | It is especially beneficial for women in cancer treatment to have a quicker recovery and therefore less time between surgery and possible follow-on treatments. ** |
| tauruslady | Drinda, what are the benefits specific to women having a hysterectomy for fibroids? |
| drindab | Same benefits. Patients with fibroids are still candidates for a da Vinci hysterectomy. Our System enables the surgeon to operate through 3 – 5 small incisions even for patients with multiple fibroids. ** |
| tauruslady | Drinda, how does fibroid size affect whether a woman is a candidate for a da Vinci Hysterectomy? |
| drindab | The fibroid size often influences the size of the uterus. Patients with large fibroids or a big uterus are still candidates for a da Vinci hysterectomy. |
| drindab | A new study just came out looking at da Vinci hysterectomy for patients with large uteri, and the patient outcomes were excellent. ** |
| tauruslady | Drinda, what are the benefits specific to women having a hysterectomy for heavy bleeding? |
| drindab | Same benefits. Patients with heavy bleeding are candidates for a da Vinci hysterectomy. |
| tauruslady | Drinda, what are the benefits specific to women having a hysterectomy for endometriosis? |
| drindab | Patients with endometriosis are candidates for a da Vinci hysterectomy. |
| drindab | For patients with endometriosis, good vision of the anatomy, and the ability to reach all the areas which contain endometriosis are very important. |
| drindab | Firstly, the da Vinci system provides 3D vision and 10 times magnification of the anatomy. Laparoscopic cameras provide 2D vision (no depth perception of the anatomy). Precision comes with good vision. |
| drindab | Secondly, the EndoWrist instruments let the surgeon reach all the areas that contain endometriosis. |
| tauruslady | Many endometriosis experts have a strong preference for either a laser or a scalpel to excise endometriosis. What are the biggest concerns with these in regards to the da Vinci system? |
| drindab | The lasers or scalpels are not wristed, so it may not always be easy to reach all the areas that contain endometriosis. ** |
| tauruslady | First, let's meet our panelists for this evening. Marleemagoo, Milovany can you tell us a little about yourselves? |
| marleemagoo | My name is Sarah, I am 35 and live in Phoenix, I am 6.5 months post-op ** |
| Milovany | I'm 46 and live in the St. Louis area. I'm a homeschool mom and do private language instruction as a side job. My hysterectomy was on 9/23. |
| tauruslady | marleemagoo, what brought you to the hysterectomy experience? |
| marleemagoo | large fibroids and heavy bleeding |
| tauruslady | Milovany, why did you have your hysterectomy? |

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| Milovany | I had undiagnosed endometriosis, large ovarian cysts, adenomyosis, and fibroids. |
| tauruslady | We'd like to ask our panelists why they chose to have the da Vinci procedure. Milovany, why did you choose the da Vinci? |
| Milovany | I had never heard of da Vinci surgery before my doctor mentioned it. It sounded like a good deal to me because it seemed to have fewer complications. I wanted to avoid TAH if possible, and the recovery from da Vinci had the potential to be even smoother than recovery from LAVH. |
| tauruslady | marleemagoo, what about you? |
| marleemagoo | My doctor highly recommended it, and shorter recovery times |
| tauruslady | How important was it to you to seek a second opinion in making your decision about hysterectomy type? |
| marleemagoo | It was very important to me, had I not I would still be in pain and dealing with it all. |
| fritzi64 | ((HysterSisters))), how many of you have sought a second opinion, either about having a hysterectomy at all or about the type of procedure to have? |
| depressedpuppy | Me |
| Pashatu | I will be seeing a Dr. tomorrow for a second opinion on my hyster. |
| Danni3113 | Me, however, choices were limited due to the size |
| fritzi64 | We know from a voluntary poll on HysterSisters that fewer than half our members have gotten a second opinion. |
| Pashatu | I'm so afraid of making a wrong decision |
| fritzi64 | We, at HysterSisters, think this means our members aren't necessarily getting all options explored |
| fritzi64 | One of our goals at HysterSisters.com is to encourage our members to be the best self-advocates they can be. |
| fritzi64 | You deserve and owe it to yourself to explore all your treatment options |
| fritzi64 | As women, we often have great loyalty to our doctors. But we deserve to explore other options. It is not a backhand to our doctors. |
| fritzi64 | Doctors will usually only tell us what they have the most experience with - and they may not specialize in minimally invasive or alternative treatment options. |
| fritzi64 | There is no need to feel disloyal for asking other surgeons for input. |
| fritzi64 | When our program is over, you are encouraged to visit givemeasecond.com (not now, or you'll leave the chatroom :)) |
| tauruslady | Marleemagoo, and Milovany, what were your concerns about the da Vinci hysterectomy? |
| fritzi64 | you'll find a video that helps you realize the importance of a second opinion |
| Milovany | My only concerns about the surgery were about conversion to abdominal hysterectomy. I was really worried about healing from a big incision because I'm overweight and have young children at home. |
| hystsad | My internist was working with me and the gyno about a DVT I am currently dealing with and the internist completely agrees with the gyno and for the bleeding aspects and downtime (risk of DVT) he prefers da vinci. So, I didn't ask another opinion from a gyno. |
| marleemagoo | Once my doctor explained how it would all work I was fairly comfortable with the idea. I was concerned about recovery time and wasn't sure if it was really true** |
| tauruslady | Drinda, are there any situations where a dVH is not the best option for someone? |

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| drindab | This is a question only your surgeon can answer, but we have found that da Vinci surgery is an option even in complex cases, where surgeons would not normally be able to use a laparoscopic approach.** |
| tauruslady | Panelists, we'd like to ask about your surgery and recovery. Do did everything go? |
| tauruslady | Marleemagoo, tell us about your surgery and recovery. |
| marleemagoo | My surgery lasted about 3.5 hours and other than a bladder infection about a week later, it was a textbook case. |
| tauruslady | Milovany, how did your surgery go, and how are you doing? |
| marleemagoo | The first week I was one with my couch and then slowly started working my way back into the swing on things |
| Milovany | My surgery lasted for about six hours because I had frozen pelvis |
| Milovany | but it went very well, and I really haven't had that much pain at all |
| Milovany | actually, I have less pain now in recovery than before my surgery |
| Milovany | and I'm really feeling very well! |
| Milovany | I walk a lot and take it as easy as possible |
| Milovany | It's been a lot easier than I expected. ** |
| tauruslady | Drinda, we've had several women ask about conversions. I understand that this means starting out with a planned minimally invasive surgery—but then during the operation, the surgeon has to change to open abdominal surgery. |
| tauruslady | Could you provide any statistics on how often that happens in laparoscopic hysterectomy? |
| drindab | Yes, that is correct. Conversions do happen for several reasons. Most commonly it's because of the presence of adhesions. Adhesions usually occur in patients who have had prior pelvic surgeries, such as C-sections. |
| drindab | The conversion rate varies from surgeon to surgeon, but in a study done by a highly-skilled GYN surgeon, Dr. Thomas Payne in Baton Rouge, he found, to his surprise, that his conversion rate was around 20% for laparoscopic hysterectomy. |
| tauruslady | Drinda, how does this compare to how often a da Vinci hysterectomy is converted to an open abdominal surgery? |
| drindab | In the same study, this surgeon's conversion rate for da Vinci hysterectomy was 4% initially as he was learning the new technology. After 75 cases, his conversion rate fell to 0%. ** |
| fritzi64 | ((HysterSisters)), what questions do you have about who is and is not a candidate for a da Vinci hysterectomy? |
| Danni3113 | What is the maximum size for a fibroid that allows one to be a candidate? |
| marleemagoo | Mine was 17 cm and I was able to have it done |
| fritzi64 | Does anyone else have questions about who is a candidate? (You'll have a chance to ask later, too.) |
| Pashatu | I have two peach size fibroids |
| tauruslady | Drinda, what are the most common concerns and questions that women have about the da Vinci Hysterectomy? |
| drindab | The question we hear most often is: Am I a candidate? |
| drindab | Check out the da Vinci Surgery homepage for more information, and for finding a surgeon who performs da Vinci hysterectomies. Be sure to ask your da Vinci surgeon all the questions you have about the procedure. |
| drindab | www.davinciHysterectomy.com |
| tauruslady | Drinda, also we're asked about adhesions and whether laparoscopic procedures cause fewer adhesions |
| drindab | Every woman responds differently to surgery. Sometimes, adhesions are found even in women that never had surgery before. |

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| tauruslady | Panelists, what advice do you have for other women considering a da Vinci hysterectomy? |
| marleemagoo | I would highly recommend at least asking your doctor about it. |
| Milovany | Definitely ask. If you do have da Vinci surgery, be sure to take it easy during your recovery period! It's so easy to think that it's OK to do things you shouldn't. |
| marleemagoo | The recovery and the recovery times were better than I ever expected |
| Milovany | Same here. |
| marleemagoo | And my scarring is minimal |
| marleemagoo | :) |
| Milovany | My incisions are still healing, but it's five small incisions and they should be all healed in the next couple of weeks |
| tauruslady | Drinda, let's say that someone who's here tonight wants to learn more about whether a da Vinci hysterectomy is a good option for her. What should she do? What information and resources do you have on your website? |
| drindab | Online you can visit www.daVinciHysterectomy.com or www.daVinciStories.com . You can read/watch stories from other da Vinci Surgery patients. You can also find a da Vinci surgeon near you, and get clinical data references. |
| drindab | We strongly encourage women to get a second or third opinion from a trained da Vinci surgeon to see if you are a candidate for da Vinci Surgery. |
| drindab | Multiple opinions will give you a better understanding of all factors and treatment options, and chances are HIGH that you are a candidate for da Vinci hysterectomy.** |
| fritzi64 | Tauruslady, since you're a hostess here, could you please tell us what information and resources we have on the HysterSisters website that are most helpful to women preparing for a da Vinci hysterectomy or making a decision about what hysterectomy type is best for them? |
| tauruslady | There are numerous things that can help you understand all your options or start you in the right direction. |
| tauruslady | If you aren't sure about what's out there or what you are scheduled for than you can post on forums to give you insight and direction. |
| tauruslady | Review the Pre-Op Checkpoints that give you definitions and information on all varieties of hysterectomies and preparation for them. |
| tauruslady | Of course there are links to the daVinci site from HysterSisters. |
| tauruslady | For the brave of heart you can watch videos of various surgeries. |
| fritzi64 | ((HysterSisters)), what questions do you have? |
| fritzi64 | Remember, if you have questions for our davinci representative, please remember that this is only for general information and you will not be given personal answers that could be considered medical advice |
| Danni3113 | Is the procedure available in Canada? |
| drindab | While there are a few places in Canada, the majority of da Vinci trained surgeons are in the US. |
| Nicolletta | [b][i]I just had my appt with my dr., and was told I need the surgery, but that I could opt to have a lift, the partial or the complete hyst.....I'm lost |
| marleemagoo | I had a complete hysterectomy because I didn't want to chance the fibroids growing back |
| drindab | There are different types of hysterectomies, for some they would also remove ovaries and fallopian tubes, etc. You should talk through each of those options with your doctor. |
| fritzi64 | Nicolletta, you might find it helpful to attend our regular Pre-op chat |

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| | next week on Thursday. Many women who attend those are still deciding on some options. |
| bklynwoman | I am also struggling with that question - am scheduled for da vinci surgery on 11/10, but haven't yet decided whether to have a total hysterectomy or keep my cervix. |
| fritzi64 | bklynwoman, it would make sense to ask your doctor (and then even another one or two) about what is best for you with your cervix |
| hystsad | I know friends who had abdominal and vaginal hysterectomies and they got out of energy very easily for a long time after surgery. How is the recovery from the da vinci? Even though the incisions are smaller it still seems like there is a lot of healing on the inside and it would take time to fully recover from it. On average, how long does it take to get your stamina back after da vinci surgery? |
| marleemagoo | I went back to work at about 3 weeks to do desk work |
| tauruslady | Hystad - my gyn-onc told me 6 to 8 weeks of initial recovery. |
| Milovany | Since it hasn't been very long for me, I'm not sure if I should answer. I'm still in the "I need a nap" stage |
| marleemagoo | I still got tired but was feeling almost back to normal at 6 weeks, I was still careful about what I did though |
| tauruslady | And for the first 6 months that davinci patients are ahead of abdominal |
| tauruslady | After 6 months to a year they even out. |
| fritzi64 | Milovany, that's helpful information. Could you remind us of how many weeks you are post-op now? |
| Milovany | I'm three weeks today. |
| tauruslady | I had some challenges (not related to the daVinci) and started to use the word normal at 11 months |
| tauruslady | Went back to work at 6 and was exhausted for the first 2 |
| fritzi64 | hystsad, that was a great question, and it's one that gets asked frequently in our Pre-op forum |
| tauruslady | gradually building up after that. |
| marleemagoo | Riding in the car was worse for me than anything else I tried to do |
| chanel | I was told 6 to 8 weeks. I am 7 weeks post op. |
| Nicolletta | [b][i]My dr. informed me of my options, but told me to think about it, I don't want any problems in the future, I've heard horror stories of women who had the surgery to lift the bladder.. uterus..etc and had horrible recoveries, just to avoid having the hyster.... |
| tauruslady | Some women who keep their cervix have it a bit faster. |
| fritzi64 | What other questions do you have about the da Vinci hysterectomy experience? |
| Danni3113 | the recovery you mean? |
| hystsad | Taurus lady, back to work at 6 weeks, tired for first 2 weeks back? Could you concentrate and get work done or were you in a fog? |
| Nicolletta | [b][i]yes, the recovery |
| Danni3113 | sorry, I was directing my question to tauruslady |
| tauruslady | Hystad, a little bit out of it but I could get work done. |
| Nicolletta | [b][i]sorry |
| tauruslady | Danni - yes |
| Danni3113 | Do all pain meds leave you in a fog? |
| tauruslady | Danni - it wasn't from pain meds. I was off meds after a week. |
| hystsad | Thank you for the recovery info. Im concerned. My surgeon said I could go back to work at 2 weeks. he said that in the initial consultation, but i'm going back with more quesions. Two weeks seems unrealistic. |
| tauruslady | It was just the getting back to things and being tired and the like. |
| marleemagoo | I didn't need them very long either |

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| Milovany | I didn't take them for very long, either -- stopped taking them regularly after one week. I've taken some from time to time when I was very uncomfortable. |
| tauruslady | hystad - It can depend on how much you have done but my recommendation is ask for more time off and you can always go back earlier. |
| Milovany | And when I was uncomfortable, it was because I'd done something that I shouldn't have |
| fritzi64 | If you are able to participate in our Pre-op chat next week, you'll have a chance to find out a bit more about recovery. Many women find that it helps to plan for a full 6 weeks away from work but then return earlier if their surgery type leads to a quicker initial recovery. |
| chanel | I was still tired at 2 weeks and still having pain. |
| Nicolletta | [b][i]Would this procedure be covered by insurance? |
| tauruslady | Nicolleta - the surgeon has to code it appropriately but yes, mine was covered. |
| Milovany | Mine was covered, too. |
| chanel | Mine was covered by insurance. |
| marleemagoo | For me it was, other than my deductible and co-pays etc. |
| tauruslady | Right, marleemagoo |
| drindab | It is covered by most insurance companies, but you can call and check ahead of time. |
| Danni3113 | So for those of you who stopped the pain meds after a week, do you have a high pain threshold or are you wusses like me? ;) |
| Nicolletta | [b][i]ok, great |
| marleemagoo | For me, the gas pains were way worse the pain from the incisions |
| fritzi64 | Danni3113, I had a different hysterectomy type, but I'm a major wuss and was mostly off pain meds after a week |
| chanel | I took pain meds for 3 weeks. |
| Nicolletta | [b][i]I'm definitely interested in finding out more about this |
| tauruslady | Danni - I did not stop them early, everyone's recovery is different and pain thresholds are different. I didn't need them. |
| hystsad | Thank you tauruslady. you answered my biggest question. And, fritzi, thank you too. I think asking for 6 weeks and then return earlier if possible sounds like a good idea. thanks!! |
| Milovany | I don't think I have a particularly high pain threshold, Danni. But ibuprophen actually seemed to work better than percocet for me |
| Sassine | What about menopause symptoms after the surgery? Did they start soon? |
| Milovany | Sassine, I started having some hot flashes at about the two week point. It's nothing unbearable so far |
| marleemagoo | I kept my ovaries but had some crying and mood swings until they decided to wake back up and start working again |
| fritzi64 | Sassine, menopause symptoms wouldn't be any different after a da Vinci hysterectomy than they would after another type of hysterectomy, I don't think. |
| Danni3113 | I realize that some meds work better for some people than others... for example, tylenol works for me but advil does nothing. I will be asking my surgeon about this... |
| tauruslady | Sassine - everyone is different but for me it was 5 days after surgery. Others get them months later. |
| Nicolletta | [b][i]The Recovery period is a huge concern, not a fan of being incapacitated, as I'm sure no one is |
| chanel | Hot flashes didn't start until almost 3 weeks. |
| fritzi64 | What other questions do you have? |
| tauruslady | You are not laid up in bed but you aren't doing your usual routine. You will be walking and doing that but no laundry or lifting heavy |

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| | things. |
| Milovany | Nicolletta, I really thought I was going to be laid up for a long time. It hasn't been nearly as bad as I thought it would be |
| marleemagoo | Nicolletta, I was able to climb the stairs, very slowly, the night I got home to go to my room |
| fritzi64 | While you're thinking of questions, I'd like to point out that a transcript of tonight's Roundtable will be posted in the Archives tab of the chatroom "lobby" page. |
| Milovany | My bedroom's upstairs and I've made multiple trips a day every day since I came home |
| chanel | I did no stairs the first 2 days. |
| fritzi64 | Are there any other questions? |
| Milovany | You'll be able to do more than you think -- so it'll be really important not to do too much! |
| Danni3113 | I have read that it is hard to sleep on your side at first... why? |
| Milovany | Because it HURTS |
| marleemagoo | I just propped a pillow beside me and it was fine |
| Milovany | I can't sleep on my back, so I was really determined to get on my side |
| Danni3113 | I understand that but what is the reason it hurts? |
| tauruslady | things are healing inside and sleeping on your side things are still moving around. |
| Milovany | I think your abdominal muscles get pulled |
| Milovany | I sleep just fine on my side now, propped with pillows. And my abdominal binder really helps! |
| marleemagoo | and everything that was so crowded finally has room to move back to where it belongs |
| Danni3113 | thanks |
| tauruslady | You could have incisions, things have been jostled and other parts are getting used to new spaces. |
| chanel | Yes, it hurts to lay on your side. I used a pillow against my belly. |
| Milovany | My abdominal muscles are still sore, like I had a hard workout, just about every morning still |
| hystsad | When can you realistically exercise because 1) you aren't in pain and 2) you aren't too tired? |
| marleemagoo | I wouldn't do it until your dr. gives you the ok, but I was taking short walks at about 2 weeks |
| Danni3113 | Is it a realistic expectation to have a flat stomach after surgery if the belly is distended due to large fibroids? |
| marleemagoo | I was fully released at 6 weeks |
| marleemagoo | It wasn't for me Danni |
| Danni3113 | well maybe not right after surgery but after the recovery period |
| marleemagoo | mine has with exercise |
| fritzi64 | We're about at the end of our program for the evening. |
| fritzi64 | I would like to encourage you to continue asking your questions in our Pre-op forum. |
| fritzi64 | Also, we have a Pre-op Chat scheduled for a week for tonight that will address all your hysterectomy questions (not just those specific to the da Vinci type). |
| hystsad | did you guys stay overnight in the hospital? |
| chanel | I did. |
| fritzi64 | Thank you, Drinkda for visiting us here at HysterSisters to provide us with information. |
| marleemagoo | I was in about 23 hours. Got to my room about 7 pm and home at 4 the next day |
| drindab | You're welcome! |
| fritzi64 | Marleemagoo and Milovany, thank you for opening up your lives to |

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| | share your experiences with everyone tonight who is facing a hysterectomy. |
| marleemagoo | Your welcome |
| Milovany | I got out of surgery at 6 pm and was home the next day before noon. |
| fritzi64 | Tauruslady, thank you for conducting the interview. |
| Milovany | You're welcome! |
| tauruslady | You are most welcome |
| fritzi64 | ((HysterSisters))), thank you all for being here, for caring enough about yourselves to make the effort to learn just a bit more about yor options. |
| Nicolletta | [b][i]ok, goodnight ladies, see you next time, thank u and be well |
| hystsad | Thanks everybody! you helped a lot! |
| fritzi64 | The chatroom will be staying open for about five more minutes. |
| marleemagoo | Good luck to all of you with your decisions! |
| fritzi64 | When you are ready to log out, you can just click on another link or close the window. |
| fritzi64 | Thank you for being here! |
| Danni3ll3 | The info was very useful. Thanks! |
| Pashatu | That was very informative thank you ! |
| Sassine | Excellent Q&A. Thank you. |
| hystsad | Where do i go to get the transcript? |
| fritzi64 | hystsad |
| fritzi64 | if you look at the tabs at the top right, you'll see one that says Support |
| fritzi64 | You'll click on Chatroom, and that will take you to the lobby area |
| chanel | Thanks for the info. |
| fritzi64 | And there, you'll see a tab that says Archives |
| fritzi64 | That is where the transcript will be posted tomorrow. |
| hystsad | Thanks fritzi, I appreciate it! |
| fritzi64 | You're welcome |
| chanel | I had trouble getting on tonight. Don't know why? I ended up being late. |
| fritzi64 | I'm sorry you had trouble, chanel. Sometimes that happens. |
| fritzi64 | Did you have the davinci surgery? |
| chanel | Yes |
| fritzi64 | It was nice of you to come and share your experiences with our pre-op members-thank you! |
| chanel | You are welcome. |
| fritzi64 | It's time for the chatroom to close up. |
| marleemagoo | Good night all! |
| Milovany | good night! |
| chanel | Good night! |