

Pre-op Chat

November 4, 2010

fritzi64	Hi auntde
peppermintpeggy	hi auntde
fritzi64	How are you this evening?
auntde	Hi, i'm doing pretty good, and u?
fritzi64	good
fritzi64	you're the first member to arrive at the chat tonight, and we'll give others a couple minutes to find their way here
peppermintpeggy	well, auntde, if no one else comes you will have the floor to yourself!
fritzi64	Hi overthemoon
peppermintpeggy	welcome overthemoon
fritzi64	While we're waiting for a few others to find their way here, feel free to go grab a beverage
overthemoon	Hi everyone :)
fritzi64	also, if you'd like to select an avatar for yourself, you can click on the little masks icon right above the typing bar
fritzi64	and the paint palette icon will let you choose a color
overthemoon	Thanks
fritzi64	it worked :)
peppermintpeggy	we get to show off our personalities that way! :)
fritzi64	I'd like to get us started
overthemoon	Yes exactly!
fritzi64	Auntde, are you with us or are you off getting refreshments? (I have a cup of hot tea next to me)
auntde	I'm here
fritzi64	When we have a lot more members here, we follow an agenda with a brief presentation--just so we don't forget to cover all the bases
fritzi64	Tonight, though, we have three hostesses here to help out two members--so we may be able to do things a little differently to meet what you need
fritzi64	and if we have others show up, we can adjust as we go :)
overthemoon	sounds like a plan to me
fritzi64	First, let me say how glad I am that you were able to be here
fritzi64	It's been almost two years since my own hysterectomy (I had a total vaginal hysterectomy--TVH--and kept my ovaries)
fritzi64	but I still remember the anxiety, the worry, and my complete obsession with HysterSisters!
fritzi64	Our first questions for you are these:
fritzi64	1) Do you know what surgery type you'll be having?
fritzi64	and 2) What is your surgery date?
overthemoon	First I want to thank you for hosting the chat. This entire site is wonderful. I will be having a TAH on December 14th.
auntde	I'm having a TVH (keeping ovaries) on Dec. 9th
overthemoon	Oh I forgot to add I'll also be keeping my ovaries as far as I know
fritzi64	yay for December surgeries! (mine was December 26)
peppermintpeggy	i'm so glad you are enjoying the site!
fritzi64	our brief presentation is usually an overview of the surgery types, but it sounds like you both know what you're having
fritzi64	Hi McCollum and OMGosh
peppermintpeggy	welcome mcollum and omgosh

fritzi64	We're just getting started
fritzi64	Do you know what surgery types you're having and when your surgery is?
fritzi64	Hi sjthomas555
overthemoon	We've been using the site! and learned what it all means :)
OMGosh	Lavh 11/16
McCollum	Not sure, talking to doctor on Monday
fritzi64	What questions do you have about what type of surgery you are having or what options you have?
fritzi64	Also, it helps us to know why you are having the hysterectomy. If you don't mind, could you share that with us as well?
fritzi64	Mine was for fibroids.
peppermintpeggy	mine was for pre-cancer
fritzi64	And perhaps while you're typing, Pattypat and peppermintpeggy can tell us about theirs
auntde	abnormally long and painful periods
McCollum	I have adenomyosis with severe pain.
OMGosh	ovarian cysts on remaining ovary and fibroids
overthemoon	My question or concern about my surgery are regarding my hormones, I will be keeping my ovaries but I'm wondering if anything will change. I'll be going off the pill which I've been taking continously for two years so I know that will change.
Pattypat	LSH/BSO for fibroids annd adeno
overthemoon	endometriosis, severe pain, heavy bleeding
fritzi64	Thanks, sisters!
fritzi64	It helps us answer your questions better if we have an idea of where you're all coming from for this
peppermintpeggy	fritzi64 kept her ovaries and can explain that very well
fritzi64	What we'll do is try to go through questions in somewhat of an order
fritzi64	We'll start with your questions about preparing for the surgery
Pattypat	overthemon hormones can be an issue, we are all different
fritzi64	and then move on to what to expect at the hospital, early recovery, hormones, normal return, and post-hysterectomy sex.
fritzi64	So it will help if you can save your questions for the right spot
fritzi64	Let's start, then, with your questions about preparing for your surgery
overthemoon	OK, makes sense.
fritzi64	and this might include things like pre-op testing, how to talk with family, home preparation, emotions, etc.
fritzi64	So what questions and concerns about that can we help you with?
fritzi64	Has anyone had pre-op testing yet?
OMGosh	my pre-op is scheduled for 11/12 ... any advice for ?s to ask
overthemoon	I've been told I'll just need blood work before, and I'm fairly prepared at home, I'll have my partner and our farm worker here. Emotionally I'm still preparing
auntde	i had blood work and an ultrasound done before i met with my surgeon
fritzi64	My pre-op testing included blood work, a urine sample, an EKG because I'm over 40, and a chest x-ray since I used to smoke years ago
peppermintpeggy	there is a great list of questions to ask on our site but i suggest asking about the bowel prep and what, if any, meds you can take beforehand, they should tell you all of that but i would pay special attention to those
fritzi64	I used the list we have (it's under our Pre-op Resources), and I printed it out and wrote down a few of my own

fritzi64	Also, your pre-op appointment may include a talk with the doctor and signing consent forms
peppermintpeggy	i had a pre op appt w/ my doc and one at the hospital which were very different
fritzi64	Signing the consent forms made it all feel much more real to me.
peppermintpeggy	i think i was so scared that i barely asked any questions!
overthemoon	I signed consent forms already and my doctor said I just need bloodwork a day or two before surgery, is that normal?
peppermintpeggy	yes, that sounds normal to me
fritzi64	I had to have my tests done within three weeks of the surgery
Pattypat	my pre-op was with my PCP and another at the hospital, didn't see my gyne before
OMGosh	I have my appts (doc & hospital) back to back
fritzi64	A lot of the pre-op stuff varies according to doctor preferences, the surgery type, and the standard hospital guidelines
Pattypat	bloodwork is normal
fritzi64	So if you read in our Pre-op forum that someone is having something done that you haven't heard of, don't panic (but still, check with your doctor)
peppermintpeggy	some of the last minute questions ladies seem to have are about shaving, nail polish, the little things we don't think of until the day or so before
fritzi64	I didn't have to do a bowel prep, but some women with the same surgery t ype as me do have to do one
fritzi64	It is important to ask about what medications you are allowed to take for the week or two prior to surgery
fritzi64	Although I was in a lot of pain, I wasn't allowed to take any ibuprofen for the week before the surgery
fritzi64	Are there any other questions about preparing for your surgery?
peppermintpeggy	right! and vitamins or herbal supplements are usually prohibited
fritzi64	If there are no more questions about preparing, let's move on to your questions about what to expect at the hospital.
overthemoon	I've had three laparoscopies and a seperate surgery so I've been under anesthetic before, I'm just wondering about the pain with the large incision when I wake up
fritzi64	Several months ago, we had a member who had never even been in a hospital before, and she was very anxious about what to expect. She was able to arrange a tour of the surgical area a couple weeks in advance, and she even got to see an operating room. That calmed her a great deal.
peppermintpeggy	overthemoon, you are having a tah, right?
overthemoon	and this will be my first time having to stay in the hospital for a couple of days. My doctor has told me my surgery is Tuesday and I'll go home Friday hopefully.
overthemoon	Peppermintpeggy, yes a tah
peppermintpeggy	i did too, i will tell you that the pain is intense but not unmanageable, be sure to take your pain meds
OMGosh	my doc has said a one night stay for LAVH...I had similar surgery with RSO, myomectomy and adhesions removed, TOT sling...thinking it will be similar ... any thoughts?
fritzi64	One thing that helped me with pain in the hospital was to ask for medication as soon as it seemed like the last dose was wearing off. Don't wait until it's unbearable, because it still might be a while before the nurse can get clearance for the next med.
peppermintpeggy	hard to say, omgosh, with a hyst you are having a major organ removed so it will be different in some ways
overthemoon	That's what I thought, the nurses will likely give me something

	right away
fritzi64	I also had my husband stay in the room with me for the first few hours, and he was able to go ask the nurse for help if I didn't even feel like pushing the help button
overthemoon	I'll likely sleep most of the day of my surgery and not be up and about until the next day?
peppermintpeggy	yes, they really don't want you to be in pain, it is proven that when we have less pain and are less stressed, we heal better and faster
fritzi64	They usually try to get you up and moving that same day-- although I was having a reaction to the morphine and wasn't able to walk until after midnight
Pattypat	The sooner you get up and walk the better
peppermintpeggy	probably so, overthemoon, you will certainly be groggy
overthemoon	I figured I should get up as soon as I can... I'm not looking forward to it
peppermintpeggy	lol, it's actually not that bad once you find your strength
fritzi64	while it isn't fun, it's kind of a relief to do something that feels normal
overthemoon	that's true, and the sooner you get doing things, the sooner you can go home right? that's my thinking. Not trying to rush my stay there, just motivate myself
overthemoon	I'm wondering what would be beneficial for me to take to the hospital for my stay?
fritzi64	My about 2 in the morning, I was sure I wouldn't be able to go home after only one night--but once I started feeling better in the morning, I felt better fast
peppermintpeggy	i agree with fritzi64, the walking makes you feel "normal" and lets you know that you are still you
fritzi64	I packed two bags for the hospital--one with my ipod, chapstick, and cellphone and the other with knitting, a couple books, my journal, puzzles, etc. The second bag stayed in the car :)
fritzi64	My hospital provided slippers, toothbrush, and toothpaste.
peppermintpeggy	the cell phone was the main thing for me, the hospital provides just about everything else
Pattypat	I was glad I had gum, my doc's phone number and my cell phone
overthemoon	Oh! knitting is a good idea and chapstick. I never thought
Pattypat	cell phone with music loaded!
fritzi64	I wasn't able to concentrate on knitting. Heck, I couldn't even concentrate on a sitcom
overthemoon	well just in case lol. I was going to bring a book but thought maybe magazines so I dont need to focus so much
fritzi64	People magazine was a bit too involved for me--my brain did not want to concentrate
Pattypat	keep in mind things can end up missing in the hospital--take care
peppermintpeggy	has anyone's doc mentioned how long they might be in the hospital?
auntde	mine said over night, 2 nights at the most
fritzi64	I had a small fannypack in the hospital that I could attach to the side of my bed so I could reach everything and feel like it was safe
fritzi64	Hi GretsChGal
OMGosh	one night for me unless TAH because of adhesions
peppermintpeggy	welcome gretschgal
fritzi64	We're talking about what to expect at the hospital right now
overthemoon	three nights I've been told
GretsChGal	I'm told for an LaVH maybe an overnight stay for observation....

peppermintpeggy	i actually enjoyed the hospital stay if that's possible to believe, i felt comforted that there were people there to take care of me
GretschGal	who all will be asking folks to sneak them food in???
peppermintpeggy	lol
fritzi64	I had awesome nurses, who totally loved the chocolate I provided them
GretschGal	is that a bribe, fritz?
fritzi64	all I wanted was soup and crackers
peppermintpeggy	i was kept on a liquid diet for 2 days
fritzi64	um, of course not!
GretschGal	'cause if it is...
fritzi64	okay, maybe.....
GretschGal	ok.
GretschGal	I'm not above handing out chocolate!
Pattypat	bribes are good!
overthemoon	I was thinking of bringing the nurses candy too! lol I bet it works!
peppermintpeggy	the nurses i had were so nice, i had one bad one but loved all the rest
overthemoon	I've never eaten hospital food but I suspect I won't care for those few days
fritzi64	I had pretty wonderful nurses, and the chocolate just kept them visiting me longer
fritzi64	my hospital food was okay--but I didn't care a whole lot at the time, either
GretschGal	*note to self* ...ghirardelli squares for bribery purposes
peppermintpeggy	i had no appetite so the food wasn't an issue, until the 3rd day and i was crying for something with taste!
fritzi64	GretschGal, what kind of surgery are you having, and when?
GretschGal	LaVH possibly leaving one ovary 29 November
fritzi64	Thanks, Gretsch
GretschGal	was all kinds of apprehensive but the more I talk to people, the better I feel.
overthemoon	bribery is alway good Gretschgal!
fritzi64	Are there any other questions about what to expect at the hospital?
GretschGal	can we change into our own nightgowns on day after?
fritzi64	My favorite part of the hospital experience was after they wheeled me into OR, they piled me with fuzzy warm blankets
overthemoon	do you get to shower at the hosptial? With me having the tah when will I be able to have a proper shower? and then bath?
GretschGal	fuzzy warm blankets!???
fritzi64	I would just use the hospital gowns, to avoid getting IV fluid and icky stuff
peppermintpeggy	they really prefer that you stay in your hospital gown while there, it makes things easier
fritzi64	yes, fuzzy warm blankets, fresh out of the blanket microwave, like a big hug to send me to sleep
Pattypat	it's tough to change with an IV
GretschGal	cause I have a pretty set of jammies to come home in
GretschGal	yeah
overthemoon	oh so I shouldn't pack pj's for the hospital?
peppermintpeggy	i showered after the 2nd day with the help of a nurse, the shower had a seat in it which made me feel more comfortable
GretschGal	I'm told the OR will be FREEZIN'
peppermintpeggy	i had to beg to be allowed to change into my gown, they really didn't want me to
fritzi64	that's why I loved the blankets so much

overthemoon	it usually is cold, but they do put the hot blankets on you when you are in recovery :)
GretschGal	I have a pair of pj's to change into and a teeshirt and yoga pants to come home in
Pattypat	I liked those beautiful hospital gowns
peppermintpeggy	lol patty
GretschGal	AHAHAHAH
GretschGal	inventor of hospital gowns...."Seemore Buttz"
overthemoon	hehe :)
overthemoon	lol
fritzi64	my hospital gowns provided good coverage--and I'm a big girl, so that was very comforting
fritzi64	and I had a monster size heating pad in recovery that kept me nice and toasty
peppermintpeggy	did any of you ever have one of those gowns with different pockets in it that they could put a warm or cool air hose into the gown?
overthemoon	Actually after my last lap I wore these cut bunny jammies home and bled all over them, so that didn't work out well
overthemoon	Do they have hot/cold packs if you would like one?
Pattypat	just wore two, one on the front, one on the back
peppermintpeggy	no, i guess that's wouldn't work overthemoon! lol
GretschGal	I do have a teeshirt gown
GretschGal	something tells me I'll be so out of it on pain meds, I won't CARE what I'm wearing
GretschGal	will perhaps be getting my snore on...
overthemoon	those are easy to pull up if needed... I hate the thought of a hospital gown for that entire time, even if they are beautiful... but we probably are not going to care as you say gretschga!
fritzi64	Are there any other questions about the hospital? If not, let's move on to your questions about early recovery.
Pattypat	I sure didn't care but it was only for 24 hours
GretschGal	one of my sisters told me the IV will be a wonderful thing post-op. to which I replied, "Morphine drip, anybody?"
GretschGal	*LOL*
peppermintpeggy	lol
overthemoon	:)
GretschGal	sis is a radiographer
GretschGal	I say bring on the percocet!
OMGosh	or dilaudid
fritzi64	Hi TwilightRose
overthemoon	Early recovery... when can I have a bath... with the laps it's a week you are suppose to wait. I'm afraid it's going to be a year with this incision!
peppermintpeggy	welcome twilightrose
TwilightRose	Hello
GretschGal	My sis can't take loritab; dad is on it now for total knee replacement...makes him LOOPY
fritzi64	I was told to wait six weeks or until discharge stopped before taking a bath
overthemoon	hi twilightrose
peppermintpeggy	i wasn't allowed to bathe until after my post op check up which was at 5 weeks
GretschGal	Know what I'm gonna do???
GretschGal	BABY WIPES
overthemoon	I can't take percocet, they gave me that after my breast lump was removed and it made me nutso

fritzi64	I showered the next day after my surgery, though--and it was a wonderful feeling shower
overthemoon	six weeks :(
auntde	omg that is horrible, baths are my me time
GretschGal	I'm a shower kinda gal
fritzi64	auntde, you'll have lots of me time during recovery
TwilightRose	I had my two week follow up today, and was cleared for a bath. Just not the pool.
GretschGal	but when you don't have water, baby wipes are AWESOME
overthemoon	I'm sure the shower is going to be good but I'm a bubble bath/hot tub girl. I think this is the worst part of surgery for me now! lol
OMGosh	shower loving myself
fritzi64	and although it's frustrating to have to wait for things, the time does eventually pass
TwilightRose	I am a shower gal also.
fritzi64	Thanks for sharing that, Twilight
overthemoon	Oh good twilight!
peppermintpeggy	i used a shower chair so i could take my time and not feel like i would fall, i highly recommend it
GretschGal	Aluminum chair with cushion works too
GretschGal	that'll be me
OMGosh	I figure that's what my hubby is for...holding me up
overthemoon	I think that's a good idea peggy, the chair...
TwilightRose	Don't like wearing pads for the post op bleeding.
fritzi64	It's important to ask your doctor about anything that involves lifting, pushing, and the pelvic area
overthemoon	lol OMGosh, good one!
TwilightRose	But she looked today, happy with healing inside and out.
overthemoon	did you have your cervix out twilight?
peppermintpeggy	it was great, then i got spoiled and used it for several months!
fritzi64	Some women do have some drainage and discharge for a while, but many don't
TwilightRose	yep, everything.
OMGosh	how ya feelin'?
TwilightRose	I had da vinci
GretschGal	a younger friend of mine was back at her job at 3 weeks
OMGosh	BSO?
fritzi64	I had my cervix removed and had drainage for over a month--and others with the exact same surgery as me had none
GretschGal	I'm holding pads in reserve just in case....
TwilightRose	feel good! Thought I would feel like an empty shell of a woman, but I don't. And whom I am in Christ has nopt changed.
overthemoon	oh great... oh well at least it goes away eventually
OMGosh	and never will, my friend
overthemoon	I won't throw all my pads away yet
GretschGal	Twilight---this is true
peppermintpeggy	i had discharge for about 5 weeks but it wasn't bad, just needed a light pad
TwilightRose	I honestly felt that I would be aware of this giant hole.
OMGosh	...who you are in Christ, that is...
GretschGal	I'm just glad HE sent me a GYN who gets it
TwilightRose	my gyno was wodnerful!
overthemoon	I haven't thought much about feeling different...
fritzi64	It helps when you have a good doctor.
GretschGal	me either
OMGosh	my is cute...oops! did I just say that?
overthemoon	yes a good doctor does help

TwilightRose	I was a very difficult surgery, Sicne I am "fluffy", soem of their instruments weren't long enough, and the had to go old school.
GretschGal	oh no, Rose.
fritzi64	After the uterus is removed, the other organs slowly settle in to take its place--so I don't feel any different than I did before
GretschGal	cool...nothing crowding the bladder. *LOL*
TwilightRose	That was a surprise to me Fritzi
overthemoon	My doctor has threatened me because I run a farm so she's afriad I'll do something stupid like lift things. So is my partner so I'll be on lockdown.
overthemoon	Oh rose how long did it take?
peppermintpeggy	you only have one chance to heal
TwilightRose	She was kind of enough to give me picturs of my innards.
TwilightRose	I am not sure, but I think 4 to 5 hours.
overthemoon	Fritzi I never thought of the space that's left... or noticing it. And yes nothing crowding the bladder! I have bladder problems because of my uterus so I look forward to that feeling better
OMGosh	mine too, and they were in color
GretschGal	GEEZ!
TwilightRose	They thought they might have to cut me open.
GretschGal	My GYN told me she will NOT Convert unless absolutely necessary
fritzi64	Sorry about that
peppermintpeggy	yes, when you are "fluffy" the surgery can take longer, i am very fluffy and mine took 6 hours
overthemoon	I would like to see pictures, that would be really neat
GretschGal	and her conversion rate from LaVH to Abdominal is VERY slim
TwilightRose	because they didn't knwo if they would be able to keep me breathing on the da Vinci table, sicne they tip you on your head.
fritzi64	I have a picture of my post-surgery uterus, too
GretschGal	EWWW. Fritz; I bet that's kinda gross!
TwilightRose	I even had chocoalte inside! LOL
OMGosh	too funny
TwilightRose	I think she said I had chocoalte ovaries, or endo, or something.
TwilightRose	She is going to give me a copy of the report.
GretschGal	I think there's SOME endo with me
fritzi64	well, I thought it was kind of fascinating to see--and I could see where the fibroid was and could understand why it had been causing so much pain where it was
TwilightRose	They suspected, but MY GOODNESS!
fritzi64	let's go ahead and move on to your questions about hormones
TwilightRose	I HAD to see what I looked like inside.
GretschGal	fibroids...and ovarian cyst right side...
OMGosh	losing my remaining ovary....worried about surgical menopause
fritzi64	but keep in mind that we are all unique, and that there are hormonal surges post-op even if you keep your ovaries
GretschGal	something tells me I don't wanna see; but something tells me I'd like to see the scope go in
TwilightRose	I keep askign about hormone therapy, but she deosn't seem to think I need it, or at least not yet.
Pattypat	surgical menopause can be rough, let your doc help you
TwilightRose	I am two weeks out from my surgery.
GretschGal	My doc told me i'm already on hormones (bc pills and thyroid meds). So I don't know if I will HAVe any other hrt than that
OMGosh	I've been perimenopausal so I'm praying it doesn't get much worse
OMGosh	My husband wants to put me on hormones before...but I'm holding out

TwilightRose	I'm on tapizol for my thyroid.
fritzi64	I kept my ovaries, but the shock of the surgery caused them to slow down dramatically--they still work, but I have lower levels of estrogen than I did before and I am on low dose HRT
overthemoon	As I said earlier I am keeping my ovaries but wondering about any changes other than suddenly going off birth control which I've been continuously taking for two years. In the spring I was taking a double dose which almost did me in.
GretschGal	I HOPE by keeping one ovary that I can ward off menopause for a while
Pattypat	I was perimenopausal and needed HRT
TwilightRose	Are thyroid hormones the same as female stuff hormones?
auntde	i saw that one of the questions to ask was how to know if the ovaries are working, so I asked my dr. and he told me not to worry about it.
Pattypat	BCPs aren't used after hyster much
overthemoon	Hmmm
TwilightRose	Does either organ "rule" the other?
OMGosh	Rose, no...thyroid is diff
peppermintpeggy	i would think suddenly going off bc pills would have an effect on you
GretschGal	taking name brand synthroid ---thyroid is HORMONE CENTRAL
TwilightRose	bcp caused me to have bloodclots.
OMGosh	I take synthroid for thyroid
GretschGal	so do I OMGosh
TwilightRose	I am hyper thyroid.
OMGosh	125 mcg bid
GretschGal	I think my GYN will KEEP me on the pill...
Pattypat	thyroid meds and estrogen need to be balanced carefully
GretschGal	I am HYPO thyroid
OMGosh	me to
fritzi64	I had always experienced PMS symptoms--moodiness, tender breasts, and ovulation soreness--I realized something was going on when I experienced none of that after a couple months
peppermintpeggy	auntde, it will make a big difference whether your ovaries are functioning or not
TwilightRose	I can't have estrogen because of my blood clot history.
peppermintpeggy	i take synthroid as well
OMGosh	Fritzi, did that go away with surgical menopause?
GretschGal	whatever you ladies do do not take generic synthroid
overthemoon	My doctor has told me my ovaries will function normally but I might go into menopause a few years earlier than I'm already going to (depending on when that would be) but I keep reading the ovaries shut down
GretschGal	it almost did me in
peppermintpeggy	nope, my doc said no generic
OMGosh	I did and had to change to brand
OMGosh	it isn't always the same
GretschGal	So did I
OMGosh	my husband is fp doc and he had a hard time regulating it
TwilightRose	My doc said to take everything at once, since I am such a high risk surgery. So we did.
GretschGal	so I think we'll keep me on the lessina pills and the synthroid and maybe that's the HRT I need???
Pattypat	ovaries can go into 'shock' from the surgery and shut down for a time
GretschGal	the only meds she told me NOt to take prior to surgery was

	anaprox
OMGosh	does anyone have exp with the pellets?
peppermintpeggy	i have never heard of synthroid being related to or taking the place of hrt
OMGosh	PPat, mine did after RSO in '08
GretschGal	I'll be on Synthroid for the rest of my life. That, coupled with the birth control may be sufficient
fritzi64	What Patsy described is exactly what happened to me
OMGosh	GGal, how much Syn do you take?
fritzi64	I would like to point out that we have several very helpful hormone forums
fritzi64	We have Hormone and Menopause Central, where you can ask some general questions.
GretschGal	0.50 MICROgram/day
OMGosh	ok...mine is 125 mcg twice a day
fritzi64	And we also have forums specific to whether or not you kept your ovaries and whether you are able to take HRT.
GretschGal	doesn't take much to regulate that, does it!???
GretschGal	I thought it would be more.
peppermintpeggy	that's what i take omgosh
GretschGal	I dunno-maybe the SYN - pills is enough hormones forme, I think.... I'll ask to be sure and let y'all know what she says
GretschGal	for those of you POST-OP, do you still have water weight issues?
OMGosh	has anyone used the pellets?
OMGosh	for HET
TwilightRose	Fritzi, I know this isn't related, but I signed up for the milestoen progress emails, but don't seem to be getting them. Can you please help me after the chat?
fritzi64	I'd like to move us forward to your questions about a return to normal routine--driving, housework, work, shopping, etc.
OMGosh	oops
OMGosh	HRT
PatsyPat	thyroid meds won't replace estrogen or progesterone
fritzi64	Yes, Twilight, I'll try to help you
TwilightRose	Thanks!
GretschGal	@ Patsy; that's why I hope she keeps me on the Pill.
TwilightRose	I had water retention before surgery, so still on water pills for that.
PatsyPat	pills are cyclic--you may not want that
TwilightRose	Had congestive heart failure in 2004.
PatsyPat	but it can be done
GretschGal	I'll let ya know.
GretschGal	It'll be interesting to find out her reasons for it.
TwilightRose	I was on progesterone until my surgery.
GretschGal	she hasn't told me to quit taking my pills.
TwilightRose	I had been spotting all month, and the HOUR before my surgery, i started my period!
PatsyPat	she may leave you on--are you keeping your ovaries?
GretschGal	we're gonna try and keep my left ovary. The right one's leavin' as there's a cyst on it.
GretschGal	@ rose: wow....
PatsyPat	wait and see how you feel
GretschGal	@ ROSE: dealin' with "Aunt Flo" as I type, and boy she's not happy about her last hoorah
PatsyPat	if you have an ovary maybe the BCPs will be good
GretschGal	that's what I'm hopin' for
fritzi64	How much time have you told your employers you'll need to take

	off from work?
OMGosh	in the same boat GGal
peppermintpeggy	have you all thought of that special place at home where you will relax during recovery? i used a recliner and it was wonderful
TwilightRose	I was happy to get into my own bed!
GretschGal	On my sofa...with a heating pad, a throw blanket and the cat!
OMGosh	at least 2 wks, maybe 6 wks....call me if it gets bad, I'll walk ya through it! lol
TwilightRose	getting out of bed was another story! LOL
peppermintpeggy	i had to have help in and out of bed for a while
OMGosh	roll off
fritzi64	I hung out in my bed for the first couple weeks, simply because I have a noisy family
OMGosh	it helps
TwilightRose	I put a sturdy chair by my bed to hold onto for the first few days.
fritzi64	but I kept a stash of M&M's to bribe family members to take care of various things
Pattypat	roll onto your elbow and swing your legs down, works well
peppermintpeggy	i lived in my recliner in front of the tv for an eternity lol
OMGosh	oh and if someone is there, I discovered that if they lean over you, you can wrap your arms around their neck and they can lift you up....it really helps
OMGosh	from bed
fritzi64	the nurses at the hospital can usually show you some tips for getting up
peppermintpeggy	just be sure you do your walking, it makes all the difference!
fritzi64	the reason I asked about the planned return to work is that it's usually a good idea to ask for as much time off as you're entitled to
GretschGal	Dad's using a walker because of total knee...maybe I'll bum it from him.
fritzi64	you will be very fatigued, and the return to work can be exhausting
fritzi64	it also helps to return part-time at first, or schedule your first day back for a Thursday
peppermintpeggy	i strongly agree, going back to work was the hardest part for me
fritzi64	so you have only a partial week as you're adjusting to the routine
GretschGal	@ PEGGY: How much walking did they ask you to do???
OMGosh	I drive 42 miles to work so I'll stay away as long as I can...)
TwilightRose	Driving seemed to make me bleed more.
TwilightRose	I was cleared to drive 3 days after my hospital release.
peppermintpeggy	when i was discharged from the hospital, my doc said i should be walking a total of a mile a day
fritzi64	OMGosh, before you start to make that drive, you'll want to see if you can even sit comfortably for that length of time
peppermintpeggy	i took several 10-15 minute walks a day
GretschGal	WOW
OMGosh	:o
TwilightRose	I drove short distances.
Pattypat	I was driving at five days, working from home too
TwilightRose	Did you bleed after driving?
peppermintpeggy	i did not bleed at all, at any time
TwilightRose	wow!
GretschGal	awesome!
fritzi64	my doctor told me I could drive when I was off the prescription pain meds and I could stomp on the brake if needed
TwilightRose	I was discouraged about bleeding, but God has given me a peace

	about it.
fritzi64	I have to say that for the first few weeks, everything felt really jiggly when I got in the car
OMGosh	fritzi64, trust me, I will.
GretschGal	Omg, Fritz....
TwilightRose	yes, the roads seemed to get 10 times more bumpy than I remembered.
GretschGal	how long before stuff settled?
fritzi64	well, I didn't feel completely settled and healed until about 11 months
fritzi64	but I was feeling mostly okay by six months
peppermintpeggy	car rides were hard for me, even when i wasn't driving, i got very uncomfortable
OMGosh	8)
TwilightRose	What kind of surgery did you have fritzi?
peppermintpeggy	i feel the same as fritzi, it took me a year to feel "recovered"
fritzi64	I had a TVH
OMGosh	my TOT sling was that way so I understand
fritzi64	Even with no external incisions, I had almost 50 internal stitches
GretschGal	OUCH!!!
OMGosh	OMy
fritzi64	Oh, here's another thing that helped me with my return to work: instead of bringing me meals right after my surgery, my colleagues fed my family for my first two weeks back at work. This was great, because it meant that I could come home and collapse on the couch and we would still be fed
OMGosh	that was nice
GretschGal	THAT is awesome
OMGosh	my hubby cooks
OMGosh	good boy
fritzi64	my family didn't mind cooking for the first few weeks post-op, but the novelty eventually wore off
TwilightRose	I pretty much am able to do most of stuff, just not lifting.
GretschGal	My sweet Mom, who lives maybe 50 steps from me, made red beans/rice and I have some frozen right now to thaw later.
TwilightRose	yum!
GretschGal	and home made veggie soup
fritzi64	We have just over 15 minutes left, and I want to be sure we have time to address your questions about a return to intimacy
GretschGal	she's been down this road of hyster...so she KNOWS
TwilightRose	I love making stuff in my crockpot!
peppermintpeggy	soups and light meals will be great in the beginning, my appetite was limited
fritzi64	with a gentle reminder that this is a PG-rated site :)
GretschGal	Ok; this is ye old part of the chat where I exit. (No BF to get close with ...he's 1400 miles away!). *cries*
fritzi64	and I will say that my biggest fear before the surgery was whether everything would work the way it was supposed to
GretschGal	see y'all on the boards.
fritzi64	Thanks for being here, GretschGal
TwilightRose	Good night GGAL!
GretschGal	Thanks Fritzi!
fritzi64	Um, doesn't anyone have any questions about sex?
peppermintpeggy	lol
TwilightRose	LOL.
auntde	lol, was it different from before?
fritzi64	Because I know absolutely everything :{

TwilightRose	I'm not married, and plan to wait until then.
fritzi64	Yes, for me it was different--because the blood vessels have shifted--so orgasm felt very different for me at first
peppermintpeggy	that is very nice
TwilightRose	Yes, I do wonder if everything will work properly.
fritzi64	but now I have a new sense of what is normal
peppermintpeggy	my biggest complaint is vaginal dryness
OMGosh	fritzi64, different? As intense?
auntde	i've been having so many problems that my hubby and i don't any more, i'm really hoping that things will go back to normal
TwilightRose	But my doctor told me that the big "O" also comes from clitoral stimulation.
fritzi64	Yes, as intense for me--but I felt the sensations in different places than before
Pattypat	things should improve
peppermintpeggy	yes, some women find that they get their sex life back after so many years of pain
TwilightRose	I've heard that.
OMGosh	fritzi64, was your cervix removed?
Pattypat	vaginal estrogen works great for dryness
fritzi64	with orgasm, part of what you feel is the blood rushing through blood vessels to the uterus--and when that's gone, those blood vessels kind of settle in differently
fritzi64	yes, my cervix was removed
OMGosh	Sorry if this is tmi...Did you
fritzi64	go ahead and ask--I don't mind sharing
OMGosh	have uterine contractions prior to hyst?
OMGosh	my orgasms are intense and I wonder if I will miss the contractions...
fritzi64	yes, I did--and in fact, they caused a great deal of pain with my fibroids
fritzi64	so at first, I was simply grateful to be able to have pain-free sex
OMGosh	they have caused me pain, but I'm so used to it, I can't help but worry it will all be gone....the good and the bad
fritzi64	but things still feel wonderful--just different
fritzi64	I do want to say, though, that it is important to be patient
OMGosh	I don't have painful sex, but the contractions can be painful and I have felt pain in the tugging of adhesions as well
fritzi64	just as it took me eleven months to feel completely healed, it took me a while before I had a realistic sense of my new sexual response
Pattypat	like Fritz says, patience, and if things don't work---tell your doc!!
fritzi64	and I did develop some vaginal dryness, but we discovered fun KY products
OMGosh	my husband is a doctor so it can be difficult
TwilightRose	So would you say the "stress" of wondering about whether everything will work, makes it harder to achieve the big "O"
TwilightRose	Why omgosh?
fritzi64	the stress can make it more difficult--which is why it helps to be patient with yourself and not panic if things don't work right away--give your body time to heal
OMGosh	he feels like I'm a doc basher...like I don't believe what he tells me...[shame on me]
TwilightRose	I forget that even though I feel well outside, that I did have major surgery.
OMGosh	I'm not a doc basher...I am skeptical and have had bad docs in my past prior to marrying him

fritzi64	Yes, even as you begin to feel recovered, remember that you may still have days when you tire easily, or swell, or simply feel achy
TwilightRose	I ahve bad experiences with doctors too.
fritzi64	we have about five minutes left
peppermintpeggy	twilight, it is hard to get the concept that you had major surgery, isn't it?
fritzi64	what questions do you have that we didn't get to yet?
TwilightRose	Yes, it is.
OMGosh	can anyone tell me about the pellets for HRT?
Pattypat	I wouldn't start with the pellets
peppermintpeggy	patty is our hormone expert :)
OMGosh	why not?
OMGosh	are they too strong?
fritzi64	
Pattypat	you need to learn how much etrogen you need before you commit to a pellit
TwilightRose	Why is it so important to not use a tampon? Because of the surgery, or because you can introduce foreign germs which may hamper healing?
auntde	i'm still having difficulty accepting that I won't have any more kids, even thou i made that desicion years ago when i tied my tubes
Pattypat	it took me two years to get my HRT alanced
OMGosh	what are you taking PPat?
OMGosh	fritzi64, the pellet is about the size of a grain of rice and placed in your upper hip/butt area
Pattypat	I use Femring, a vaginal ring that lasts for three months, progesterone pills, teststerone cream and vaginal etrogen cream
peppermintpeggy	twilight, what do you mean about the tampon?
fritzi64	oh, I get it
TwilightRose	My surgeon forbids their use for my post op bleeding.
TwilightRose	I figured if I was stitched and casuterized, it would be okay.
Pattypat	once the pellet is in you are stuck with the dose
peppermintpeggy	oh, i would imagine because nothing foreign should be in there
fritzi64	right--there shouldn't be anything at all in the vagina for about six weeks
OMGosh	A friend of mine (husband is sr pathologist) swears by the pellet
TwilightRose	They told me, it would just be easier if I could use them.
Pattypat	pellets are great but you need to know what dose
peppermintpeggy	are you bleeding that heavily?
OMGosh	would my husband be able to ascertain through blood draws...he has records over the last 4-5 yrs
TwilightRose	Not HEAVY, but I don't like pads, but I use them because I leak aroudn tampons.
fritzi64	my discharge continued for over a month, and as I started to become more active around the house, there was more blood--it was a sign to lie down and get pampered
Pattypat	no
Pattypat	it all depends on how your body uses estrogen, it's not as simple as a blood test--Oh how I wish it was
TwilightRose	fritzi, that would happen to me when I drove, or did something I should't. I woudl start to bleed more.
OMGosh	So, PPat, what would be your recommendation for a 44 yo, perimenopausal going for surgical menopause?
fritzi64	sorry to be a party pooper, everyone, but it's time for the chatroom to close up
OMGosh	So the estradiol test wouldn't tell what level I was at prior to all

	this? maybe a good benchmark?
Pattypat	OMG -- everyone is different. Start with a medium dose of estrogen, maybe a patch and see how you feel on that
fritzi64	please continue to ask your questions in our Pre-op forum
OMGosh	that is what my husband wants to do. thanks
TwilightRose	Thank you, good night everyone!
fritzi64	and be sure to sign up for our hysterectomy checkpoints so you can get ongoing information about your recovery progress
peppermintpeggy	i wish you all the best on your surgeries and recoveries!
fritzi64	Good luck with surgery, everyone!
Pattypat	thanks Fritz and Peppermintpeggy!
fritzi64	to log out of the chatroom, you can just close the window or go to another page
TwilightRose	you read my mind! LOL

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