

# Pre-op Chat

March 3, 2011

fritzi64	hi BeetlejuiceAZ
peppermintpeggy	welcome beetlejuice
peppermintpeggy	welcome angela
BeetlejuiceAZ	Hi fritzi64 and peppermintpeggy!
fritzi64	hi ANGELAWITHNA
fritzi64	How are you all doing tonight?
ANGELAWITHNA	Hi there everyone!
BeetlejuiceAZ	Hi Angelawithna!
ANGELAWITHNA	i am good and you?
fritzi64	hi Giav23
peppermintpeggy	welcome giav
fritzi64	I'm glad you could all come
BeetlejuiceAZ	me, too
fritzi64	we'll have a few others wander in as we chat
ANGELAWITHNA	hi BeetlejuiceAZ
fritzi64	and we'll officially get started in a couple minutes
fritzi64	so if you need to grab a beverage, now's a good time
Giav23	hi everyone
fritzi64	also, you can select an avatar for yourself
ANGELAWITHNA	ji fritzi64
fritzi64	by clicking on the little masks icon above the typing box
ANGELAWITHNA	cool thanks
BeetlejuiceAZ	Thank you!
ANGELAWITHNA	makes me think of warmer weather
BeetlejuiceAZ	I <3 butterflies. :)
fritzi64	I live in Wisconsin, and we haven't exactly had much warm weather
peppermintpeggy	is it cold where you are?
fritzi64	hi Danni3113!
Danni3113	Hi =)
ANGELAWITHNA	yes 15 degrees in Niagara Falls, NY lol
BeetlejuiceAZ	I'm in AZ...high today was 80
fritzi64	hi again Giav
Danni3113	Thought I would drop in... that okay?
fritzi64	absolutely okay
peppermintpeggy	that is cold!
ANGELAWITHNA	I am jealous!
fritzi64	let's go ahead and get started
peppermintpeggy	yes, danni, of course!
fritzi64	instead of following a script or a program tonight, we're going to spend a few minutes introducing ourselves and talking about the chat
fritzi64	hi Crystal Candl
fritzi64	and then we'll go through your questions
fritzi64	hi Pattypat
CrystalCandl	HELLO
fritzi64	I will be the moderator tonight
Pattypat	Hi!
fritzi64	and will be the hostess behind the curtain
fritzi64	hoping that things work right :)
fritzi64	and we have several other hostesses here to help answer questions

	as well
CrystalCandl	This is my first chat! I decided to join HysterSisters because I will have my surgery next month.
peppermintpeggy	we are so glad you are here!
fritzi64	Pattypat, Dann3ll3, and peppermintpeggy, and I will share some of our experiences to help answer your questions
ANGELAWITHNA	this is mine first chat also! I love this sight!
fritzi64	so maybe the hostesses can all say what surgery type they had
Giav23	Hi My first chat..surgery is Tuesday!
BeetlejuiceAZ	My first chat, too. This site is such a blessing.
fritzi64	and then we'll ask yabout your surgeries
fritzi64	I had a TVH (total vaginal hysterectomy) and kept my ovaries two years ago
CrystalCandl	Isn't it a blessing.
peppermintpeggy	i had a tah/bso a year and a half ago
Pattypat	I had a lsh/bso
CrystalCandl	Ah hah! I'm have the full out.
Danni3ll3	I had an SAH (abdominal partial hysterectomy - kept ovaries and cervix)
fritzi64	let's go ahead and start with any questions you all have about what surgery type you're having
fritzi64	hi californiawoman
CrystalCandl	My doc advised me to have the full. I have a cyst on my ovaries.
BeetlejuiceAZ	I'm having daVinci on 3/15. If they're taking uterus and cervix, is that a total?
ANGELAWITHNA	I am not scheduled yet but am having a TVH with rectal repairs and bladder repairs and lift (keeping ovaries)
Danni3ll3	Yes beeteljuice
BeetlejuiceAZ	I am keeping ovaries, too.
BeetlejuiceAZ	What is the correct abbreviation for a total daVinci?
Danni3ll3	If you can keep your ovaries that is a good thing =)
ANGELAWITHNA	I am wondering more about hospital stay and what to expect the first few days?
fritzi64	you know, I see different abbreviations for the davinci
fritzi64	but usually I see DVH
peppermintpeggy	we are definitely going to talk about the hospital, we promise!
Giav23	Dr. says she will try to do vaginal....I can keep my ovaries if the dont find cancer ..so I am hoping to keep!
BeetlejuiceAZ	How are the organs removed w/DVH?
Danni3ll3	brb
fritzi64	they are removed either vaginally or through the small incisions
Danni3ll3	Sorry about that...
peppermintpeggy	would you all like me to go over the abbreviations and surgery types?
fritzi64	yes, peppermintpeggy, that's a good idea
ANGELAWITHNA	sure
peppermintpeggy	sure thing
BeetlejuiceAZ	ok
peppermintpeggy	technical prob....one sec
fritzi64	I'll go ahead and go through the surgery types
fritzi64	since peppermintpeggy is having a technical glitch at the moment
fritzi64	oh crud, now I'm having the same tech prob
fritzi64	hi dinko
fritzi64	okay, I'll try it this way
dinko	hi everyone!
fritzi64	hysterectomies can be done abdominally, vaginally, or laparoscopically

fritzi64	a laparoscopic hysterectomy has several incisions that are fairly small, and the surgical instruments are inserted through those incisions along with cameras
peppermintpeggy	sorry guys...
fritzi64	the davinci hysterectomy is a laparoscopic surgery that is done with a different set of surgical tools
fritzi64	another factor in hysterectomy types is whether the cervix is removed
fritzi64	the cervix is the neck of the uterus, so when that is removed, it is referred to as a total hysterectomy
fritzi64	if the cervix is not removed with the rest of the uterus, it is called a partial hysterectomy or a supracervical hysterectomy
fritzi64	so when you see TAH, it means total abdominal hysterectomy
fritzi64	LAVH=laparoscopic-assisted vaginal hysterectomy
fritzi64	and so on
Danni3113	From what I understand, if you have a vaginal hysterectomy, the cervix is always removed due to the type of operation so you would have a total hysterectomy with a vaginal
fritzi64	yes
fritzi64	also, there are the ovaries to consider
dinko	so if you have a total abdominal Hystrectomy what is removed?
fritzi64	if you have ovaries removed, it is considered a salpingo oophorectomy
Danni3113	the uterus and the cervix (the cervix is really part of the uterus)
dinko	thanks
Danni3113	=)
fritzi64	if you have both sides removed, it is abbreviated as BSO (or LSO or RSO for left or right side removal only)
fritzi64	does everyone know what surgery type they'll be having?
fritzi64	if not, try to describe and we'll help you figure it out
peppermintpeggy	like in my case, i had a tah/bs0 so that is a hysterectomy with both ovaries removed
dinko	tah
BeetlejuiceAZ	TDVH
fritzi64	it makes it easier to understand everything in the pre-op forum :)
fritzi64	hi tauruslady
ANGELAWITHNA	yes TVH
BeetlejuiceAZ	did i do mine right?
tauruslady	Hi!
fritzi64	Bettlejuics, you're having the davinci?
BeetlejuiceAZ	or are all dvh considered total?
BeetlejuiceAZ	yes
fritzi64	yes they are
Giav23	dr says she will try to do it vaginally..her nurse says it will be lavh...so I really dont know !
Danni3113	all vaginals are totals
fritzi64	so DVH is considered the standard abbreviation, although I've seen some others
Pattypat	dvh can bd supracervical
fritzi64	if the uterus is removed in pieces through the laparoscopic incisions, the cervix can be left in
peppermintpeggy	patty, what does that mean?
Pattypat	supracervical keeps the cervix
peppermintpeggy	thanks
fritzi64	does anyone else have questions about their surgery type?
tauruslady	I think some may refer to that as a DSH
tauruslady	vs a DVH

BeetlejuiceAZ	why do some dr's remove cervix and others don't?
fritzi64	Beetlejuice, that's a good question
dinko	so if they say you are going to have a TAH...do they remove the ovaries too?
Pattypat	quicker recovery when cervix is retained
peppermintpeggy	dinko- not necessarily
fritzi64	in my case, my cervix was removed because I had fibroids (and we didn't want me to regrow any on the cervix) and I'd had several abnormal pap smears
Danni3113	Sometimes it has to do with training, sometimes it is preventative, other times it is patient wishes, and other times it is medically necessary
Giav23	tell us about swelly belly!!!
dinko	ok
fritzi64	my doctor and I talked about my medical situation and decided togheter that it would be best for my cervix to be removed
peppermintpeggy	in my case, i had cancerous cells growing so they needed to remove everything, including the cervix
Pattypat	you sorta need to 'qualify' to keep your cervix
fritzi64	ah, Giav, we'll get to swelly belly in a bit ;)
fritzi64	and it's a doozy LOL
peppermintpeggy	lol
Giav23	thanks!!!
BeetlejuiceAZ	I have fibroids, polyps, and adeno. That probably disqualifies me.
Pattypat	you must have a healthy cervix
dinko	so mine is complex atypical endometrial hyperplasia (pre cancerous)..so would they remove everything?
Danni3113	and my doctor agreed to leave it in as I wanted minimal surgery considering I was having an abdominal and my cervix was healthy
dinko	oh with fibroids
Pattypat	I had fibroids and adeno--kept cervix
fritzi64	I have had no problems not having a cervix, although that is not the case for everyone
tauruslady	Dinko -high likelihood they will remove everything.
peppermintpeggy	dinko, i would think so, what have you been told?
Giav23	mine is also complex hyper with atypia
dinko	thanks taurus
fritzi64	fibroids can grow on the cervix if it remains, and if you have fibroids you should discuss that with your doctor
Danni3113	nods
Pattypat	sometimes they need to remove the cervix at a later time
BeetlejuiceAZ	TY My preop appt is Mon. so I can chat w/dr
fritzi64	let's go ahead and go through questions you have about preparing for the surgery
fritzi64	including pre-op testing and actually getting to the hospital
dinko	the dr said caeh and that I had to have a hystorectomy and that they may take out some of the lymphoids to check.. but i think iwas in so much shock, i didn't ask that much. The nurse later on told me that it was going ot be a tah
tauruslady	Dinko - are you having a gynecological oncologist do the surgery?
peppermintpeggy	will you have another chance to talk to the dr or have you had your pre op appt?
BeetlejuiceAZ	I know many woment have these surgeries. I am still nervous and emotional. I know the surgery is for the best. Is it normal to feel this anxious?
dinko	i have to go in for a check up next week to schedule the surgery. ob/gyn is doing the sugery

Danni3113	Yes it is beetlejuice
peppermintpeggy	it is very normal to feel anxious, i was very, very scared
Danni3113	It is a scary thing to go through and being anxious is perfectly normal
tauruslady	I had cancer and did not have to have an abdominal surgery.
peppermintpeggy	it doesn't matter how many women go through it, for you it is YOU!
Giav23	I am very scared also...
fritzi64	for me, the anxiety before surgery was way more difficult than my recovery
peppermintpeggy	i totally agree with fritzi
Danni3113	I agree fritzi. It was the same for me
dinko	did you feel exhausted before the surgery? I have been exhausted for weeks
Pattypat	ditto fritzi
BeetlejuiceAZ	My boss told me I was egocentric. I am a teacher and I am worried about leaving my students. I'm worried about my family. I'm worried.
tauruslady	If there is a suspicion of cancer I would highly recommend that either a gyn-onc do the surgery or have an oncologist present. My 2 cents since they are trained in cancer. Best is gyn-onc since trained in cancer and gynecology.
fritzi64	egocentric?
dinko	beattle, is you boss a man or a woman?
Danni3113	Beetle I am an elementary school principal... I am sorry that yours isn't sympathetic
fritzi64	I totally obsessed with my surgery and my whole gynecological situation
Danni3113	so identifies with fritzi
dinko	taurus, there will be an oncologist present
fritzi64	it isn't ego-centric--but even if it were, it would be okay
Giav23	me too fritzi
BeetlejuiceAZ	Yep. Egocentric. He says it's always all about me. He has been supportive, but that comment cut me to the quick.
peppermintpeggy	so did i, i was consumed with fear and thoughts from the moment i found out i needed surgery, how could we not be?
fritzi64	this is a big deal and affects us in so many ways we think and feel about ourselves
dinko	MEN! no clue
fritzi64	I don't think any woman is prepared for how she will feel about this
Pattypat	I was in denial fir three years
fritzi64	some women see it just as a regular surgery that is no big deal
Danni3113	I talked about it so much that I am sure my best friend was sick of hearing about it but bless her heart, she never said a word about it to me
tauruslady	Dinko -I didn't have a chance to feel exhausted it was 3 weeks from diagnosis to surgery. My male boss was the best.
fritzi64	and others feel like they are completely transformed by the experience
tauruslady	I think because his mother had died of cancer and a close friend had endo cancer.
peppermintpeggy	a hysterectomy is a life-changing event, i think my life has now been separated into 2 categories: before hyst and after
fritzi64	so however you feel is okay--and know that you can always come here for comfort and understanding
Danni3113	And for me, it is/was simply a small pit stop in my life. We are all different.

<b>Pattypat</b>	<b>my doc said we could cancel so I just figured we could cancel so I could stay in denial</b>
<b>BeetlejuiceAZ</b>	<b>I don't think I could make it on just pain meds until June.</b>
<b>Danni3I13</b>	<b>When is your surgery beetlejuice?</b>
<b>fritzi64</b>	<b>has anyone had the preop appointment yet?</b>
<b>BeetlejuiceAZ</b>	<b>March 15</b>
<b>Giav23</b>	<b>i canceled once...but cant take the chance with atypia</b>
<b>CrystalCandl</b>	<b>So far, I'm not scared since I've seen so many with success. I just want it over with. I've been trying to get in good physical health. That seems to really help with the recovery.</b>
<b>BeetlejuiceAZ</b>	<b>My preop is Monday</b>
<b>Danni3I13</b>	<b>I will be thinking of you</b>
<b>BeetlejuiceAZ</b>	<b>Thank you danni</b>
<b>dinko</b>	<b>next thursday</b>
<b>Pattypat</b>	<b>being in good shape can be helpful</b>
<b>fritzi64</b>	<b>I was very anxious up until the morning of the surgery</b>
<b>Danni3I13</b>	<b>agrees with pattypat</b>
<b>BeetlejuiceAZ</b>	<b>What can we expect for the preop?</b>
<b>fritzi64</b>	<b>and then I simply felt so relieved that the day was finally there and I felt calm</b>
<b>peppermintpeggy</b>	<b>yes, getting healthier before surgery helps, i am overweight which complicates things so i did a lot of strengthening before surgery so that i could move around better after</b>
<b>peppermintpeggy</b>	<b>the pre op appt or the time right before surgery?</b>
<b>BeetlejuiceAZ</b>	<b>I am in taekwondo, but have had horrible pain, cramping, clotting, and bleeding. So tonight I had to freeze my membership.</b>
<b>Danni3I13</b>	<b>Beetlejuice - all doctors are different but most of the time, you can expect a physical - eyes, ears, blood pressure and health questions, then some blood work, and EKG and lots of advice from the nurse</b>
<b>Pattypat</b>	<b>you need to be able to lift yourself with your arms</b>
<b>fritzi64</b>	<b>sorry--my wifi went wonky on me</b>
<b>BeetlejuiceAZ</b>	<b>do most do the EKG in the office?</b>
<b>Danni3I13</b>	<b>I went to the hospital for the EKG, the bloodwork and the advice from the nurse</b>
<b>CrystalCandl</b>	<b>That's what I've been told will happen the day of the preop. ...lots of tests.</b>
<b>tauruslady</b>	<b>EKG isn't required all the time, depends on age. If my surgery was 6 months earlier I wouldn't have had one.</b>
<b>BeetlejuiceAZ</b>	<b>I was called by the hospital today to schedule an hour-long preop appt w/the surgical nurse, too.</b>
<b>Pattypat</b>	<b>my ekg was in the pcp's office</b>
<b>peppermintpeggy</b>	<b>i had to get clearance from my cardiologist because of my weight and being a smoker</b>
<b>fritzi64</b>	<b>my hospital requires an ekg of everyone over 40</b>
<b>fritzi64</b>	<b>and I had to do a chest xray since I used to smoke years ago</b>
<b>Danni3I13</b>	<b>Maybe that is why I had one</b>
<b>Danni3I13</b>	<b>I have wonderful blood pressure and heart beat</b>
<b>CrystalCandl</b>	<b>A friend of mine was a smoker and she was able to quit before. The doctor told her that really helped her recovery.</b>
<b>dinko</b>	<b>what other test beside bp, ekg?</b>
<b>Pattypat</b>	<b>I had a chest x-ray and never smoked but I was 55 years old</b>
<b>Danni3I13</b>	<b>blood work and that was it for me</b>
<b>fritzi64</b>	<b>I had complete blood count and HIV test</b>
<b>BeetlejuiceAZ</b>	<b>What about bowel prep?</b>
<b>Pattypat</b>	<b>lots of blood work</b>
<b>Danni3I13</b>	<b>That is totally up to the doctor... I had a liquid diet the day before and nothing after midnight</b>

<b>Pattypat</b>	<b>no bowel prep for me, depends on your doc</b>
<b>peppermintpeggy</b>	<b>not every doc requires bowel pre but i think most do</b>
<b>fritzi64</b>	<b>not everyone has to do a bowel prep (I didn't), but if you are required to be sure to follow instructions carefully</b>
<b>Giav23</b>	<b>magnesium citrate for me</b>
<b>BeetlejuiceAZ</b>	<b>What did you drink for your liquid diet?</b>
<b>CrystalCandl</b>	<b>...may sound crazy. But what is bowel prep?</b>
<b>Pattypat</b>	<b>follow YOUR doc's instructions!!!</b>
<b>peppermintpeggy</b>	<b>i did mag citrate 2 nights before and then liquid diet day before</b>
<b>Danni3I13</b>	<b>Your doctor expects your body to be in a certain way so he orders what needs to be done so there are no surprises. That is why you need to follow the doctor's instructions</b>
<b>CrystalCandl</b>	<b>Is that to clean out your system?</b>
<b>Danni3I13</b>	<b>I did broth, clear juice and jello</b>
<b>peppermintpeggy</b>	<b>yes, that is correct crystal</b>
<b>dinko</b>	<b>bowel prep: laxatives etc to clean out your bowels</b>
<b>BeetlejuiceAZ</b>	<b>Doesn't it make more room for them to work in the abdominal cavity, too?</b>
<b>CrystalCandl</b>	<b>Ah hah! Guess that's a good thing.</b>
<b>Danni3I13</b>	<b>Your doctor will tell you what you need to do</b>
<b>fritzi64</b>	<b>I was told to just have nothing by mouth after midnight</b>
<b>fritzi64</b>	<b>let's go ahead and move on to questions about the hospital--both before and after your surgery</b>
<b>tauruslady</b>	<b>CrystalCandl - additionally it can be so that there is more room for laproscopic tools, and also to reduce chance of infection if a bowel is nicked.</b>
<b>Danni3I13</b>	<b>I don't know beetlejuice. All I knew was to follow orders exactly. That is crucial and we can't repeat it enough</b>
<b>CrystalCandl</b>	<b>I will have to take hormone pills. Will that help or make me crazy?</b>
<b>BeetlejuiceAZ</b>	<b>If I'm keeping my ovaries will they go into shock?</b>
<b>Danni3I13</b>	<b>They might. It can't be predicted.</b>
<b>CrystalCandl</b>	<b>Ah hah.</b>
<b>tauruslady</b>	<b>CrystalCandl - it can take awhile for your hormones to be regulated.</b>
<b>peppermintpeggy</b>	<b>many people get help from hormone replacement, but it's not for everyone</b>
<b>Danni3I13</b>	<b>My answer was for beetle...</b>
<b>fritzi64</b>	<b>Beetlejuice, my ovaries never completely woke up, but I was in my 40's and had already started perimenopause. They do work a little, but I take low-dose HRT to help counter symptoms of low estrogen</b>
<b>tauruslady</b>	<b>keep a symptom journal and that can help.</b>
<b>Pattypat</b>	<b>HRT has been a huge part of making me feel good</b>
<b>Danni3I13</b>	<b>I am 52 and mine are working again... I get zits around my cycle time =(</b>
<b>BeetlejuiceAZ</b>	<b>Will part of the post op instructions include what symptoms to be aware of?</b>
<b>tauruslady</b>	<b>Beetlejuice - for what menopause or complications?</b>
<b>Danni3I13</b>	<b>beetle - Not my instructions</b>
<b>Danni3I13</b>	<b>for hormones that is</b>
<b>fritzi64</b>	<b>Beetlejuice, my instructions did not include anything about what to look for with my ovaries</b>
<b>Pattypat</b>	<b>mine didn't either</b>
<b>BeetlejuiceAZ</b>	<b>Tauruslady...for shocked ovaries</b>
<b>dinko</b>	<b>I'm supposed to take a group of teenagers camping about 12 weeks after surgery, is that going to be a problem for me?</b>
<b>Pattypat</b>	<b>I don't think they want to give you ideas lol</b>
<b>fritzi64</b>	<b>most women find that their ovaries work just fine afterwards, and</b>

	the only reason I went to the doctor was because I was so fatigued I thought I wasn't healing right
CrystalCandl	After surgery, how long will it be before I'm able to get up and walk?
BeetlejuiceAZ	pattypat...:)
BeetlejuiceAZ	:)
Giav23	so concerned about when to drive and exercise
fritzi64	dinko, I wouldn't have been able to do the camping thing 3 months post-op
tauruslady	thanks - mine did not. I just reviewed the possible symptoms of menopause but when the hot flashes it ai knew what it was.
Danni3ll3	Crystal, some get up the same day. For me it was the next morning
fritzi64	I had swelly belly for months
Danni3ll3	dinko I could have gone camping but I couldn't have done any lifting
Pattypat	I could have gone camping at three months
CrystalCandl	The next morning! Great. Did you have a full removal?
BeetlejuiceAZ	Is swelly belly from the gas?
fritzi64	if I was active, my still-healing tissues would swell and I would feel sore and achy
peppermintpeggy	agreed, i could have camped but probably would have gotten tired pretty easily
fritzi64	if the teenagers do all the carrying and setting up and, well, everything, you may be okay
Danni3ll3	The swelly belly is from inflammation
fritzi64	swellybelly is really like how your ankle swells when you sprain it
fritzi64	it's part of the healing process
BeetlejuiceAZ	What do you do to help w/swelly belly?
Danni3ll3	nods
Danni3ll3	Take the meds your doctor gives you
dinko	Danni3ll3 i am warning everyone I can't lift...the teens will be doing all the lifting and cooking... =)
fritzi64	I made sure I alternated rest with activity
Danni3ll3	otherwise, really resting and letting yourself heal
fritzi64	and my rest, I mean that when I would come home from work and get horizontal on the couch for a little while
Giav23	will an abdominal binder or girdle help sweely belly
peppermintpeggy	are you all seeing a pattern here? REST is so important in the healing process
fritzi64	my swelly belly lasted lots longer than I think most women experience
Danni3ll3	good for you dinko. I told my family the same thing and my recovery was wonderful. I didn't even lift a dinner plate
BeetlejuiceAZ	Part of my workout for taekwondo includes sit ups and push ups...how long before I can do sit ups again? And jump kicks?
Danni3ll3	giav I didn't use a band at all
Pattypat	It was several months before I really got back into working out
CrystalCandl	Rest. That's gonna be a tough one for me. But I'm sure I need it even now. :}
Danni3ll3	beetle - see how your body feels and follow your doctor's instructions
dinko	was wearing pants or jeans a problem?
Giav23	i take bodycombat beetlejuice..i have same concerns
peppermintpeggy	beetlejuice, that's question for your doc but i'm sure at least 6 weeks
fritzi64	Beetlejuice, you might want to ask about that in the preop forum-- there are other women who've done taekwondo and can answer

	that
CrystalCandl	I read that you will want to wear loose clothing for about a month.
Danni3l13	I am 4 months post op. I can do sit ups but I don't know about jump kicks
BeetlejuiceAZ	ok...that helps.
Pattypat	you can still have discomfort with exercise for quite a while, listen to your body
CrystalCandl	4 months?
dinko	hmm time to pull out the muumuus
peppermintpeggy	i wore loose clothing for about 2 months, i didn't liike anything pressing on my incision
Danni3l13	crystal. Everyone is different. I got back into my jeans right away....
fritzi64	dinko, I had a pair of jeans that were too big for me. I'd put them on in the morning and they'd be lose, and by the end of the day I'd be so swollen I had to unsnap and unzip them
Danni3l13	And I had minimal swelling
Danni3l13	Like I said, everyone is different
dinko	I really think I'm going to pull out some MuuMuus to wear... or at least some loose dresses
tauruslady	Oversized pants and work out pants....loose, comfortable and soft fabrics.
CrystalCandl	Danni3l13 > were you in good physical shape pre surgery?
Pattypat	loose dresses for the first week is a good idea
fritzi64	I found it helpful to wear drawstring pants around the house
Danni3l13	I wore pyjamas for several weeks though ;) They were comfy and my family didn't think I was good to go for everything
tauruslady	Night shirts ---- YEAH
CrystalCandl	Any problems going to the bathroom?
BeetlejuiceAZ	YAY Night shirts! :)
Danni3l13	crystal. yes.... I walk 10 to 12 km daily so I was in pretty good shape. Within 10 lbs of my target weight
Giav23	control panties or abdominal binder anyone?
Danni3l13	crystal yes... prune juice saved me
fritzi64	I didn't use the binder, but lots of women swear by them and I probably would've found it helpful
Danni3l13	giav not for me
Pattypat	I didn't use a binder or control panties
peppermintpeggy	many of us experience constipation after surgery
BeetlejuiceAZ	does the hospital give a binder?
BeetlejuiceAZ	I'm worried about constipation.
fritzi64	I was careful to eat oatmeal every day and drink lots of water and tea until I could tell my bowels were back to normal
Pattypat	constipation from pain meds can be a problem
tauruslady	I used a tummy pillow that I would hold to my stomach and also use between me and teh seat belt when I was in the car.
peppermintpeggy	my doc suggested colace and i used it for the first several weeks, it helped a lot
Danni3l13	Stock up on fiber, yogurt, prunes, tea, prune and apple juice, and whatever meds your doctor gives you
BeetlejuiceAZ	What kinds of meds are typically given?
CrystalCandl	Oatmeal and tea sounds like a great plan. I'll have to try oatmeal again. The smell used to make me gag.
Danni3l13	Oh the little pillow was a life saver for me. I used it for 2 months
peppermintpeggy	i was given vicodin
Pattypat	pillow is a must-have
fritzi64	I also ate yogurt with dried cranberries and nuts thrown in--

	yummier than oatmeal
Danni3113	stool softener and milk of magnesia. He also gave me a suppository if I wanted and an enema as well if I wanted
Pattypat	if you cough, you will be glad you have a pillow
BeetlejuiceAZ	Do you have to have antibiotics afterwards?
Danni3113	Not for me. I got them in the IV during surgery
CrystalCandl	Ladies. Thanks for all of the words of wisdom and experience. I've gotta run. Blessings to those getting ready to have the procedure.
Pattypat	ditto Danni
peppermintpeggy	i was on antibiotics for about 10 days
BeetlejuiceAZ	Thank you crystal candl
peppermintpeggy	best wishes crystal
tauruslady	bye crystal
dinko	good luck crystal
Pattypat	bye crystal
fritzi64	bye crystal
Danni3113	Take care crystal. Sending positive thoughts your way.
fritzi64	what other recovery questions do you have?
BeetlejuiceAZ	what can we expect the first night in the hospital?
Pattypat	first night I had a cath, lots of intruptions in my sleep but it wasn't bad
dinko	I pray they drug me so much that I don't feel a thing... =X
fritzi64	Beetlejuice, I was in only one night, and I was sick from the morphine
Danni3113	Personnally, the anasthetic does such a number on me that I don't remember the first night really. Just a couple of vague memories... I slept okay and kept pushing the morphine button apparently
Pattypat	morphine helped me, didn't need much but it was good
peppermintpeggy	my first night was uneventful because i was pretty out of it, i had pain meds and i slept a lot
Danni3113	I was pretty out of it (something I really didn't like)
fritzi64	once they gave me something different, I was better--lots of beeping and being checked on
fritzi64	and in the morning I was finally able to walk to the bathroom and then have the catheter removed
fritzi64	and then I went home in the morning
dinko	WOW!
BeetlejuiceAZ	What was your number-one-can't-do-without to pack for the hospital?
Danni3113	For those of you who are worried about the pain... I was worried sick about it because I don't do pain, I got super lucky and didn't have any pain except for pulling from the incision when I moved
peppermintpeggy	cell phone! lol
BeetlejuiceAZ	:)
fritzi64	ipod
Pattypat	phone numbers, or cell phone, and gum
Danni3113	And I hope you have seen the trick about minimizing pain when you move ...
fritzi64	and chapstick
BeetlejuiceAZ	No...what is the trick?
dinko	what trick?
tauruslady	cd player / ipod
Danni3113	take a deep breath and move as you breathe out. You can't tighten your muscles and it doesn't hurt as much
BeetlejuiceAZ	Ohhhhhhhhhhhh THANK YOU, Danni!!!
Pattypat	if I didn't move I didn't have any pain
dinko	hmm got to remember that.. thanks Danni

Danni3113	You are most welcome. The resident that helped my doctor told me about that trick. I love her for it
fritzi64	and when you walk downstairs, it can help to walk backwards
BeetlejuiceAZ	Pattypat, I was thinking the same thing. :)
fritzi64	it uses different tummy muscles than going down the regular way
Pattypat	backward stairs works well
BeetlejuiceAZ	What are the first few days at home like?
peppermintpeggy	one thing i want to stress is not to be afraid to tell the nurses and the doc how you are feeling and if you are experiencing too much pain, they are very helpful and they want to minimize your pain experience
Danni3113	Another tip my daughter gave me was to bring my own towels. She said that I didn't want to know what hospital towels were used for...
fritzi64	my first few days at home were a fog
dinko	UHG! i don't want to know either
fritzi64	I had a little basket with my supplies--cellphone, ipod, meds, chapstick, and M&Ms
Pattypat	I didn't have any trouble taking care of myself at home
tauruslady	if you can get a private room it is nice. I had to pay a little extra
fritzi64	and I'd carry it around with me between my bedroom and the living room
Danni3113	beetle. Mine were pretty quiet... I read, ate and did a bit of walking. I did walk 1 km the day after getting home. It was darn slow but it was nice to be outside
BeetlejuiceAZ	How long after the surgery are post op appts normally?
fritzi64	Beetlejuice, there doesn't seem to be a standard
Pattypat	my post-op appt was at three weeks
peppermintpeggy	my first few days at home were pretty easy but strange because i only slept about 90 minutes at a time so day and night sort of blended together
Danni3113	Once again, depends on the doctor. I only had one at 5 and a half weeks... was schedule originally for 7 weeks post op
fritzi64	my doctor wanted to see me at 2 weeks and that was all--but I did end up going back a couple times when I thought I was having infections (I wasn't)
peppermintpeggy	my post op appt was at 5 weeks
fritzi64	has anyone thought about how much time they'll be off work?
Danni3113	Peppermint reminds me that I had insomnia... took about a week to get the anesthetic out of my body so I could really sleep
BeetlejuiceAZ	My doctor told me some people feel up to going back to work at 3-4 weeks, but to listen to my body.
BeetlejuiceAZ	I have requested 4 weeks.
BeetlejuiceAZ	Just to be safe.
Danni3113	What surgery are you having again?
fritzi64	the advice I always give is to plan to be away the full 6-8 weeks if possible, and then if you can go back earlier, do
BeetlejuiceAZ	DVH
Danni3113	Thanks
fritzi64	it's easier to go back early than to go back and then realize you need more time
dinko	my dr said upnto 6 weeks, but since I am currently unemployed...
fritzi64	it's important to communicate with your doctor about what is involved in your job
peppermintpeggy	my advice about work, take the maximum time you can get, you can always go back early if you want but don't promise something and then let yourself and others down....i just knew i'd be ready at

	<b>3 weeks and i was very wrong</b>
<b>BeetlejuiceAZ</b>	<b>I will miss the first three weeks after our spring break and planning to be with my students during their high-stakes testing week. I'll be able to sit all day</b>
<b>Danni3113</b>	<b>Take the time if you can... I went back at 9 weeks and I was totally ready for it</b>
<b>fritzi64</b>	<b>I found the first two weeks back as tiring as the first two weeks after surgery</b>
<b>Danni3113</b>	<b>I could have gone back at 6 weeks but with the Xmas break ...</b>
<b>Pattypat</b>	<b>I work from home so I was working very early but i could go take a nap if I wanted to</b>
<b>fritzi64</b>	<b>my colleagues all wanted to provide me with meals after my surgery, but I aksed to have them the first two weeks back at work--and I'm so glad</b>
<b>Danni3113</b>	<b>Healing is a very individual thing..just take the time you need and don't feel guilty about it</b>
<b>Pattypat</b>	<b>I was more concerned about when I could paly golf!</b>
<b>fritzi64</b>	<b>LOL</b>
<b>dinko</b>	<b>how long before you can drive again?</b>
<b>Danni3113</b>	<b>And how long was it before you could play again?</b>
<b>fritzi64</b>	<b>it's also improtant to think about how you will handle work-related email from home</b>
<b>Pattypat</b>	<b>driving depends on pain meds, type of surgery and your doc</b>
<b>fritzi64</b>	<b>I made the mistake of sending an email three days post-op--and later on, I couldn't even decipher what I'd been trying to say</b>
<b>Danni3113</b>	<b>Depends on the doctor again... Mine told me to stay out of cars (He had a patient get into an accident and I think he didn't want a repeat)</b>
<b>Pattypat</b>	<b>I played golf at three weeks</b>
<b>dinko</b>	<b>fritzi, that is me normally..j/k lol</b>
<b>fritzi64</b>	<b>my doctor told me to wait until I'd been off pain meds for a couple days and I could stomp down on the brake if needed</b>
<b>fritzi64</b>	<b>LOL</b>
<b>Danni3113</b>	<b>wow pattypat</b>
<b>fritzi64</b>	<b>if you have a manual transmission, you may need a bit more time than if you drive an automatic</b>
<b>Danni3113</b>	<b>has a stick</b>
<b>Pattypat</b>	<b>LSH can have a quick recovery!</b>
<b>Danni3113</b>	<b>I think I started driving at 4 weeks</b>
<b>Pattypat</b>	<b>I drove at five days</b>
<b>BeetlejuiceAZ</b>	<b>I am planning to spend four weeks healing and pampering myself. :) Then hopefully I'll feel up to sitting in the classroom giving a standardized test for a week. :)</b>
<b>peppermintpeggy</b>	<b>my doc didn't want me to drive until he saw me at 5 week check up and cleared</b>
<b>fritzi64</b>	<b>I drove at 10 days, and it really was too early for me--even though it was less than a mile</b>
<b>fritzi64</b>	<b>it depends on your own surgery, the doctor's preferences, your medical situation, etc.</b>
<b>Pattypat</b>	<b>My driving restriction was--when you're off pain meds</b>
<b>fritzi64</b>	<b>even after you're able to drive, it's important to remmeber that you need to increase things gradually</b>
<b>fritzi64</b>	<b>don't push a grocery cart on your first outing</b>
<b>Pattypat</b>	<b>gradually is important!!</b>
<b>dinko</b>	<b>so no driving 5 hour at week 12</b>
<b>BeetlejuiceAZ</b>	<b>I thought a good first outing would be to walk outside. Then walk back to the bed. :)</b>

peppermintpeggy	by then you might be able to handle that but be prepared to get more tired than you are used to
dinko	hmm i think i need to rethink the camping thing
Danni3I13	Pushing a grocery cart is a good way of setting yourself back. You won't feel it at first but you will pay for it later. Pamper yourself and let others do the lifting and pushing
fritzi64	dinko, I would think you're better to rethink the camping thing now than have it all planned out and have a setback
BeetlejuiceAZ	My classroom is upstairs. Will that cause me problems after 4 weeks?
Danni3I13	Just go slow beetle
fritzi64	there is no way to know how your recovery will go, and if you have any complications, you want to be able to deal with those without having to rearrange plans
fritzi64	Beetlejuice, I am a college professor and had to take stairs
Pattypat	everyone is diferent!
tauruslady	Ladies - I have some new puppies in the house and they are calling for attention. Sending hugs as you approach your surgery
fritzi64	but it was only one trip each day at school, which is different than doing constant up and down
dinko	make the other parents chaperon a bunch of hs and college kids
BeetlejuiceAZ	Thank you tauruslady!
Danni3I13	Beetle... I don't know about you going back at 4 weeks for those tests... what grade do you have?
fritzi64	oh, puppies! enjoy, tauruslady
BeetlejuiceAZ	5th grade
Danni3I13	Can't the sub handle it?
dinko	ok.. i think i am going to go.. i need to rethink a lot of stuff....
Danni3I13	Hope we were helpful dinko
BeetlejuiceAZ	Bye dinko. Good luck
Pattypat	bye dinko
dinko	Ladies, Thanks for all the info.. and Help!!!! hugs
peppermintpeggy	good luck, be sure to visit the pre op forum
Danni3I13	{{{{ dinko}}}}
dinko	beattle.. good luck
fritzi64	dinko, yes, have the other folks chaperone, because if you do the camping before you're ready, you could cause trouble
fritzi64	Beetlejuice, it looks like you have the floor LOL
BeetlejuiceAZ	I think the sub could do it, but I'm worried about the kids doing well. We're in a budget crunch and if my scores tank I might be out of a job.
fritzi64	what questions do you have that we haven't gotten to yet
dinko	sigh.. i was so looking forward to sitting on the lake fishing... oh well.. Good Night Ladies...
fritzi64	yes, Beetlejuice, I understand that
Danni3I13	the prep is what is important... you have done that already
Danni3I13	I am in Canada, we have tests too but no job depends on scores
BeetlejuiceAZ	That's what I keep telling myself. We've been working all year. Three weeks of a little bit of new material taught by a sub and a week of test prep won't hurt the scores.
Danni3I13	Can you choose your sub?
fritzi64	you can only do so much, and I'm sure you aren't the first teacher to have faced this situation
fritzi64	would it be possible to go back part time at first, such as every other day or half days, for a few weeks?
BeetlejuiceAZ	My principal was hoping I'd make it through until after the test. That was before he had to take me to urgent care a couple of

	<b>weeks ago.</b>
<b>fritzi64</b>	<b>there may be some ways to help the kids do well without compromising your own recovery</b>
<b>Danni3I13</b>	<b>I would never put my school's scores ahead of my staff's health.... sheesh</b>
<b>BeetlejuiceAZ</b>	<b>He has said he would find a way to work with me and allow me back for half days.</b>
<b>peppermintpeggy</b>	<b>what happened that caused you to go to urgent care?</b>
<b>BeetlejuiceAZ</b>	<b>He's a new admin...this is his second year. He's had some problems w/staff.</b>
<b>BeetlejuiceAZ</b>	<b>I chose to try less invasive options before surgery. I went on Loestrin and my BP rose to 170/110 and I almost passed out. My hubby was an hour's drive away.</b>
<b>Danni3I13</b>	<b>I am new too. My first year as principal but I was a vice principal for 8 years with wonderful partnerships</b>
<b>peppermintpeggy</b>	<b>that is scary!</b>
<b>Danni3I13</b>	<b>You need to do what is right for you</b>
<b>fritzi64</b>	<b>you have only one chance to heal right</b>
<b>Danni3I13</b>	<b>exactly</b>
<b>fritzi64</b>	<b>and honestly, if your recovery isn't going well, you might not be at your best as a teacher if you go back before you're ready</b>
<b>fritzi64</b>	<b>so the test scores could be affected by that just as much as if you aren't there at all</b>
<b>Danni3I13</b>	<b>You don't want to be left with complications that will affect the rest of your life because someone is pressuring you to do something that isn't helpful for a few weeks</b>
<b>Danni3I13</b>	<b>It isn't worth it</b>
<b>BeetlejuiceAZ</b>	<b>I agree. I have put this off and tried other options. I am ineffective right now because of the pain. My students don't need to see me like this. I need to get my life back and be healthy again.</b>
<b>peppermintpeggy</b>	<b>it's certainly not the same for everyone but i felt very fragile for quite some time after surgery, a little stress felt like a lot of stress</b>
<b>Danni3I13</b>	<b>nods</b>
<b>fritzi64</b>	<b>Beetlejuice, I was that way before my surgery too</b>
<b>fritzi64</b>	<b>I almost passed out in class, and I could barely concentrate to grade papers I was in so much pain</b>
<b>fritzi64</b>	<b>and I almost passed out while driving</b>
<b>BeetlejuiceAZ</b>	<b>I am feeling fragile now. I had gotten used to the idea of surgery, but am wanting to make sure I go out with everyone/thing taken care of.</b>
<b>fritzi64</b>	<b>it sounds like your principal is willing to work with you, and that's good</b>
<b>Danni3I13</b>	<b>They will survive.</b>
<b>fritzi64</b>	<b>because that also might mean that if there's a problem with test scores, he can be and advocate for you</b>
<b>BeetlejuiceAZ</b>	<b>Plus, I'm still feeling a bit stung from being told I am egocentric.</b>
<b>fritzi64</b>	<b>sometimes people say things without thinking</b>
<b>BeetlejuiceAZ</b>	<b>He is a man. That would sum it up. :)</b>
<b>peppermintpeggy</b>	<b>that had to have hurt</b>
<b>BeetlejuiceAZ</b>	<b>Something else that concerns me is sex after a hysterectomy.</b>
<b>Danni3I13</b>	<b>But I hear you.... I am the one who had Monday Memos done for the entire time I was gone, with Newsletters done too and the rest of it. And my sub is a close friend that has 39 years in education and probably 20 of those in administration</b>
<b>fritzi64</b>	<b>yes, we usually talk about sex before everyone leaves</b>
<b>fritzi64</b>	<b>what do you want to know? I'm sure we all know everything LOL</b>
<b>BeetlejuiceAZ</b>	<b>Thank you for your kind words and support, BTW.</b>

Danni3ll3	LOL
fritzi64	I will say that sex was my biggest fear before surgery
Danni3ll3	That is what we are here for =)
fritzi64	I thought I would never enjoy sex again
fritzi64	I am very happy to say that I was wrong
BeetlejuiceAZ	I have read that the orgasms are different after a hysterectomy. Is that true? I am worried I won't be able to feel pleasure again.
fritzi64	mine are different
fritzi64	my theory is that it has to do with changes in blood flow
Danni3ll3	Mine aren't. And I have more of a sex drive now
fritzi64	I feel the sensations in different places than I did before, and it took some gettin gused to
BeetlejuiceAZ	Does keeping the cervix have anything to do with it?
Danni3ll3	It might. I don't know. I kept mine
fritzi64	I had so much pain with sex before surgery anyway, that at first I was just glad to have no pain--and orgasm was just as great after, even though it felt different
fritzi64	if the cervix plays a role in your sexual response, it can require some adjustment
BeetlejuiceAZ	My doctor wants to take the cervix. And I have pain all the time now, too.
fritzi64	tauruslady has often shared that it was an issue for her
Pattypat	It's hard to compare what a cervix does. I kept mine and sex is great
fritzi64	I don't have a cervix and don't miss it at all
fritzi64	but I didn't notice it a whole lot before my surgery, either, except when I was experiencing pain after sex
Pattypat	I don't know wht it's like to not have a cervix
BeetlejuiceAZ	So far, I know that my cervix has been quite uncooperative for all of my exams.
peppermintpeggy	i was very scared of the first sexual experience afterwards, the only thing i struggle with is dryness but my orgasms are still very intense
BeetlejuiceAZ	Maybe my doctor wants revenge on it. Just kidding.
Pattypat	If your cervix is causing pain, maybe it should go
BeetlejuiceAZ	Dr. had to pry my cervix open to do a sonohyst. OUCH
fritzi64	I really don't miss my cervix one bit
fritzi64	we have about five mintues left before the chatroom closes
fritzi64	so if you think of anything else, now's a good time to ask
fritzi64	or we can just keep talking about sex...
BeetlejuiceAZ	I feel so much better about things now. Thank you for answering my questions and giving so much emotional support. :) I appreciate each of you.
peppermintpeggy	when is your surgery?
BeetlejuiceAZ	3/15
BeetlejuiceAZ	If my period starts before the surgery will they still do the surgery?
peppermintpeggy	i wish you the best and please visit the forums and read as much of the info and articles as you can
peppermintpeggy	yes, they will still do the surgery
BeetlejuiceAZ	Thank goodness.
Pattypat	they do lots of hysters while there is bleeding
Danni3ll3	Beetle... if you can relax, do so as it is out of your hands...
fritzi64	those of us who have pain before surgery
fritzi64	seem to have a better experience in some ways
fritzi64	because the healing pain afterwards is so much better than the debilitating pain before hand
Danni3ll3	That can be true. I didn't have any pain...just pressure on my

	<b>bladder and I couldn't have had a better recovery =)</b>
<b>BeetlejuiceAZ</b>	<b>I am looking forward to healing pain instead of what I've been having.</b>
<b>peppermintpeggy</b>	<b>the best part of recovery is that the surgery is behind you so it's all forward-moving from there</b>
<b>fritzi64</b>	<b>it's time for the chatroom to get closed up</b>
<b>BeetlejuiceAZ</b>	<b>Thank you all again. :)</b>
<b>Danni3113</b>	<b>I really wish you a positive recovery... don't be brave. Do the pain meds if you need them</b>
<b>fritzi64</b>	<b>are there any last questions for us?</b>
<b>BeetlejuiceAZ</b>	<b>No. Thank you.</b>
<b>fritzi64</b>	<b>I'm glad you were here</b>
<b>Pattypat</b>	<b>best wishes Beetle</b>
<b>BeetlejuiceAZ</b>	<b>Me, too. So very, very glad.</b>
<b>fritzi64</b>	<b>to log out, you can either just close the window</b>
<b>fritzi64</b>	<b>or click on a link and go somewhere else</b>
<b>BeetlejuiceAZ</b>	<b>ok</b>
<b>peppermintpeggy</b>	<b>hugs to you!</b>
<b>BeetlejuiceAZ</b>	<b>Hugs back!</b>

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