

# Pre-op Chat

February 2, 2012

|              |   |
|--------------|---|
| fritzi64     | Hi CarolAnn2320 babar 1954 and smkatt   |
| smkatt       | Hello   |
| fritzi64     | hi HelpWanted   |
| CarolAnn2320 | hi  |
| babar1954    | hello   |
| fritzi64     | we're going to wait just a couple minutes so people can find their way here and get settled in  |
| fritzi64     | meanwhile, make yourself comfy!   |
| HelpWanted   | Good evening  |
| fritzi64     | you can click on the little masks icon (to the right of the smile face) and choose an avatar if you like  |
| fritzi64     | while you're getting settled in, let me introduce myself  |
| fritzi64     | I'm one of the hostesses here, and my main spot on the website is right here in the chatroom hosting pre-op chats                                 |
| fritzi64     | my own hysterectomy was a little over 3 years ago   |
| fritzi64     | I had a TVH (total vaginal hysterectomy)  |
| fritzi64     | I kept my ovaries, although they never completely woke back up after the surgery  |
| fritzi64     | we may have a few other hostesses pop in during the conversation  |
| fritzi64     | my role will be to keep things going  |
| fritzi64     | other hostesses and I will answer your questions about surgery based on our own experiences and what we've seen on HysterSisters in our time here |
| fritzi64     | so first, could you all introduce yourselves?   |
| fritzi64     | I know we'll have some others wander in later, but it helps to know what type surgery you will be having and your date, if you know               |
| HelpWanted   | Would you like our real name?   |
| fritzi64     | oh no   |
| CarolAnn2320 | Im carol, 51 getting ready for a total DvH ovaries and all  |
| fritzi64     | we can see your hystersisters name just fine :)   |
| fritzi64     | hi HotsyPotsy7  |
| HotsyPotsy7  | hello   |
| smkatt       | I am having a Da Vinci on the 21st only have cervix and uterus left....trying to decide about taking cervix                                       |
| babar1954    | . Having abdominal hyster on Feb.16. Not sure yet if ovaries are staying or going.  |
| fritzi64     | hi sstatooga  |
| CarolAnn2320 | Mine is 41 days 3/13  |
| fritzi64     | the way we'll work the chat is to try to move through some of the common topics in the order you'll need them...                                  |
| sstatooga    | mine is the 16th also   |
| fritzi64     | so we'll start with your questions about decisions you still have to make and preparing for the hysterectomy                                      |
| HotsyPotsy7  | I'm having abdominal hyster on the 8th and not sure if my ovaries are staying either  |
| fritzi64     | then we'll take questions about what to expect at the hospital....  |
| fritzi64     | and then what to expect in early recovery....   |
| fritzi64     | and hormones and a return to normal routine and intimacy  |
| HotsyPotsy7  | sounds good   |
| smkatt       | great   |
| CarolAnn2320 | ye  |

|                     |  |
|---------------------|--|
| <b>sstatooga</b>    | <b>ok</b>  |
| <b>fritzi64</b>     | <b>It sounds like quite a few of you are unsure what will be removed</b>   |
| <b>babar1954</b>    | <b>good</b>  |
| <b>fritzi64</b>     | <b>So let's start with any decisions you still have to make</b>  |
| <b>fritzi64</b>     | <b>what questions do you have about your various options?</b>  |
| <b>smkatt</b>       | <b>cervix, keep or don't keep??</b>  |
| <b>fritzi64</b>     | <b>and this might include what type surgery or when to schedule it!</b>  |
| <b>sstatooga</b>    | <b>to keep the ovaries or not</b>  |
| <b>babar1954</b>    | <b>ovaries...assuming I have the choice</b>  |
| <b>smkatt</b>       | <b>why?</b>  |
| <b>sstatooga</b>    | <b>yes there is such a difference in opinion</b>   |
| <b>fritzi64</b>     | <b>smkatt, I had my cervix removed because I'd had abnormal paps in the past and some pre-cancerous lesions at one point</b>   |
| <b>fritzi64</b>     | <b>my personal experience is that I haven't missed my cervix at all</b>  |
| <b>babar1954</b>    | <b>sstatooga..agreed too many differing opinions</b>   |
| <b>fritzi64</b>     | <b>however, for women whose cervix plays a role in sexual response (not the case for me), it can be a difficult adjustment after the surgery</b>   |
| <b>sstatooga</b>    | <b>i didn't even think to ask about the cervix</b>   |
| <b>CarolAnn2320</b> | <b>I'm not sure if my cervix are being removed or not/</b>   |
| <b>HotsyPotsy7</b>  | <b>Would taking the cervix be a bad thing?</b>   |
| <b>fritzi64</b>     | <b>ask your doctor what's best for you in light of your own cancer risk</b>  |
| <b>fritzi64</b>     | <b>the cervix is actually the neck of the uterus</b>   |
| <b>fritzi64</b>     | <b>if you have fibroids, it is possible that fibroids can grow on the cervix that is left behind</b>   |
| <b>fritzi64</b>     | <b>and some women have mini-periods</b>  |
| <b>sstatooga</b>    | <b>didn't know that</b>  |
| <b>HotsyPotsy7</b>  | <b>I have cyst and fibroids so bad that my doctor isn't all sure what will stay or not</b>   |
| <b>CarolAnn2320</b> | <b>I'm all for lowering any risk.</b>  |
| <b>smkatt</b>       | <b>I just had a normal biopsy, my concern would be and this might sound silly, but if the cervix is removed and stitched would it be too short...not sure if that's the right question</b>       |
| <b>fritzi64</b>     | <b>it's such an individual thing that is based on your own medical situation</b>   |
| <b>fritzi64</b>     | <b>smkatt, that's a common questions</b>   |
| <b>fritzi64</b>     | <b>question</b>  |
| <b>smkatt</b>       | <b>for my husband I mean...lol</b>   |
| <b>fritzi64</b>     | <b>because the cervix dips down into the top end of the vagina (imagine an apple sitting on top of a drinking glass)...</b>  |
| <b>smkatt</b>       | <b>ok</b>  |
| <b>CarolAnn2320</b> | <b>ok</b>  |
| <b>fritzi64</b>     | <b>when it is removed and then the top end of the vagina is stitched (this is called the vaginal cuff), the length really isn't any different from where the bottom of the cervix was before</b> |
| <b>fritzi64</b>     | <b>hi Glinda82952</b>  |
| <b>Glinda82952</b>  | <b>evening</b>   |
| <b>fritzi64</b>     | <b>we're talking about decisions women are still trying to make before their surgeries</b>   |
| <b>fritzi64</b>     | <b>any more cervix questions?</b>  |
| <b>fritzi64</b>     | <b>I'm not sure if I hit them all</b>  |
| <b>smkatt</b>       | <b>oh ok, so should not effect that then</b>   |
| <b>sstatooga</b>    | <b>ovaries</b>   |
| <b>HotsyPotsy7</b>  | <b>all good on my end</b>  |
| <b>fritzi64</b>     | <b>ovaries are another issue altogether</b>  |
| <b>fritzi64</b>     | <b>ask your doctor about your own risk</b>   |
| <b>sstatooga</b>    | <b>such a delima</b>   |

|              |  |
|--------------|--|
| Glinda82952  | keeping mine   |
| fritzi64     | for me, I was 44 and had just started some perimenopause symptoms  |
| HelpWanted   | Everything will be removed. A cyst was found on my right ovary (Left is normal tho dr said it was same size as right one. I got copy of ultrasound and L ovary is wnl . Also have some thickening of lining. |
| CarolAnn2320 | taking mine out. b/c of the cysts each month are painful   |
| fritzi64     | even after menopause, the ovaries continue to produce a low level of hormones throughout life, and that does contribute to heart and bone health   |
| CarolAnn2320 | more mood swings?  |
| smkatt       | I'm leaning towards taking it out (cervix) then because the doctor says there's a chance I could still bleed and that's one of the MAIN reasons I'm getting it done anyway so thank you!                     |
| fritzi64     | so since my ovaries were healthy, I wanted to keep them  |
| CarolAnn2320 | flashes ect.   |
| fritzi64     | most women find that they continue to experience PMS symptoms after the hysterectomy, although those symptoms are generally much milder  |
| CarolAnn2320 | don't have pms. Lucky that way.  |
| fritzi64     | for me, my ovaries are producing the hormones but not enough for me to experience any PMS symptoms at all  |
| HotsyPotsy7  | are symptoms milder because of meds or no?   |
| fritzi64     | and in fact I ended up on low dose HRT to help boost my estrogen   |
| CarolAnn2320 | just alot of pain now that I dont have cronic hip pain.  |
| fritzi64     | Hotsy, I don't know--so ask your doctor  |
| HotsyPotsy7  | ok   |
| HelpWanted   | The only reason I think dr prescribed total hysterectomy is my age...77...I am in good health otherwise  |
| fritzi64     | if your ovaries are healthy and you don't have a family risk of cancer, you may keep your ovaries  |
| fritzi64     | but if you have a history or other medical risk or medical problems with your ovaries, they may be removed   |
| fritzi64     | let's go ahead and move on to the next topic....   |
| CarolAnn2320 | I just feel like I have my period everyday and cramps.   |
| fritzi64     | preparing for surgery  |
| CarolAnn2320 | is that normal?  |
| sstatooga    | k  |
| CarolAnn2320 | even though I dont' have it.   |
| fritzi64     | carol, it can be....everyone's different, and that was certainly how I felt  |
| fritzi64     | my surgery was for a very small fibroid that caused an incredible amount of pain   |
| CarolAnn2320 | what kind did you have   |
| fritzi64     | any stimulation of the cervix caused me to curl up in fetal position for a couple days   |
| CarolAnn2320 | again  |
| fritzi64     | it was an intramural fibroid   |
| fritzi64     | my surgery was tvh   |
| CarolAnn2320 | ok   |
| fritzi64     | has anyone had preop testing yet?  |
| HotsyPotsy7  | yes I have   |
| sstatooga    | nope next wweei  |
| sstatooga    | week   |
| smkatt       | not yet...on the 8th   |
| CarolAnn2320 | next month   |

|              |  |
|--------------|--|
| fritzi64     | hotsy, what did you have done?   |
| babar1954    | next week  |
| HotsyPotsy7  | Blood work, chest x-ray, urine test, EKG   |
| fritzi64     | my preop testing included blood and urine, chest xray because I used to smoke, and ekg because I was over 40 |
| HotsyPotsy7  | I have high blood pressure and   |
| fritzi64     | each doctor and each hospital has preferences, so it's important to ask                                      |
| HotsyPotsy7  | sorry, and I'm 44 yrs old  |
| smkatt       | is there a way to save this chat or should we just take really good notes?                                   |
| HelpWanted   | Yes a few days or week before previously scheduled surgery...1/25  |
| fritzi64     | I will be posting the transcript in a few days   |
| smkatt       | ok, good   |
| fritzi64     | I have to get some help on the html coding, but then it will get posted                                      |
| smkatt       | thank you  |
| Glinda82952  | mine will be 2/20, then surgery on 2/22  |
| fritzi64     | meanwhile, some of our older chats are posted  |
| smkatt       | oh ok  |
| CarolAnn2320 | cool   |
| fritzi64     | many women have a pre-op appointment with the doctor as well   |
| fritzi64     | at my preop appointment, I had to sign a pretty scary looking consent form                                   |
| smkatt       | I do, I have one on the 8th with doctor and 13th with hospital   |
| CarolAnn2320 | I read that alot of women have a lot of anxiety b/4 surgery.   |
| fritzi64     | HysterSisters has a great list of questions to ask at your preop appointment                                 |
| babar1954    | seeing my family doc on Monday and then the surgeon and hospital pre op Thur                                 |
| fritzi64     | I printed it and took it with me   |
| fritzi64     | carol, yes, anxiety is very normal   |
| Glinda82952  | where would we find that list?   |
| Glinda82952  | would  |
| CarolAnn2320 | just crazy hormones?   |
| fritzi64     | actually, let's talk about emotions....how are you all feeling about this?                                   |
| fritzi64     | hi buttercup7  |
| sstatooga    | not very happy   |
| fritzi64     | we're talking about preparing for surgery, so jump in when you're ready                                      |
| babar1954    | just want it behind me!!!  |
| sstatooga    | very nervous   |
| CarolAnn2320 | fine so far. I told my husband I was going to go get spayed.   |
| CarolAnn2320 | lol  |
| smkatt       | it's emotional for me, I'm 45 no children and it's so final  |
| sstatooga    | yes me too!!   |
| Glinda82952  | lol  |
| fritzi64     | the preop questions are posted under the preop resourced somewhere   |
| smkatt       | the end of a long battle   |
| sstatooga    | i'm at least lucky 52 and too old for children   |
| HotsyPotsy7  | I'm just ready to get it over with   |
| CarolAnn2320 | although I did cry during a Budweiser commercial b/c Hank didn't make the team. and ugly cry.                |
| babar1954    | 58 and 2 grown daughters   |
| fritzi64     | one of the things we find on HysterSisters is a huge range of  |

|                     |   |
|---------------------|---|
|                     | <b>emotions</b>   |
| <b>HelpWanted</b>   | <b>Very nervous mainly because of my age</b>  |
| <b>CarolAnn2320</b> | <b>a dog no children.</b>   |
| <b>HotsyPotsy7</b>  | <b>no children</b>  |
| <b>smkatt</b>       | <b>me too CarolAnn!</b>   |
| <b>Glinda82952</b>  | <b>47, 3 kids 27, 22,15</b>   |
| <b>buttercup7</b>   | <b>hello getting more nervous by the day</b>  |
| <b>fritzi64</b>     | <b>women who have not had children, whetehr or not they wanted to, have emotions they don't always expect</b>   |
| <b>CarolAnn2320</b> | <b>tell me about it.</b>  |
| <b>fritzi64</b>     | <b>and women who have had all the children they wanted can experience grief that is just as deep</b>  |
| <b>smkatt</b>       | <b>Yeah</b>   |
| <b>fritzi64</b>     | <b>and other women find themselves excited and happy and thrilled</b>   |
| <b>fritzi64</b>     | <b>hi BlackSocks</b>  |
| <b>fritzi64</b>     | <b>we're talking about pre-op emotions</b>  |
| <b>babar1954</b>    | <b>excited in an odd way</b>  |
| <b>CarolAnn2320</b> | <b>I'm excited for the surgery</b>  |
| <b>fritzi64</b>     | <b>you've probably noticed that we ask for kindness and sensitivity when responding to other women in our forums</b>  |
| <b>fritzi64</b>     | <b>we never know what another woman's experiences are</b>   |
| <b>smkatt</b>       | <b>me too, because I don't want to bleed anymore! It's been over a year of constant bleeding</b>  |
| <b>fritzi64</b>     | <b>and we don't always know how our own feelings are going to be from one day to the next</b>   |
| <b>HelpWanted</b>   | <b>So true</b>  |
| <b>smkatt</b>       | <b>very true</b>  |
| <b>Glinda82952</b>  | <b>i am ready to be done with the cramps, mood swings, migraines, and mess!! I love how some of the ladies have posted about getting rid of their old nasty undies! lol</b> |
| <b>fritzi64</b>     | <b>women who experience pain before the surgery can find it easier to feel that the surgery is the right next step</b>  |
| <b>CarolAnn2320</b> | <b>That's the part that drives me nuts. cry laugh cray RAGE cry....</b>   |
| <b>fritzi64</b>     | <b>women with cancer and no pain, on the ohter hand, have a different set of issues</b>   |
| <b>sstatooga</b>    | <b>me too i've been beeding forever and guess what a week after i scheduled the surgery no more bleeding</b>  |
| <b>fritzi64</b>     | <b>so, bottom line: however you're feeling, let yourself feel that and know that it's okay</b>  |
| <b>sstatooga</b>    | <b>now i'm wondering if I should just wait but afraid this is just a temporary thing</b>  |
| <b>fritzi64</b>     | <b>if you have any doubts, seek a second or third opinion</b>   |
| <b>fritzi64</b>     | <b>make sure you know ALL your options</b>  |
| <b>smkatt</b>       | <b>just wish my husband could get it</b>  |
| <b>fritzi64</b>     | <b>and postpone if you need more time</b>   |
| <b>fritzi64</b>     | <b>if you have fibroids, there are several other options, including myomectomy and uterine artery embolization</b>  |
| <b>fritzi64</b>     | <b>they were not good options for me, but they work quite well for many women</b>   |
| <b>smkatt</b>       | <b>he's just so matter of fact...like it's no big deal</b>  |
| <b>CarolAnn2320</b> | <b>my husband is getting things ready so I don't have to use the stairs when he's not home.</b>   |
| <b>sstatooga</b>    | <b>actually they aren't for me either</b>   |
| <b>CarolAnn2320</b> | <b>I'm sure hes worried smkatt</b>  |
| <b>HotsyPotsy7</b>  | <b>I was told about the other options, but the pain and bleeding was more than I could stand anymore. This has been sincw 2000</b>  |
| <b>fritzi64</b>     | <b>if you find that you are struggling emotionally, talk with your doctor</b>   |

|                     |   |
|---------------------|---|
|                     | <b>about whether some temporary anti-anxiety assistance</b>   |
| <b>sstatooga</b>    | <b>i think i should just do it. I really don't want to spend another year like the last</b>   |
| <b>smkatt</b>       | <b>that's good CarolAnn! Yes, he is...he's in Kuwait</b>  |
| <b>BlackSocks</b>   | <b>I am consulting three different surgeons now and hope to find the right surgeon and procedure for me. That has been my most emotionally challenging issue.</b>             |
| <b>fritzi64</b>     | <b>it's a personal decision, and you need to be sure</b>  |
| <b>fritzi64</b>     | <b>it is irreversible, and it's important to be informed of all the risks</b>   |
| <b>CarolAnn2320</b> | <b>My prayers are with you. and thank him for his service. ;')</b>  |
| <b>fritzi64</b>     | <b>also, I want to point out: hysterectomy does NOT cure endometriosis</b>  |
| <b>Glinda82952</b>  | <b>my DR was great with my DH. spoke right to him about all that was going on with me physically, what would be done and how some of my symptoms would have effected him!</b> |
| <b>sstatooga</b>    | <b>i did ask for some meds</b>  |
| <b>smkatt</b>       | <b>thank you CarolAnn, we should keep in touch :-)</b>  |
| <b>fritzi64</b>     | <b>so if you have endo, be sure you consult with an endo specialist</b>   |
| <b>CarolAnn2320</b> | <b>Cool. :)</b>   |
| <b>fritzi64</b>     | <b>any other questions about preparing for the surgery?</b>   |
| <b>sstatooga</b>    | <b>haven;t taken them but at least i have them if i really cant cope in the next couple of weeks</b>  |
| <b>fritzi64</b>     | <b>you can always ask questions in your pre-op forum</b>  |
| <b>CarolAnn2320</b> | <b>I'm taking my vits and losing weight b/4 surgery.</b>  |
| <b>CarolAnn2320</b> | <b>getting in shape</b>   |
| <b>BlackSocks</b>   | <b>I am wondering if I need to wax or shave my vaginal area before surgery?</b>   |
| <b>smkatt</b>       | <b>oh, if we are already taking hormones....should we keep taking them or stop them before surgery??</b>  |
| <b>CarolAnn2320</b> | <b>good ??</b>  |
| <b>fritzi64</b>     | <b>I was in horrible shape before my surgery (still am, sadly) and didn't even get my house clean---and it was all find!</b>  |
| <b>smkatt</b>       | <b>I'm on bio-identical hormones</b>  |
| <b>sstatooga</b>    | <b>do you know what the pre-op stuff wil entail</b>   |
| <b>fritzi64</b>     | <b>waxing and shaving....be sure you ask your doctor at the preop appointment</b>   |
| <b>fritzi64</b>     | <b>I was specifically told not to due to the risk of infection</b>  |
| <b>CarolAnn2320</b> | <b>ok</b>   |
| <b>fritzi64</b>     | <b>if you are required to do a bowel prep, be sure to follow all the instructions</b>   |
| <b>Glinda82952</b>  | <b>i think they do it for you</b>   |
| <b>fritzi64</b>     | <b>and do not do a bowel prep unless you are told to</b>  |
| <b>Glinda82952</b>  | <b>shave that is</b>  |
| <b>CarolAnn2320</b> | <b>I do.</b>  |
| <b>fritzi64</b>     | <b>yes, I was shaved while I was asleep</b>   |
| <b>CarolAnn2320</b> | <b>;/</b>   |
| <b>fritzi64</b>     | <b>in fact, I discovered a couple days later in the shower that they'd shaved my butt</b>   |
| <b>fritzi64</b>     | <b>I didn't even know there was any hair on it, but it felt smooth as a whistle so I figured it out</b>   |
| <b>Glinda82952</b>  | <b>Bowel prep-NOT looking forward to that.</b>  |
| <b>smkatt</b>       | <b>lol</b>  |
| <b>CarolAnn2320</b> | <b>LOL omg.</b>   |
| <b>fritzi64</b>     | <b>what a surprise!</b>   |
| <b>CarolAnn2320</b> | <b>did it itch after?</b>   |
| <b>CarolAnn2320</b> | <b>I hate that.</b>   |
| <b>fritzi64</b>     | <b>now aren't you glad you came to the chat to learn about my</b>   |

|              |  |
|--------------|--|
|              | backside? ;)   |
| sstatooga    | when do they ask for the bowel prep for all kinds  |
| CarolAnn2320 | haha   |
| smkatt       | lol  |
| fritzi64     | pubic hair was itchy as it was growing out   |
| CarolAnn2320 | great.   |
| CarolAnn2320 | lol  |
| sstatooga    | lovely   |
| BlackSocks   | Thanks! I am highly allergic to latex and wonder how to prevent latex objects like rubber urethral catheters, rubber leads for the EKG, and elastic on the surgical cap from being used? |
| fritzi64     | not everyone does bowel prep--it can depend on doctor preferences, surgery type, the reason for surgery, etc.  |
| CarolAnn2320 | going to be in pain and sratching  |
| CarolAnn2320 | lovely   |
| Glinda82952  | I am scheduled for laproscopic...do they shave you for that???   |
| fritzi64     | blacksocks, be sure you inform every medical professional of your allergy  |
| smkatt       | I've had a few surgeries down there so know all about the itching from shaving   |
| sstatooga    | sounds great   |
| fritzi64     | eveyr time you talk with a nurse, a doctor, an anesthesiologist, etc., ask them how it will be handled   |
| fritzi64     | mine was a vaginal hyst, and they shaved me because that was their work area or something  |
| CarolAnn2320 | I had to tell them about the adhesive on the tape that makes me break out.   |
| fritzi64     | I was asleep, so I didn't get to ask any questions LOL   |
| smkatt       | about HRT?   |
| fritzi64     | ask your doctor about HRT  |
| smkatt       | ok   |
| fritzi64     | I have read that some women start on it before surgery and others wait   |
| CarolAnn2320 | so what was it like after surgery.   |
| fritzi64     | ah, surgery...   |
| fritzi64     | let me tell you about the day of my surgery  |
| CarolAnn2320 | pain?  |
| fritzi64     | I arrived at the hospital at 5:30 in the morning   |
| smkatt       | well, I'm already on them...was just wondering if I should stop through surgery....I'll ask my doc   |
| fritzi64     | changed into a gown and then had to do a urine sample, including a pregnancy test  |
| fritzi64     | hi Abitscared  |
| fritzi64     | we're talking about what to expect at the hospital   |
| Abitscared   | Hello!   |
| fritzi64     | after I gave my urine sample I had an IV inserted  |
| fritzi64     | now, I'm a big wimp when it comes to needles   |
| fritzi64     | and I told the nurse   |
| smkatt       | eek  |
| fritzi64     | so she went and got their gentlest IV inserter for me  |
| fritzi64     | lesson: let your nurses know how you're feeling  |
| CarolAnn2320 | :)   |
| fritzi64     | many women feel incredibly anxious at the hospital and are given an anti-anxiety medication  |
| CarolAnn2320 | yes they do.   |
| smkatt       | definitely! I always ask for the numbing shot first  |
| CarolAnn2320 | love that stuff  |

|              |   |
|--------------|---|
| Glinda82952  | i have been having IV iron treatments for 7 weeks due to severe anemia-i am sooo done with needles!   |
| HotsyPotsy7  | that sounds like a plan for me!!!!  |
| fritzi64     | if you anticipate feeling particularly anxious, talk to your doctor about it ahead of time so they can have the med ready for you   |
| fritzi64     | when it was time for surgery, I had to give my glasses to my husband (I hated that, since I always want to know that they're right where I can reach them)  |
| fritzi64     | I was wheeled into the operating room, which was very cold and very bright  |
| fritzi64     | it was kind of odd, because I saw all these people but couldn't see their faces due to the masks  |
| CarolAnn2320 | oh yeah   |
| fritzi64     | I had to scoot over onto a very narrow operating table  |
| fritzi64     | and just when I was thinking I was a little nervous after all...  |
| smkatt       | did they give you something to protect you from nausea from the anesthesia?   |
| fritzi64     | the nurse put a huge pile of white warm blankets on top of me   |
| Glinda82952  | ahhhh   |
| fritzi64     | I felt like i was getting a great big hug, and that's the feeling I had as I fell asleep  |
| Abitscared   | nice!   |
| smkatt       | nice!   |
| CarolAnn2320 | I always pray for the dr.   |
| fritzi64     | I did have an antinausea med, although I still threw up afterward   |
| smkatt       | uh oh   |
| HotsyPotsy7  | oh no!!!  |
| fritzi64     | I also remember thinking about feeling like all my hystersisters were right there with me   |
| babar1954    | yuck  |
| Abitscared   | did vomitting hurt your stomach?  |
| CarolAnn2320 | :(  |
| fritzi64     | and I thought about being able to post on the post-op forum finally   |
| fritzi64     | no, the vomiting didn't hurt as much as I thought it would  |
| fritzi64     | hi Nacaj  |
| CarolAnn2320 | good drugs?   |
| fritzi64     | when I woke up, I was in pain   |
| smkatt       | yikes I really HATE to throw up....hope I don't   |
| CarolAnn2320 | for the pain?   |
| fritzi64     | but I let the nurse know immediately  |
| fritzi64     | I have a reaction to morphine, it turns out, so as soon as they tried something else I was fine   |
| HelpWanted   | severe pain?  |
| fritzi64     | pain level, hmmm?   |
| Abitscared   | How quickly did you react to the morphine?  |
| CarolAnn2320 | 1-10  |
| fritzi64     | I have a very low tolerance for pain  |
| HelpWanted   | ohhh okay   |
| fritzi64     | it was very strong pain, but the pain medication took it down to a strong ache  |
| BlackSocks   | My doctor suggested that I meet with the anesthesiologist a few days before the surgery, the day I have a CT scan. I will use your suggestion of a gentle IV inserter, and talk about my concerns about arthritis in my neck, and using non-latex mouthpieces and endotracheal tube. Hopefully, this will help. |
| fritzi64     | I threw up while I was still in the recovery room--which is NOT a typical experience  |

|              |   |
|--------------|---|
| smkatt       | good  |
| fritzi64     | I have a reaction to general anesthesia as well, so it's just how my body handles it  |
| fritzi64     | now I know!   |
| CarolAnn2320 | wow   |
| fritzi64     | the importnat thing is to let your nurse know the pain med is wearing off as soon as it starts to wear off                          |
| HotsyPotsy7  | I get sick also, but spoke with doc and all will be handled before surgery  |
| fritzi64     | don't try to see how long you can stand the pain before you ask for something   |
| CarolAnn2320 | stay ahead of it then   |
| smkatt       | the last time I had surgery, the doctor gave me a patch to put behind my ear....it worked like a charm!                             |
| Abitscared   | I've never been put under before..scared of what I may react to   |
| fritzi64     | sometimes it takes nurses a while to get approval to give you something or they can't get to you right away                         |
| fritzi64     | so yes, try to stay ahead of the pain   |
| fritzi64     | I found this to be a good strategy when I got home as well, to take my medication on schedule                                       |
| fritzi64     | and I have to say that even right after the surgery, I was able to tolerate the pain  |
| smkatt       | how long were you in the hospital?  |
| CarolAnn2320 | after 2 hip replacements I learned quickly. don't be brave.   |
| fritzi64     | and for me that was one of my biggest fears   |
| CarolAnn2320 | medicate.   |
| fritzi64     | I was considered outpatient   |
| fritzi64     | I was kept in for 23-hour observation   |
| smkatt       | ok, yeah that's how my doctor does it too   |
| fritzi64     | I thought there was no way I would be ready to go home the next morning   |
| fritzi64     | but as it turned out, I was   |
| HotsyPotsy7  | i have a 2 day hospital stay  |
| fritzi64     | once I was able to walk to the bathroom and take a shower, I ordered breakfast and got dressed                                      |
| fritzi64     | and I was home 22 hours after my surgery finished up  |
| smkatt       | wow   |
| Nacaj        | hi ladies new to the chat room came in late and trying to catch up  |
| CarolAnn2320 | HP why?   |
| fritzi64     | but I had a very minimally invasive surgery   |
| Abitscared   | which one did you have?   |
| fritzi64     | my surgery was vaginal hysterectomy   |
| fritzi64     | no external incisions at all  |
| CarolAnn2320 | ok  |
| HotsyPotsy7  | hi Nacaj, it's fast but good  |
| smkatt       | OH  |
| fritzi64     | some surgery types require a longer hospital stay   |
| sstatooga    | did you consider an expdermal instead of general for it   |
| babar1954    | 2 or 3 days for me  |
| fritzi64     | I had two bags packed--one with nothing but chapstick and an ipod and the other one with more stuff in case I needed to stay longer |
| sstatooga    | i am also have vaginal and was considering it   |
| CarolAnn2320 | next day for me.  |
| fritzi64     | I was not offered an epidural and didn't think to ask about it  |
| Abitscared   | 23 hours (per insurance company) for me   |
| fritzi64     | my best friend had an epidural with hers so that when she came out of anesthesia she still had some pain blocking                   |

|                     |  |
|---------------------|--|
| <b>sstatooga</b>    | <b>thats what i was thinking would help</b>  |
| <b>fritzi64</b>     | <b>I was reassured that if I needed to stay past the 23 hour observation time, I would have been able to</b>                                       |
| <b>HotsyPotsy7</b>  | <b>Are you awake for an eqidural or not, Sorry I never had surgery before so I don't know</b>  |
| <b>sstatooga</b>    | <b>but very nervous about not being toatly out</b>   |
| <b>fritzi64</b>     | <b>with a hysterectomy, I think you would be asleep even with an epidural</b>  |
| <b>CarolAnn2320</b> | <b>Epi is nice. no pain from the waist down.</b>   |
| <b>fritzi64</b>     | <b>you don't want to have to experience your surgery</b>   |
| <b>smkatt</b>       | <b>no way!</b>   |
| <b>sstatooga</b>    | <b>thats what i was thinking i'll check at the pre op appt though</b>  |
| <b>HotsyPotsy7</b>  | <b>I don't want to be awake if I have anythng to say about it</b>  |
| <b>fritzi64</b>     | <b>I was asleep before anything was done and awake after it was over, so I can pretend that it never happened :)</b>                               |
| <b>smkatt</b>       | <b>lol</b>   |
| <b>fritzi64</b>     | <b>I don't know of anyone who has been awake during their hysterectomy</b>   |
| <b>sstatooga</b>    | <b>lol that sounds good</b>  |
| <b>Abitscared</b>   | <b>I can't imagine...</b>  |
| <b>Nacaj</b>        | <b>One of my fears is the catheter - is it bad?</b>  |
| <b>CarolAnn2320</b> | <b>cat isn't that bad.</b>   |
| <b>fritzi64</b>     | <b>if you are a survivor of sexual assault, please talk with your doctor and with the hospital about any special considerations you might need</b> |
| <b>fritzi64</b>     | <b>they are usually pretty good with helping alleviate fears and concerns</b>  |
| <b>sstatooga</b>    | <b>how long does the catheter stay in</b>  |
| <b>fritzi64</b>     | <b>my catheter was inserted after I was asleep so it didn't hurt at all</b>  |
| <b>sstatooga</b>    | <b>overnight or just a couple of hours</b>   |
| <b>fritzi64</b>     | <b>and it was wonderful not to have to get up to use the bathroom afterward</b>  |
| <b>CarolAnn2320</b> | <b>lol</b>   |
| <b>HotsyPotsy7</b>  | <b>Yeah!!!!</b>  |
| <b>fritzi64</b>     | <b>my catheter stayed in until early the next morning, but that was because I'd been sick to my stomach and couldn't walk</b>                      |
| <b>CarolAnn2320</b> | <b>didn't think of it like that.</b>   |
| <b>Nacaj</b>        | <b>that would be nice</b>  |
| <b>fritzi64</b>     | <b>my cath stayed in until I was able to walk to the bathroom</b>  |
| <b>fritzi64</b>     | <b>and it didn't hurt at all coming out...it just feels weird</b>  |
| <b>Abitscared</b>   | <b>urinating the first time...how was that?</b>  |
| <b>Nacaj</b>        | <b>I think that part was my biggest fear</b>   |
| <b>smkatt</b>       | <b>if you can handle a pap, you can handle a cath</b>  |
| <b>fritzi64</b>     | <b>urination can feel weird for a while</b>  |
| <b>CarolAnn2320</b> | <b>just be aware if you have pain in our back and high fevers afterwards. I ended up with a kidney infection 3 days after my last surgery.</b>     |
| <b>fritzi64</b>     | <b>your nerves have been, well, rebooted a bit and sensations feel a bit different</b>   |
| <b>smkatt</b>       | <b>hmm, I hadn't thought of that</b>   |
| <b>fritzi64</b>     | <b>so urination didn't hurt, but somehow it felt different</b>   |
| <b>Abitscared</b>   | <b>i would like general anesthesia to sleep thru first bm afterwards</b>   |
| <b>Nacaj</b>        | <b>lol</b>   |
| <b>fritzi64</b>     | <b>I found it helpful to have my husband in the room with me for a while after surgery</b>   |
| <b>fritzi64</b>     | <b>he was my advocate, sort of...when I was in pain, he went and got the nurse for me</b>  |

|              |   |
|--------------|---|
| HotsyPotsy7  | I will also   |
| fritzi64     | oh, my big tip: take a basket of chocolate for your nurses  |
| fritzi64     | they will love to come check on you!  |
| CarolAnn2320 | kisses & hugs.  |
| smkatt       | my hubby is over seas so my Aunt is coming to stay with me  |
| HotsyPotsy7  | It's on my list   |
| CarolAnn2320 | TRUE!!!!  |
| smkatt       | good tip!   |
| CarolAnn2320 | good smk.   |
| CarolAnn2320 | :}  |
| fritzi64     | let's go ahead and start moving on to questions about early recovery at home  |
| CarolAnn2320 | ok  |
| fritzi64     | hi irana5kat50  |
| HelpWanted   | Thank you...will do   |
| irana5kat50  | Hello   |
| smkatt       | were you able to go up and down stairs?   |
| CarolAnn2320 | my hubby has a fridge so no stairs for me while he's not home....his rules. :)  |
| fritzi64     | my doctor told me to limit stairs to a couple times a day   |
| fritzi64     | some women are told to do no stairs at all  |
| HotsyPotsy7  | No stairs for me!!!!  |
| fritzi64     | walking down stairs puts great pressure on abdominal muscles  |
| smkatt       | so maybe I should set up my bed downstairs for a few days   |
| fritzi64     | but it is easier if you walk backwards (with a spotter, preferably)   |
| HotsyPotsy7  | good tip!!!   |
| fritzi64     | your recovery area should be on the same level as a bathroom  |
| CarolAnn2320 | upstairs it is.   |
| smkatt       | I have a half bath downstairs   |
| fritzi64     | so if that means using the recliner or moving a bed into your living room, that's what you should do  |
| HelpWanted   | Yesssss   |
| CarolAnn2320 | OH?!  |
| CarolAnn2320 | why?  |
| fritzi64     | if you have someone who lives with you or a friend who can come by and check on you, that person can even set up a cooler at your bedside so you don't have to go far for cold drinks |
| CarolAnn2320 | I have a select # that I can have at an angle   |
| fritzi64     | I spent most of my first week in my bedroom   |
| fritzi64     | because I have a noisy family and I wanted to be left alone mostly  |
| fritzi64     | this is a time in your life when it is all about YOU  |
| smkatt       | all quiet here  |
| fritzi64     | do not entertain anyone   |
| fritzi64     | do not clean  |
| fritzi64     | and if you don't want visitors, you are not obligated to have them  |
| babar1954    | yay no cleaning   |
| sstatooga    | how long did it take you to get feel back to normal   |
| fritzi64     | just say that you are following your doctor's orders  |
| smkatt       | good idea   |
| fritzi64     | and remember that your recovery is yours---no matter how fast your neighbor recovered, or your boss, or your sister-in-law, you recover in your own way                               |
| fritzi64     | there is no prize for doing too much too soon, and it can actually cause complications that will lay you up longer  |
| smkatt       | that's a good point   |
| BlackSocks   | How long was it before you could take a shower?   |

|                     |   |
|---------------------|---|
| <b>HelpWanted</b>   | <b>good advice</b>  |
| <b>fritzi64</b>     | <b>feeling normal takes a long, long time</b>   |
| <b>HotsyPotsy7</b>  | <b>Oh Boy!!!!</b>   |
| <b>Abitscared</b>   | <b>what kind of foods do you suggest having on hand when you get back home? bland? anything goes?</b>   |
| <b>fritzi64</b>     | <b>most women find that they fatigue very quickly and very easily for several months</b>  |
| <b>smkatt</b>       | <b>wonderful</b>  |
| <b>smkatt</b>       | <b>wonderful</b>  |
| <b>fritzi64</b>     | <b>at three months, I found that just going to a one-day workshop in uncomfortable chairs made me feel so swollen that I had to skip the next day of work</b> |
| <b>smkatt</b>       | <b>3 months??</b>   |
| <b>fritzi64</b>     | <b>I felt about 75% recovered by six months</b>   |
| <b>smkatt</b>       | <b>wow!!</b>  |
| <b>Abitscared</b>   | <b>wow...</b>   |
| <b>fritzi64</b>     | <b>and I didn't feel completely recovered until...</b>  |
| <b>sstatooga</b>    | <b>really that long wow</b>   |
| <b>CarolAnn2320</b> | <b>WOW</b>  |
| <b>fritzi64</b>     | <b>almost one year</b>  |
| <b>sstatooga</b>    | <b>wow wow</b>  |
| <b>fritzi64</b>     | <b>now, that doesn't mean that every day felt bad</b>   |
| <b>HotsyPotsy7</b>  | <b>Scary Thought!!!!!!</b>  |
| <b>Abitscared</b>   | <b>yes!</b>   |
| <b>smkatt</b>       | <b>how long till you can go back to work?</b>   |
| <b>sstatooga</b>    | <b>yes truely</b>   |
| <b>fritzi64</b>     | <b>but it meant that I'd have a day here and there when I just felt swollen and achy</b>  |
| <b>Nacaj</b>        | <b>scary yes but good to know!</b>  |
| <b>fritzi64</b>     | <b>it is a major surgery</b>  |
| <b>HotsyPotsy7</b>  | <b>True</b>   |
| <b>fritzi64</b>     | <b>you are losing an organ</b>  |
| <b>fritzi64</b>     | <b>you will be having large and small ligaments cut and cauterized</b>  |
| <b>smkatt</b>       | <b>yikes</b>  |
| <b>fritzi64</b>     | <b>no matter how your surgeon gets in there, we are all having major work done</b>  |
| <b>HotsyPotsy7</b>  | <b>You are making me cross my legs!!!!</b>  |
| <b>smkatt</b>       | <b>lol, me too!</b>   |
| <b>sstatooga</b>    | <b>how long did you stay home</b>   |
| <b>fritzi64</b>     | <b>it should take a long time for complete healing</b>  |
| <b>fritzi64</b>     | <b>I went back to work part-time at four weeks</b>  |
| <b>CarolAnn2320</b> | <b>OH.</b>  |
| <b>smkatt</b>       | <b>wow, my doctor told me about 2 weeks</b>   |
| <b>fritzi64</b>     | <b>I was a college professor at the time and was teaching two classes while doing a part-time administrative appointment</b>                                  |
| <b>CarolAnn2320</b> | <b>mine 4 wks</b>   |
| <b>fritzi64</b>     | <b>two weeks? too early</b>   |
| <b>smkatt</b>       | <b>well, I'm going to be working at home</b>  |
| <b>Nacaj</b>        | <b>does it depend on th etype of surgery?</b>   |
| <b>sstatooga</b>    | <b>mine started at 3 but since i work on computers we said 4</b>  |
| <b>fritzi64</b>     | <b>to a certain extent the surgery type makes a difference, but many women aren't even off pain meds until week 3</b>   |
| <b>fritzi64</b>     | <b>oh, important tip:</b>   |
| <b>smkatt</b>       | <b>my job is on the internet</b>  |
| <b>sstatooga</b>    | <b>he made it sound like 3 would be enough though</b>   |
| <b>fritzi64</b>     | <b>don't send work related emails while you're still on pain meds</b>   |

|                     |   |
|---------------------|---|
| <b>sstatooga</b>    | <b>lol good advice</b>  |
| <b>fritzi64</b>     | <b>I learned this lesson the hard way</b>   |
| <b>HotsyPotsy7</b>  | <b>Funny!!!!</b>  |
| <b>smkatt</b>       | <b>LOL</b>  |
| <b>irana5kat50</b>  | <b>lol</b>  |
| <b>Nacaj</b>        | <b>ha</b>   |
| <b>Abitscared</b>   | <b>lol!</b>   |
| <b>CarolAnn2320</b> | <b>lol</b>  |
| <b>babar1954</b>    | <b>oops</b>   |
| <b>smkatt</b>       | <b>true!</b>  |
| <b>fritzi64</b>     | <b>truly, even at four weeks it was hard to be verticla for long periods</b>                                    |
| <b>sstatooga</b>    | <b>most of the friends i know stayed home at least 6 weeks some 8</b>   |
| <b>fritzi64</b>     | <b>there is a lot of gravity bearing down on very tender tissue</b>   |
| <b>smkatt</b>       | <b>wow</b>  |
| <b>smkatt</b>       | <b>good to know</b>   |
| <b>fritzi64</b>     | <b>six to eight weeks is good</b>   |
| <b>HotsyPotsy7</b>  | <b>My recovery is 6-8 weeks</b>   |
| <b>fritzi64</b>     | <b>but no matter when you return, you will still feel exhausted that first week back</b>                        |
| <b>CarolAnn2320</b> | <b>I sit and can get up and walk is that ok</b>   |
| <b>Abitscared</b>   | <b>Thank you for the chat Fritzi...good night ladies!</b>   |
| <b>smkatt</b>       | <b>so do you think a week and a half is long enough to have someone here to help me?</b>                        |
| <b>fritzi64</b>     | <b>goodnight abitscared</b>   |
| <b>HotsyPotsy7</b>  | <b>Goodnite!!</b>   |
| <b>fritzi64</b>     | <b>so be strategic in planning your return to work</b>  |
| <b>fritzi64</b>     | <b>start back on a part time basis if you can</b>   |
| <b>fritzi64</b>     | <b>or go back on a Wednesday or Thursday</b>  |
| <b>fritzi64</b>     | <b>so you can get the first couple days out of the way and then have a weekend to recover</b>                   |
| <b>CarolAnn2320</b> | <b>Ok, I'll have to talk to my admin.</b>   |
| <b>fritzi64</b>     | <b>try to plan nothing besides work for the first couple weeks</b>  |
| <b>babar1954</b>    | <b>gotta run. Thanks fritzi and good luck everyone!</b>   |
| <b>BlackSocks</b>   | <b>Bye - Thanks to one and all, lots of luck, laughter and love.</b>  |
| <b>HotsyPotsy7</b>  | <b>Thanks you too!!!!</b>   |
| <b>fritzi64</b>     | <b>you will feel wiped out when you get home, and it's important to give yourself time to recover afterward</b> |
| <b>CarolAnn2320</b> | <b>bye</b>  |
| <b>fritzi64</b>     | <b>thanks for coming babar</b>  |
| <b>smkatt</b>       | <b>by babar</b>   |
| <b>fritzi64</b>     | <b>also, my wonderful colleagues wanted to provide me with meals right after the surgery</b>                    |
| <b>fritzi64</b>     | <b>I asked that they provide them for my first two weeks back instead</b>                                       |
| <b>Nacaj</b>        | <b>lovelt</b>   |
| <b>CarolAnn2320</b> | <b>I'm freezing meal b/4 hand.</b>  |
| <b>HelpWanted</b>   | <b>Good nite all and learned a lot from all of you.</b>   |
| <b>fritzi64</b>     | <b>I needed it more then</b>  |
| <b>irana5kat50</b>  | <b>so sorry I missed the convo my surgery is 7am tomorrow</b>   |
| <b>HotsyPotsy7</b>  | <b>Goodnite</b>   |
| <b>fritzi64</b>     | <b>good luck irana</b>  |
| <b>fritzi64</b>     | <b>what are your most burning questions right now?</b>  |
| <b>CarolAnn2320</b> | <b>by hw</b>  |
| <b>Nacaj</b>        | <b>Good luck tomorrow</b>   |
| <b>smkatt</b>       | <b>good luck!</b>   |
| <b>irana5kat50</b>  | <b>thanks</b>   |
| <b>irana5kat50</b>  | <b>fear?</b>  |

|              |   |
|--------------|---|
| CarolAnn2320 | WOW ??s   |
| fritzi64     | just think, by this time tomorrow your wait will be over  |
| irana5kat50  | lol   |
| fritzi64     | you will be on the road to recovery   |
| irana5kat50  | I am all set  |
| irana5kat50  | i think   |
| fritzi64     | as much as I was obsessed with my surgery for weeks before, I felt a great calm when I woke up that morning |
| CarolAnn2320 | I wish it was sooner then later. for me.  |
| fritzi64     | I kept thinking how nice it was that the wait was finally over  |
| irana5kat50  | Just came on to re-read all the helpful info...just making sure   |
| smkatt       | me too...when is yours CarolAnn?  |
| fritzi64     | and that I would be giving up debilitating pain for the healing pain of recovery                            |
| Nacaj        | exactly   |
| CarolAnn2320 | 3.13  |
| CarolAnn2320 | march 13th  |
| smkatt       | oh wow, a long time to wait   |
| CarolAnn2320 | :/  |
| smkatt       | mine's the 21st of this month   |
| CarolAnn2320 | tell me. but she had to schedule the Dv   |
| smkatt       | why so long?  |
| Nacaj        | mine is the 16th of feb   |
| fritzi64     | I waited 3 months to have my surgery  |
| fritzi64     | which gave me plenty of time to worry   |
| sstatooga    | mine to nacaj   |
| HotsyPotsy7  | Mine is Feb. 8th  |
| irana5kat50  | The waiting is the hardest  |
| CarolAnn2320 | another lady is waiting till summer b/c of school   |
| smkatt       | wow   |
| irana5kat50  | ugh   |
| CarolAnn2320 | luckies   |
| CarolAnn2320 | lol   |
| fritzi64     | it was aluxury to be able to wait and not have it be something that had to happen immediately               |
| smkatt       | I'm SOOOO glad I found this site!!  |
| CarolAnn2320 | me too  |
| sstatooga    | i thought about waiting till summer i also work in aa school  |
| irana5kat50  | my doc offered me valium for the am think I will take it  |
| sstatooga    | but you cant swim then the whole summer yuck  |
| fritzi64     | but I was so jealous of all the women who were moving on ahead of me while I was still stuck in pre-op      |
| Nacaj        | I just made my apt yesterday and thought - sure the sooner the better less time to worry                    |
| fritzi64     | we have about twenty minutes left   |
| fritzi64     | so what other questions do you all have?  |
| HotsyPotsy7  | The pain and bleeding helped me to get this done as soon as possible  |
| fritzi64     | we didn't talk much about hormones  |
| fritzi64     | and we could certainly talk about post-op intimacy  |
| CarolAnn2320 | I was just thinking that  |
| sstatooga    | yes lets  |
| fritzi64     | and I'll pretend I know absolutely everything I know  |
| fritzi64     | okay, give me your questions and I'll see what I can do   |
| smkatt       | how long should you wait?   |
| sstatooga    | how long  |

|              |  |
|--------------|--|
| fritzi64     | wait until your doctor clears you, which will probably be around six weeks   |
| fritzi64     | and let me frighten you:   |
| smkatt       | uh oh  |
| fritzi64     | I have seen posts here from women who did not wait   |
| HotsyPotsy7  | I'm afraid to think about it   |
| CarolAnn2320 | ;O   |
| fritzi64     | and resulted in torn vaginal cuffs   |
| irana5kat50  | I have a 40% chance of da vinci...if she can't do that I will have it abdominally so I have no idea about my recovery      |
| Nacaj        | lol intimacy trumps hormones   |
| fritzi64     | abdominal infections   |
| CarolAnn2320 | WHAT!!!  |
| fritzi64     | and many, many more weeks of no-sex  |
| smkatt       | YIKES  |
| HotsyPotsy7  | Bummer!!!!   |
| fritzi64     | AND it is important to be aware that you should have a doctor's clearance before doing anything sexual, even "outercourse" |
| CarolAnn2320 | no problem about waiting.  |
| sstatooga    | better have my husband read them lol   |
| smkatt       | hubby won't be home till July again so hopefully I will be all healed by then  |
| Nacaj        | scary  |
| fritzi64     | even external stimulation brings blood rushing into tissue that is still healing   |
| CarolAnn2320 | what is outer course?  |
| irana5kat50  | got it   |
| smkatt       | LOL  |
| fritzi64     | masturbation that doesn't involve penetration  |
| fritzi64     | (see, I know everything :) )   |
| sstatooga    | lol  |
| smkatt       | lol  |
| irana5kat50  | lol  |
| CarolAnn2320 | OH ok .  |
| fritzi64     | some women are required to be on total pelvic rest   |
| fritzi64     | which means to try to avoid arousal  |
| CarolAnn2320 | never heard of it called that b/4  |
| CarolAnn2320 | lol  |
| fritzi64     | and definitely avoid orgasm  |
| smkatt       | wow  |
| CarolAnn2320 | is that possible?  |
| CarolAnn2320 | lol  |
| fritzi64     | speaking of which, my biggest fear (besides pain) before my hysterectomy was whether I would be able to experience orgasm  |
| sstatooga    | were you on antibiotics after what about yeast infections  |
| irana5kat50  | boo  |
| fritzi64     | and the answer is yes  |
| fritzi64     | remember, though, what I said about how full recovery can be up to a year?   |
| irana5kat50  | good to know   |
| CarolAnn2320 | yes good to know.  |
| fritzi64     | be patient with yourself, and remember that everything involved in sexual response needs to heal as well                   |
| smkatt       | yeah   |
| sstatooga    | really a year  |
| sstatooga    | wow  |

|              |  |
|--------------|--|
| fritzi64     | if things don't seem to work right, give yourself time to let yourself heal  |
| sstatooga    | that is good to remember not to get frustrated   |
| CarolAnn2320 | agreed   |
| smkatt       | my doctor must not have had a hysterectomy...lol   |
| fritzi64     | some women do experience sexual dysfunction post-hysterectomy, and I want you to be aware that it is something you should consider as a possibility                                    |
| CarolAnn2320 | mine either.   |
| HotsyPotsy7  | It's my husband that might get a little frustrated   |
| Nacaj        | exactly  |
| fritzi64     | my personal decision was that I would rather have no orgasm again for the rest of my life than experience severe pain every time I had sex or a pelvic exam or, yes, even constipation |
| smkatt       | dysfunction?   |
| HotsyPotsy7  | That's true  |
| CarolAnn2320 | me too   |
| fritzi64     | my sex life has been much better since my hysterectomy, truly  |
| Nacaj        | agree sstatooga  |
| CarolAnn2320 | bwttter then before?   |
| smkatt       | good   |
| fritzi64     | yes, better than before  |
| HotsyPotsy7  | Oh boy!!!!!!   |
| fritzi64     | partly because of my pain being gone   |
| CarolAnn2320 | luck us!   |
| CarolAnn2320 | lol  |
| sstatooga    | well that is encouraging   |
| fritzi64     | but also because I no longer had to deal with periods  |
| HotsyPotsy7  | Yeah!!!!   |
| fritzi64     | that is my experience and is not true for everyone   |
| CarolAnn2320 | WOOO HOOO!   |
| smkatt       | YAAAY  |
| fritzi64     | but I do want you to know that things can be good  |
| CarolAnn2320 | lufky us!  |
| fritzi64     | but be patient   |
| CarolAnn2320 | I'll post that over the bed so my hubby can see it. :)   |
| fritzi64     | and if you have any trouble after the surgery with sexual function, talk to your doctor...and if your doctor won't listen to you, go to another doctor                                 |
| smkatt       | ok   |
| CarolAnn2320 | ok   |
| HotsyPotsy7  | k  |
| irana5kat50  | kk   |
| fritzi64     | although I don't like to scare people, I do think it's important for you to be fully informed of the risks   |
| Nacaj        | I will be keeping my ovaries but have read a little about surgical menopause what can you tell about that?   |
| smkatt       | we appreciate the honesty  |
| fritzi64     | and know that some women have complicated recoveries and are trading one set of problems for another   |
| irana5kat50  | my ovaries will be gone  |
| fritzi64     | I kept my ovaries but they did not completely wake up  |
| fritzi64     | at around six weeks, I realized that I was experiencing hot flashes and difficulty with cognitive processing--and as a college professor, that was a huge problem for me               |
| irana5kat50  | i feel your pain   |
| fritzi64     | so I talked with my doctor and was put on low dose HRT, which has  |

|                     |   |
|---------------------|---|
|                     | <b>worked wonders for me</b>  |
| <b>fritzi64</b>     | <b>most women experience some vaginal dryness post-hyst</b>   |
| <b>fritzi64</b>     | <b>even if you are unable to do hrt for other reasons</b>   |
| <b>fritzi64</b>     | <b>there are some vaginal estrogen prescriptions that do not enter your bloodstream</b>   |
| <b>irana5kat50</b>  | <b>i havent even discussed this with my doc</b>   |
| <b>fritzi64</b>     | <b>I used estring, which is a vinyl ring that stay inserted for three months and slowly releases estrogen</b>   |
| <b>smkatt</b>       | <b>I've been on bio-identical hormones for nearly 2 years...works wonders!</b>  |
| <b>fritzi64</b>     | <b>I think most women don't discuss it with the doctor until after surgery</b>  |
| <b>CarolAnn2320</b> | <b>Have to go make lunches. Thank you. smkatt look me up. good luck to all. (((hugs)))</b>  |
| <b>irana5kat50</b>  | <b>ok i feel better</b>   |
| <b>fritzi64</b>     | <b>thanks for comign carol</b>  |
| <b>HotsyPotsy7</b>  | <b>that's true</b>  |
| <b>smkatt</b>       | <b>Will do!!! By CarolAnn</b>   |
| <b>smkatt</b>       | <b>bye</b>  |
| <b>HotsyPotsy7</b>  | <b>Goodnite</b>   |
| <b>irana5kat50</b>  | <b>bye</b>  |
| <b>CarolAnn2320</b> | <b>(((hugs))) to all</b>  |
| <b>fritzi64</b>     | <b>most women do quite well with a hysterectomy, but that is no consolation if you are one of the women who don't do so well</b>                                |
| <b>smkatt</b>       | <b>can we come to more than one chat session?</b>   |
| <b>fritzi64</b>     | <b>sure, we'll have another one in two weeks, on the 16th</b>   |
| <b>smkatt</b>       | <b>ok, good</b>   |
| <b>smkatt</b>       | <b>thank you!!</b>  |
| <b>irana5kat50</b>  | <b>i have a uterus that is the size of ny head!! lol Crazy</b>  |
| <b>fritzi64</b>     | <b>if you have time before your surgery, spend time in the pre-op resources (the light blue bar at the top of the page) looking at articles and information</b> |
| <b>HotsyPotsy7</b>  | <b>Mine also!!!!</b>  |
| <b>fritzi64</b>     | <b>as I said earlier, I will get a transcript posted in a few days</b>  |
| <b>smkatt</b>       | <b>will do</b>  |
| <b>sstatooga</b>    | <b>when you are having it i'll hopefully be in recovey</b>  |
| <b>irana5kat50</b>  | <b>seriously??</b>  |
| <b>fritzi64</b>     | <b>I just have to do some formatting that I don't remember how to do at th emoment</b>  |
| <b>smkatt</b>       | <b>ok</b>   |
| <b>smkatt</b>       | <b>night all!</b>   |
| <b>sstatooga</b>    | <b>thanks so much for all the info its been great</b>   |
| <b>fritzi64</b>     | <b>I'm full of information LOL</b>  |
| <b>HotsyPotsy7</b>  | <b>goodnite</b>   |
| <b>sstatooga</b>    | <b>night</b>  |
| <b>Nacaj</b>        | <b>me too sstatooga</b>   |
| <b>fritzi64</b>     | <b>thank you all for being here</b>   |
| <b>sstatooga</b>    | <b>i'll think of you nacaj</b>  |
| <b>HotsyPotsy7</b>  | <b>Goodnite</b>   |
| <b>sstatooga</b>    | <b>i'll be hoping you are doing well</b>  |
| <b>fritzi64</b>     | <b>we usually have a couple other hostesses here, but no one else was able to make it tonight</b>   |
| <b>Nacaj</b>        | <b>Thanks for all the info</b>  |
| <b>fritzi64</b>     | <b>at our next chat, I hope you'll get to hear some other voices :)</b>   |
| <b>Nacaj</b>        | <b>Same to you! what surgery are you having?</b>  |
| <b>sstatooga</b>    | <b>vaginal</b>  |
| <b>sstatooga</b>    | <b>you</b>  |

|                    |   |
|--------------------|---|
| <b>Nacaj</b>       | <b>good luck</b>  |
| <b>Nacaj</b>       | <b>lsh</b>  |
| <b>sstatooga</b>   | <b>good luck</b>  |
| <b>Nacaj</b>       | <b>I will see you on the posst op boards ladies!</b>                      |
| <b>irana5kat50</b> | <b>good nite, this has been refreshing</b>                                |
| <b>fritzi64</b>    | <b>I need to head out to pick up a family member from work</b>            |
| <b>Nacaj</b>       | <b>good luck tomorrow</b>   |
| <b>fritzi64</b>    | <b>so I'll need to close our chatroom</b>                                 |
| <b>sstatooga</b>   | <b>night all</b>  |
| <b>fritzi64</b>    | <b>good luck with your surgeries!</b>                                     |
| <b>HotsyPotsy7</b> | <b>Good Nite Ladies, need to send hubby off to work!!!!</b>               |
| <b>Nacaj</b>       | <b>night</b>  |
| <b>fritzi64</b>    | <b>to log out, you can just close the window or click on another link</b> |
| <b>HotsyPotsy7</b> | <b>nite nite</b>  |
| <b>fritzi64</b>    | <b>or wait for the chatroom to get rude and kick you out :)</b>           |

Chat Transcript Produced by [AddonChat Java Chat Software](#)