

Pre-op Chat

April 12, 2012

fritzi64	hi SusansBFF
SusansBFF	hi fritzi64 how r you?
fritzi64	hi 1Gr8Gal
SusansBFF	hi 1gr8gal how r you
fritzi64	We'll wait just another minute or so before we get started
1Gr8Gal	Good evenin!
fritzi64	so feel free to put your feet up
fritzi64	and if you'd like to choose an avatar, you can click on the masks icon above the typing bar and pick something.
fritzi64	how is everyone's weather today?
SusansBFF	nice here in GA
1Gr8Gal	It's cool here in OK
fritzi64	I'm in Wisconsin and it was sunny but a little bit on the cool side
fritzi64	okay, let's get started
fritzi64	I'm sure we'll have a few others join us as we go along
fritzi64	I'm the chat hostess here at HysterSisters
fritzi64	my surgery was three years ago, for fibroids
fritzi64	I had a TVH (total vaginal hysterectomy)
fritzi64	I kept the ovaries, although they never completely woke back up afterwards
fritzi64	do you ladies know when you'll be having your surgery?
SusansBFF	yes i do mine is scheduled for the 17th of this month
1Gr8Gal	Mine is scheduled for this next Tuesday - same as Susan! LOL
fritzi64	hi Legna Revlis...we just got started and everyone is introducing themselves
SusansBFF	cool
fritzi64	do you know what surgery type you'll be having?
Legna Revlis	Thanks. My surgery is also the 17th
SusansBFF	yes mine is complicated some what. I having a LAVH and pelvic floor repair
fritzi64	wow, you're all on the same day!
1Gr8Gal	So is this the "Everyone is having surgery on the 17th chat? LOL
fritzi64	LOL
SusansBFF	cool!!!!!!
Legna Revlis	to funny
SusansBFF	yes fritzi
fritzi64	what I like to do during the chats to try to help everyone remember what's what is to do this....
fritzi64	we'll start off with questions about before the surgery....
fritzi64	...emotions, pre-op testing, letting work know, etc.
fritzi64	and then we'll move on to the hospital....
fritzi64	and the recovery....
fritzi64	and hormones....
fritzi64	and return to work and intimacy
fritzi64	sort of talking about it all in the order you'll actually experience it!
SusansBFF	my main concern right now is just being scared with all i have going on during my surgery
fritzi64	Susan,
SusansBFF	yes

fritzi64	it's normal to be scared, and you do have a lot going on
fritzi64	anyone else scared?
1Gr8Gal	I'm more nervous about the IV. I hate needles.
Legna Revlis	Nervous more than scared. This isn't my first surgery
Legna Revlis	Gr8 dont watcvh
Legna Revlis	it helps
fritzi64	there are lots of different emotions women can have
fritzi64	being scared is really common, especially when you are having lots done
1Gr8Gal	But my imagination is worse when I look away. My husband's job is to distract me LOL
fritzi64	susan, what are you most scared about?
Legna Revlis	Sounds good
SusansBFF	i guess the thing that scares me the most is when my doc told me she would not transfuse me unless she needed too. She said with all she is going to do it might be necessary
fritzi64	my biggest fears were about whether the surgery would make my pain go away and how my sex life would be affected
fritzi64	susan, are you able to do self donation (donating blood only for your own use)?
Legna Revlis	I have to say what is going to happen to my sex life is a big concern for me to.
SusansBFF	yes i'm going monday and i have several friends who are going to donate for me
fritzi64	what sweet friends you have!
SusansBFF	thanks
1Gr8Gal	How nice~
Legna Revlis	great friends
SusansBFF	thanks
fritzi64	for us, this is a once-in-a-lifetime surgery....for our doctors and nurses, this is a frequent thing
SusansBFF	that is so true, mydoc told me i would be in surgery 4-5 hours
1Gr8Gal	why so long Susan?
fritzi64	the fact that your doctor talked with you about this is a good sign that she is communicating with you and helping you prepare yourself
Legna Revlis	Sometimes I think they forget that it is so scary for us because it is so common for them
SusansBFF	my doc even answered several questions i had written down. She is a great doc
fritzi64	be sure you share your fears and concerns with your doctor
SusansBFF	1gr8gal i'm having pelvic floor repair as well as LAVH
fritzi64	you may be able to get a prescription for an anti-anxiety med, just to help you cope until you get through the surgery
1Gr8Gal	wow. I agree~it's good you communicate with your doc
SusansBFF	yes i have talked to my primary about that
1Gr8Gal	I have some...I'll share...Just kidding :)
fritzi64	just think, though.....a week from now you'll be past the surgery experience
Legna Revlis	I started on a anti depressent just to be on the safe side.
fritzi64	and on your way to recovery

fritzi64	Legna, I did the same thing...I started an anti-depressant a month before my surgery, just because I wasn't sure I would be able to handle the emotional rollercoaster
1Gr8Gal	I spoke about my anxiety and my doc didn't hesitate to give me meds to keep me calm
SusansBFF	fritzi how long did you bleed after surgery
fritzi64	well, I was one of the unusual ones who had some discharge for nearly six weeks
SusansBFF	i started my anit depressents last month to
Legna Revlis	I was on anti-depressants during my pregnancies because of the hormone flux, I didn't want to take any chances.
fritzi64	most women have none or only for a week or so...I was just a slow healer
SusansBFF	ok thank you
fritzi64	what are some of the other things you're dealing with before surgery?
fritzi64	have you all had your pre-op testing?
SusansBFF	yes
1Gr8Gal	I'm to have mine immediately prior; arrive at the hospital 2 hours early
fritzi64	have you all decided what to pack for the hospital?
Legna Revlis	I am having a complete hysterectomy (they have to take it all. Its vaginal with laproscopic assist. I don't know the abriviations. What are you having done 1Gr8Gal
fritzi64	Legna, you're having LAVH. If they're taking ovaries as well, that is referred to as a BSO (bilateral salpingo-oophorectomy)
1Gr8Gal	I'm having the laporoscopic total vaginal hysterectomy also. (LAVH)
SusansBFF	ime too
1Gr8Gal	Ok, seriously...is there a special going on these things on Tuesdays or what? LOL
SusansBFF	i guess
fritzi64	hey mine was a post-Christmas sale :)
Legna Revlis	It seems to be that way huh.I am taking a pillow pet, extra underwear, my phone, ear plugs, head phones, tooth brush, toothpaste, and face wash.
1Gr8Gal	If everyone's going to have theirs at 7:15 too, I'm going to die laughing.
fritzi64	I packed more than I needed ... the only things I used were ipod, cell phone, and chapstick
SusansBFF	mine is at 7:30
1Gr8Gal	I was told that the hospital will give you like big old "granny panties" - is that true?
Legna Revlis	not quite. I am going in at 7:30 but should be in at 8:30
fritzi64	I was given some mesh granny panties--just something to help hold a pad in place for post-op drainage
fritzi64	wow, you're all getting the Tuesday early bird special!
SusansBFF	i have to be there at 6am and it is an hour from my house
Legna Revlis	I am hoping for those.
1Gr8Gal	I was told to hoard them if they give them to me.
fritzi64	let's go ahead and move on to your questions about what to expect at the hospital
Legna Revlis	thats an early morning.
SusansBFF	yes it is
fritzi64	hi Scaredycat04

Legna Revlis	Hi Scardycat
SusansBFF	hi scaredycat
1Gr8Gal	Hi Scaredycat
fritzi64	we're just starting to talk about questions about what to expect at the hospital, so jump in when you're ready!
SusansBFF	what can i expect when i wake up form surgery
fritzi64	I woke up with a lot of pain and disorientation...but as soon as I woke up, the nurse gave me magic morphine and I was good
1Gr8Gal	My doc said my shoulder will be sore from the air they use during the lap -said it's from the pressure on the diaphragm
Legna Revlis	Was your also a LAVH?
fritzi64	mine was a TVH
fritzi64	so I had no external incisions and none of the air they use on lap patients
Legna Revlis	Why is your shoulder going to be sore?
SusansBFF	i was told mine would be a total LAVH
fritzi64	shoulder pain is a normal result of lap surgery, although I don't know if everyone experiences it
Legna Revlis	Air?
1Gr8Gal	They put air in you to allow for the instruments to function and for them to see
SusansBFF	scaredy cat when is your surgery
fritzi64	my understanding is that they put some gas into your pelvic cavity to give the tools more room to move around
Legna Revlis	Oh that explains why they say you will have gas after.
1Gr8Gal	exactly
fritzi64	well, that's one of the gas things that people talk about
1Gr8Gal	the one time you can pass gas and no one hassles you about it
Legna Revlis	funny
SusansBFF	lol
fritzi64	intestinal gas can also be an issue...and not a fun one
fritzi64	let me talk for a minute about what to expect when you arrive at the hospital
SusansBFF	thanks
Legna Revlis	ok
fritzi64	I had blood drawn again, and I had to do a pregnancy test
fritzi64	then I changed into my gown and got my IV inserted
fritzi64	if you have any concerns, share them with the medical folks
fritzi64	I am a big wimp with pain and with needles
1Gr8Gal	Isn't that about all? No EKG or xrays preop right?
fritzi64	I told the nurse, and she went and got the gentlest IV inserter on staff for me
SusansBFF	i had to have both 1gr8gal
fritzi64	I had EKG and xrays at my preop testing a couple weeks before
Legna Revlis	I had a prenatal nurse once. best IV ever
fritzi64	being wheeled into the operating room was a bit disconcerting for me
fritzi64	it is very cold and very bright, and I'd had to give my glasses to my husband so everything was fuzzy

fritzi64	and when I got in there, everyone had masks on
fritzi64	but then, the nurse piled a stack of warmed up white blankets on top of me
fritzi64	it was like getting a wonderful big hug, right before I went to sleep
fritzi64	next thing I knew, I was in the recovery room with morphine
1Gr8Gal	what was the first thing you noticed when you woke?
Legna Revlis	I am hoping for the happy drugs befor I go into the op room.
fritzi64	hmm, the first thing I noticed was that I hurt
fritzi64	but the pain meds all made the pain tolerable--much more than I'd expected them to
1Gr8Gal	because of being forewarned by others, I'm expecting to notice my shoulder hurting first, I suppose.
fritzi64	I was relieved when I got to my room...my husband was there waiting for me, and I was glad to know that the surgery was over
Legna Revlis	Which shoulder?
fritzi64	if you have someone to be with you at the hospital, that can be helpful
1Gr8Gal	I'll let you know when I wake up Legna :)
fritzi64	my husband was able to pay attention to instructions and to the doctor's explanation of what he'd done during surgery
fritzi64	and when the pain meds started wearing off, he went to get the nurse for me
Legna Revlis	no fair. I will be waking up about the same time:o
1Gr8Gal	LOL
fritzi64	oh, here's a great tip---take a dish of chocolate for your nurses
fritzi64	they'll love to come check on you!
1Gr8Gal	what a great idea!
Legna Revlis	Cool
SusansBFF	thats is awesome i never thought about that
1Gr8Gal	we're having a chocolate party at my work tomorrow, to bid farewell to an old relative of mine - "Aunt Flo" LOL
fritzi64	it's a nice thing to do for them
fritzi64	have a great goodbye party :)
fritzi64	one thing to remember--this is not a time to be brave and try to bear with the pain
SusansBFF	i'm retited so i do not have to worry about work thank God
fritzi64	as soon as you sense that pain meds are starting to wear off, let the nurses know
fritzi64	it may take them a while to get the meds to you, or it may take a while for them to start working
fritzi64	when your body is dealing with pain, it isn't able to put as much energy into healing
fritzi64	let the pain meds help you heal
fritzi64	even after you get home, take your meds on schedule to stay ahead of the pain...that way it shouldn't ever get too bad or intolerable
fritzi64	what are some other hospital quesitons you have?
1Gr8Gal	Fritzi, on the pain scale, at what point do you need to ask for more med? The doctor does not want me in any pain, but should I ask at a 3? 5? I know if you wait too long, it takes that much longer to get it under control
Legna Revlis	I hate pain meds they make me werid
fritzi64	I asked for more meds as soon as I noticed that pain was increasing

fritzi64	the nurses made sure the doses were safely spaced out, but I let them know as soon as I noticed more pain
fritzi64	the only time the pain was difficult for me was one night when I forgot to take my pain pill before going to bed a few days after surgery
1Gr8Gal	how long is everyone staying in the hospital? I'm supposed to go home the next day.
Legna Revlis	The next day unless there is a problem
fritzi64	I was in for 22 hours after I got back to my room
SusansBFF	i was told at least 2-4 days because of the amount of work being done
fritzi64	I thought that wouldn't be enough time, but once I started to feel better, I wanted to get home
fritzi64	susan, that will make sense for your surgery
Legna Revlis	Makes sense susan
1Gr8Gal	people tend to heal better in their own homes/environment
fritzi64	do you have a recovery area set up at home?
SusansBFF	have you ever heard of someone having that much done at once fritzi
fritzi64	susan, yes, I have
SusansBFF	how long were they in the hospital?
fritzi64	plenty of women have repair work done with the hyst, and I've seen several women here talk about having multiple repairs
Legna Revlis	what should be set up. I have my couch and my bed.
fritzi64	I don't know...have you posted a question about it in the pre-op forum yet?
fritzi64	that's the best way to find out what other women have experienced
fritzi64	I admit that becuae it wasn't an experience I've had, I don't remember what women have said about it
SusansBFF	no i'm new here i just joined yesterday after a friend told me about the site
1Gr8Gal	I plan on using a lower profile bed (ours is pretty high) in another bedroom. My LayZ-boy, the remotes, my phone, and I'll be set
fritzi64	welcome to the site, then!
SusansBFF	thanks
Legna Revlis	Well I am glad your friend sent you here. It has been one of my biggest helps
fritzi64	the pre-op forum is the best place to ask questions at any time of day or night
1Gr8Gal	the info here is awesome
SusansBFF	she had hers in Sept of last year
fritzi64	I spent my first week of recovery in my bedroom
fritzi64	I have a fairly noisy family and wanted to be away from the sound and chaos
fritzi64	once I started moving around a bit, I carried a little basket with me...it held my cellphone, ipod, pain meds, and secret stash of M&M's
1Gr8Gal	great idea!!
Legna Revlis	Here is my big question. Is it unreasonable to think I can return to a very low key job the week after?
fritzi64	I'm all about the chocolate ;)
fritzi64	Legna, yes, that is unreasonable
fritzi64	many women are still on pain meds at that point
SusansBFF	how long was it before you could drive Fritzi?

Legna Revlis	Great. my bills are going to suffer so. Oh well
fritzi64	I tried to send a work related email from home the week after surgeyr, and my mind was so medication-addled that even after I returned to work I couldn't translate my own email--embarrassing!
1Gr8Gal	your health is numero uno, Legna. Take care of you.
fritzi64	no matter what kind of srugery you have, you're having a LOT of work done inside
fritzi64	I had around 50 stitches internally
Legna Revlis	I will take care of myself
fritzi64	ligaments are cut and cauterized, and everything is swollen
fritzi64	even sitting vertically put gravity into effect and pressure on very tender areas
fritzi64	the thing is this: you have only one chance to heal right, and overdoing it too early can lead to longer-term challenges later
fritzi64	so take as much time as you possibly can
fritzi64	I returned to work part time at four weeks, and the first two weeks back at work were incredibly difficult
fritzi64	and that's pretty common
1Gr8Gal	Question: does anyone know what kind of food to eat to avoid constipation? I know that is a side effect of pain meds
Legna Revlis	I am a very part time secretary. A few hours is all I work anyways
fritzi64	I would ask in the preop forum about whether anyone returned after one week, just to see what people say
Legna Revlis	prunes and apples
fritzi64	as for driving, my doctor told me I could drive when I'd been off pain meds for 24 hours and could stomp my foot on the brake if needed
Legna Revlis	I will thanks Fritz
SusansBFF	thanks fritzi
1Gr8Gal	I was told no driving for 2 weeks
fritzi64	I ate lots of oatmeal and raisins and drank lots of hot tea
Legna Revlis	I like your docs explanation
fritzi64	I didn't have my first post-op poop until day 5, and I was so, so relieved
Legna Revlis	A good tea to help is "Smooth Move". Yes it is actually called that
fritzi64	LOL
SusansBFF	lol
fritzi64	my doctor recommended that I take a stool softener, which I did until things got moving again
1Gr8Gal	I just dread the constipation part. I know that proper hydration will help also, so drink drink drink!
Legna Revlis	Oh taking magnisum can help too.
SusansBFF	mine said to use a fleet emena before surgery, fritzi do you know of something that might work better
fritzi64	I didnt' do any kind of bowel prep or enema before my surgery, so I have no idea what works well
SusansBFF	ok thanks
fritzi64	but ask your doctor, and don't do an enema unless he/she says you should

1Gr8Gal	I am to take a small bottle of Miralax the day before
SusansBFF	thanks Gal
fritzi64	also, your pharmacist might be able to help you find something that works with your doctor's instructions
SusansBFF	thanks
fritzi64	what other early recovery questions do you all have?
1Gr8Gal	When I went to the store, there were, like 6 different sizes. I thought, "Oh Geez, please don't make me take the huge bottle one" LOL
SusansBFF	lol
1Gr8Gal	I've been told my "core" will be most sore and the challenging part will be doing anything involving standing to sitting, and vice versa. How long does that last?
Legna Revlis	Any one have a problem with me talking kids?
fritzi64	it's amazing what things we find ourselves thinking in the drug store, isn't it?
fritzi64	Gr8, it's different for everyone
SusansBFF	i don't mine are grown
SusansBFF	lol
fritzi64	I found the first 3 months to be the hardest on my core and all the things gravity did
fritzi64	Legna, it's nice of you to ask....do you have a question related to children?
Legna Revlis	I have a son whose birthday is the day after I am to be discharged. I don't want him to feel forgotten or over looked but I know I wont be able to do much
1Gr8Gal	how old is your son?
SusansBFF	how old is he?
Legna Revlis	Any suggestions how to handle it? He is turning 7
fritzi64	you can always celebrate before hand, but also prepare some cards or gifts for him to open throughout the day on the actual day
SusansBFF	that sounds great to me
1Gr8Gal	great idea - plan something for this weekend.
fritzi64	maybe get a DVD that he would like and lie down in the room with him and try to watch it together
Legna Revlis	He wanted to go out to eat. I have to break it to him that it isn't going to happen
fritzi64	no, you won't be able to go out to eat
fritzi64	BUT maybe you could order in, or someone else could take him out to eat and he could pick out something to order out for y ou
SusansBFF	can you tell him when mommy feels better you can go out to eat then
fritzi64	even though it isn't easy at that age, he is probably able to understand that sometimes things have to work a little differently
Legna Revlis	What he wants is to difficult to order in but we can spoil him later.
fritzi64	what does he want to eat?
Legna Revlis	ever heard of a Mongolian Grill?
fritzi64	oh, yes, I love that stuff
1Gr8Gal	yum
Legna Revlis	So does he.
fritzi64	maybe you could do that this weekend, and order pizza on his actual birthday

fritzi64	and emphasize that it's like he's getting two birthdays
SusansBFF	that sounds cool
fritzi64	sort of a whole birthday week
Legna Revlis	Or three. the rest of the family is getting together the next sunday
Legna Revlis	I think he will like that.
fritzi64	it was about a week before I was comfortable sitting up for more than 20 minutes
SusansBFF	wow he is going to feel very special that way
Legna Revlis	Can I ride in a car even if I can't drive?
fritzi64	you can, but you may not want to
fritzi64	everything will feel very jiggly
fritzi64	you
1Gr8Gal	I am dreading the ride home. we have a couple of bumpy roads
fritzi64	you'll have lots of tender tissue inside you
SusansBFF	wow i just thought about that i have 60 miles to go after i get out of the hospital
Legna Revlis	Right, as long as it wont hurt me. Making the healing process longer
fritzi64	and when the uterus is gone, the intestines start to settle down a bit, and everything presses on that tissue that is still healing
Legna Revlis	be right back
fritzi64	so when I had my cervix removed, and the top end of the vagina was stitched closed, that area had my bladder bumping against it
fritzi64	so you can ride in the car but it is more comfortable if you can lie down
Legna Revlis	thanks
Legna Revlis	I was just wondering.
fritzi64	susan, will you be able to lie down or at least recline on your ride home?
fritzi64	for most women, the initial recovery takes 4-6 weeks...
fritzi64	and by initial recovery, I mean the time when you might cause yourself some damage if you do too much too soon
fritzi64	even when you're past that point, most women find that they get fatigued quickly and easily for several months
1Gr8Gal	that's what will drive me nuts. wanting to do stuff and knowing my body isn't ready yet.
fritzi64	yes, that is very frustrating
1Gr8Gal	but I know I need to take this time to heal properly to avoid complications later
Legna Revlis	I think my husband will have more of an issue than I will with that.
fritzi64	there is no prize for doing something early
fritzi64	anything that gets dirty will still be there when you're ready
fritzi64	you won't be able to lift more than about five pounds for a week or two after surgery
fritzi64	even a gallon of milk or a pot of coffee were too much for me
fritzi64	and remember, I didn't even have any abdominal incisions at all
1Gr8Gal	My hubby is already "trained"-he does cooking, laundry, dishes, and he will be an awesome nurse. I am very blessed.
SusansBFF	fritzi i'm going to see if i can have a friend bring me home we have is a pickup truck

fritzi64	um, yeah, a pickup truck for 60 miles doesn't sound too cozy
1Gr8Gal	agreed
fritzi64	Gr8, good for you on training a helper!
Legna Revlis	I have been preparing food for two weeks. From then we get to see what happens.
1Gr8Gal	Oh he was that way when I met him. Why do you think I married him? HAHAH
SusansBFF	lol
fritzi64	LOL
Legna Revlis	:}
fritzi64	What are some other questions you have about recovery?
fritzi64	or about the return to work, or hormones, or sex, etc.?
fritzi64	(after all, I know everything ;))
Legna Revlis	how different is the sex life and hormones
fritzi64	let's tackle hormones first
fritzi64	hormones are interesting
SusansBFF	my doc wants to start me on mine in the hospital
Legna Revlis	My doc said something about a bio-something patch
fritzi64	whether or not you keep your ovaries, you can expect some major mood swings after a couple weeks
Legna Revlis	never told me when I start
fritzi64	ask your doctor about HRT
1Gr8Gal	Me too Legna
fritzi64	what kind and when you start depends on your own medical situation
fritzi64	I kept my ovaries, but they didn't completely wake back up so I ended up on HRT anyway
fritzi64	ask your doctor about what symptoms to keep track of
Legna Revlis	oh do I have some questions to ask during my pre op
fritzi64	and if the first HRT you try doesn't do everything you want it to, you may need to try something else
SusansBFF	revlis that is when i ask mine
fritzi64	many women try several different types of HRT before landing on the one that's the best fit for them
Legna Revlis	How long should someone stay on HRT?
fritzi64	good question....it depends on what doctor you ask
fritzi64	I have been on for three years, and the last time I talked with my doctor about it she said no more than ten years
fritzi64	but that may be the case only with what I'm on and it may be different for different hormones
Legna Revlis	Well I will be going through hormonal menopause early
fritzi64	Legna, will you be keeping your ovaries?
Legna Revlis	no
Legna Revlis	I'm not keeping anything
SusansBFF	me neither
fritzi64	when your ovaries are removed, you can expect surgical menopause...but how those symptoms feel to you may not be what everyone else experiences

fritzi64	so ask your doctor
1Gr8Gal	My late mother had ovarian cancer, so "Everything-Must-Go" on me also
fritzi64	some things may be based on your age and where you are in your own life cycle, family history, weight, etc.
Legna Revlis	I am BRCA2+. They are not taking any chances
fritzi64	we have several hormone forums here
fritzi64	one for women taking HRT
Legna Revlis	I am sure I will be on them regularly
fritzi64	one for women who aren't doing HRT
fritzi64	a general forum about hormones and menopause
fritzi64	they're great places for asking questions about this stuff
SusansBFF	the forums are message boards right?
fritzi64	yes, they are
1Gr8Gal	It's good to remember to come back for the post-op info
SusansBFF	i will
fritzi64	there's a forums tab toward the top right of the screen, and you'll find a list of all the idfferent forums we have
Legna Revlis	I haven't read any post op forums yet because I didn't want to freak my self out
fritzi64	the pre-op forum is where you should hang out for the next few days
fritzi64	post op forum can be scary
SusansBFF	ok
fritzi64	but remember, the women who are feeling great aren't the ones who are posting
Legna Revlis	exactly
SusansBFF	i bet
fritzi64	so you'll read only about the stuff that isn't fun
fritzi64	okay, let's talk about all your questions about post-op intimacy
fritzi64	if you are anything like me, you probably have some questions and concerns
SusansBFF	is there a difference before and after
fritzi64	it feels different than it did
1Gr8Gal	Ladies, I need to step away for a moment - BRB
SusansBFF	ok
Legna Revlis	k
fritzi64	if your cervix plays a role in your sexual response, and you have your cervix removed, that will take some adjustment
fritzi64	and orgasm feels very different
fritzi64	not different bad, but different
fritzi64	without the uterus there, blood vessels are somewhat rerouted
fritzi64	so the sensations are felt in different places
SusansBFF	ok so sex can be better than before
fritzi64	for me, sex is way better than before
fritzi64	before, I had intense pain from a small fibroid, and 20 minutes after sex I would be curled in the fetal position in intense pain that would last for days
Legna Revlis	Why did you need a hyster if you do not mind me asking
fritzi64	my little fibroid caused so much pain that I nearly passed out while driving, standing, pushing a grocery cart, etc.
SusansBFF	me adnormal bleeding

Legna Revlis	That would make sex rather undesirable
fritzi64	so with that pain gone, I was able to enjoy sex again
fritzi64	most women have some lubrication issues after a hyst, so it's a great time to try those lubrication products they advertise on Tv
SusansBFF	i'm tired of 21 day periods
fritzi64	it is VERY VERY VERY IMPORTANT to not have sex until your doctor tells you it's okay
Legna Revlis	I have to admit. I am a little jealous of most of the other women here. I am not really getting much benefit from my hyster.
fritzi64	and that goes for external masturbation as well as regular intercourse
fritzi64	Legna, why are you have the surgery again?
Legna Revlis	BRCA2+
SusansBFF	ok thanks fritzi
SusansBFF	? revlis
Legna Revlis	It is a gene mutation that blows my chances of cancer through the roof
fritzi64	while you may not feel the benefits, you will still be better safe
SusansBFF	ok
fritzi64	here's the thing about post-op sex---even arousal sends blood rushing through tissue that is still healing
Legna Revlis	I have a 60% chance of developing ovarian cancer
SusansBFF	wow
fritzi64	some women are told to be on total pelvic rest, which means nothing sexual at all
Legna Revlis	My hyster is for cancer prevention.
fritzi64	I have seen scary posts here from women who had intercourse too soon
SusansBFF	ok fritzi
fritzi64	and ended up in the hospital with abdominal infections
fritzi64	and yes, I'm trying to scare you
Legna Revlis	oh not worth it
fritzi64	because it's important to follow doctor's orders
SusansBFF	not at all
fritzi64	legna, I think it's easier for women in pain to go through a hyst than women in your situation
1Gr8Gal	Ok I'm back and caught up
SusansBFF	no kidding
Legna Revlis	I think so too. But I know it is the best choice
fritzi64	I was in pain every single day, and it was easy to always remember why I was having the surgery
fritzi64	women who haven't experienced any problems can wonder why on earth they're going through all that
fritzi64	it's important to be fully aware of the risks and go into the experience with your eyes open
SusansBFF	fritzi i have an endometrial stripe at 13mm and an cyst on my left ovary on top of the pelvic floor stuff
Legna Revlis	I have heavy bleeding (not like I hear but heavier than normal) and pretty nasty cramps but again nothing compared to what I read about (2 days is nothing)
fritzi64	susan, it sounds like you have lots going on in there

fritzi64	just think about all the cute underwear you'll be able to buy
fritzi64	and the white pants
1Gr8Gal	LOL
SusansBFF	yes i do and that is what scares me
fritzi64	and the money you'll save on tampons and pads
SusansBFF	no joke and white pants
SusansBFF	no kidding i'm burning all of my pads when i'm healed up
fritzi64	keep your eyes on the horizon and on the future you're giving yourself
1Gr8Gal	Yeah - those things have gotten expensive over the last 35 years!
SusansBFF	yes they have
fritzi64	without pain, without cancer, and without the feminine hygiene product aisle at the store
SusansBFF	freedom!!!!!!!!!!
Legna Revlis	I read that you should keep your products. You never know if you will have a friend, niece or daughter who might need them
fritzi64	the chatroom will be closing up in just a few minutes, ladies
1Gr8Gal	Just throw your head back and laugh as you pass that aisle...
fritzi64	so what last questions do you have?
Legna Revlis	Thank you for everythign Fritz
fritzi64	I smile every time I walk down that aisle to get supplies for my daughter
fritzi64	you're welcome :)
SusansBFF	thanks for all your info Fritz
fritzi64	remember to post questions in the pre-op forum
SusansBFF	thanks you are a God Sned
fritzi64	and on Wednesday, after your surgery is over, you can post in post-op!
SusansBFF	sned
SusansBFF	send
Legna Revlis	This has been a help. Good luck to you my Hyster sisters. See you on the flip side in a week
fritzi64	this site was a God send for me during my own hyst experience as well
fritzi64	just passing it along
1Gr8Gal	Yes Fritz - you've been a big help. It's kind of cool knowing a few others will be going through the same thing on the same day...I sure will be thinking and sending prayers to everyone
Legna Revlis	Me too.
fritzi64	I'll be thinking of you all on Tuesday when I'm at work
SusansBFF	good luck to all of you
fritzi64	I hope you all have great nurses (remember to take them chocolate)
Legna Revlis	will do
SusansBFF	i will pray for all of you too
fritzi64	and that your family and friends pamper you as you deserve
SusansBFF	thanks
fritzi64	and with that, our chat is officially over :)
1Gr8Gal	One last thing - my doc told me to hydrate well the day before - drink Gatorade and water, etc. It will help promote healing.
fritzi64	to log out, you can close the window
fritzi64	click on another link
Legna Revlis	Bye all
fritzi64	or wait for the chatroom to kick you out :)

1Gr8Gal	bye everyone!
Legna Revlis	thankd Gal
SusansBFF	bye all
fritzi64	and yes, hydrate!!!
fritzi64	goodnight everone!

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