

HysterSisters Pre-Op Chat – May 7, 2009

fritzi64 ->	: Welcome to our live pre-op chat!
fritzi64 ->	: We're so excited to be able to do this chat tonight.
fritzi64 ->	: I am just over four months post-op myself, so it wasn't that long ago that I was trying to prepare for my own surgery and feeling very anxious about what to expect.
fritzi64 ->	: I'm going to be the moderator tonight. I'll be spending much of my time behind the scenes, although I may pop into the conversation now and then.
fritzi64 ->	: Here's the way this chat will work.
fritzi64 ->	: Our guest "speaker" for this chat will be Kathy. She will introduce herself and guide you through some of the things to think about for your hysterectomy journey. We have an agenda of items that pre-op princesses frequently ask about, and that will be our guide. You will be able to ask questions about her comments...
fritzi64 ->	: ...and you'll have a chance to ask questions of your own as well.
fritzi64 ->	: To help everyone follow the conversation, the chat is now moderated. That means that when you post a question, it will be held until it fits into the conversation and will then be posted to the board.
fritzi64 ->	: So if you submit a question and it doesn't show up right away, don't panic. That's the way it's supposed to work!
fritzi64 ->	: AI'd like to turn it over now to Kathy, who will introduce herself and get us going. Kathy, it's all yours!
Kathy ->	: Thanks Fritzi!
Kathy ->	: Hi! I'm Kathy. I call myself the "Keeper of the Keys" to the Hystersisters which means I juggle all the responsibilities of maintaining the website.
Kathy ->	: I am married with two children, both are now grown and successfully launched. I have two wonderful dogs that have taken up residence in our house. I am a retired teacher.
Kathy ->	: I had my hysterectomy in 1998 which was carefully planned after making the decision with a group of surgeons who are agreed that I was high-risk for ovarian cancer and therefore needed to have my ovaries removed along with my uterus.
Kathy ->	: Back then, they wouldn't remove the ovaries unless they removed the uterus as well. Now, it seems, that could be an option!
Kathy ->	: I remember, though, with all the planning, I was frightened and wanted to talk about my decisions with someone who knew how I felt and could relate to my concerns.
Kathy ->	: I discovered a group on AOL of women who had been through a hysterectomy and we became friends while we provided hysterectomy support to each other.
Kathy ->	: In fact, some of those gals from 1998 AOL group are hostesses here at HysterSisters. I knew that AOL was just a small part of the internet....
Kathy ->	: so I created Hystersisters.com to offer the kind of support I got from that small AOL group and with the goal to expand it. I knew that women helping women was the key – because women are awesome to help each other
Kathy ->	: Enough about me!
Kathy ->	: Let's talk about your hysterectomy!
Kathy ->	: Part of the confusing part about any hysterectomy is the type
Kathy ->	: Here are some good descriptions (along with their abbreviations) of the most common types of hysterectomy surgery:
Kathy ->	: SAH – Supracervical abdominal hysterectomy, done through an abdominal incision. A partial (or supracervical) hysterectomy is removal of just the upper portion of the uterus, leaving the cervix intact.

Kathy ->	: LSH - A partial hysterectomy may be done completely through laparoscopic incisions (small incisions on the abdomen -- laparoscopic hysterectomy)
Kathy ->	: TAH - Total abdominal hysterectomy, also done through an abdominal incision. A total hysterectomy is removal of the entire uterus which includes the cervix. A radical hysterectomy is the removal of the uterus, the tissue on both sides of the cervix (parametrium), and the upper part of the vagina
Kathy ->	: TVH – Total vaginal hysterectomy, done through a vaginal incision (vaginal hysterectomy). Removes the uterus and cervix.
Kathy ->	: LAVH – Laparoscopic-assisted total hysterectomy may be done through a vaginal incision and assisted by laparoscope. (laparoscopic assisted vaginal hysterectomy)
Kathy ->	: RALH – Robot Assisted Laparoscopic Hysterectomy – or also known as a daVinci Hysterectomy. Done completely through laparoscope with the aid of a “robot” device which holds the tools for the doctor and provides 3-d vision.
Kathy ->	: Do you notice anything missing from these definitions? I sure did – they never talked about ovaries. I found out that the actual hysterectomy is only about the uterus. A “partial hysterectomy” means the cervix is not being removed, because the cervix is actually the upper part of the uterus itself, not a separate organ.
Kathy ->	: So if you are having your uterus (including your cervix) removed, you’re having a total hysterectomy – whether or not your ovaries are retained.
Kathy ->	: The surgery to remove the ovaries is called oophorectomy. And it has its own set of abbreviations!
Kathy ->	: BSO - bilateral salpingo-oophorectomy , which is when both ovaries and both tubes are removed. (bilateral=both sides, salpingo =the fallopian tubes, oophore =the ovaries, ectomy = removal)
Kathy ->	: LSO – left salpingo-oophorectomy, or removal of the left ovary and tube
Kathy ->	: RSO – right salpingo-oophorectomy, or removal of the right ovary and tube.
Kathy ->	: Whew! That’s a lot to understand, but thankfully you really only have to know the type of hysterectomy you’re having, at least for now!
Kathy ->	: I had a TAH and BSO because of my ovarian cancer risk. I had a few fibroids but really this was a hard decision to make for me because I didn’t have bad symptoms.
Kathy ->	: I remember I read absolutely everything I could get my hands on prior to my surgery
Kathy ->	: If you’re like me, you really fretted over what to take to the hospital, and how to get your house ready for surgery. If I can give you one piece of advice, it would be this: Don’t worry about these things!
Kathy ->	: After all the worry, packing and re-packing I really only used a few things during my hospital stay.
Kathy ->	: I used a comb, toothbrush and toothpaste. I also changed into my own underwear on day 2. But even with underwear, the hospital gives you underwear and pads. (Or at least mine did. Ask!)
Kathy ->	: PJs and a robe? Bring them if you like but the hospital has some they put you in and I found by the time it was to come home, I was still in the hospital designer wear. ☺
Kathy ->	: I never put on any makeup. I never read the magazines I brought. I dozed off and on all day. I slept and when I wasn’t sleeping I was walking the halls of the hospital or listening to the TV quietly
Kathy ->	: So please don’t over-think the packing thing. If you forget something, it can always be brought to you – but whatever you bring, you have to lug home.
Kathy ->	: As for the house – I had all of those pre-op “nesting” instincts. I was cleaning everything! As time got shorter, though, I concentrated on what turned out to be the most important thing: the kitchen. The fridge and freezer got a good “throwing out” session” and they were nice and clean and clear. I stocked up with my favorites (yogurt, fruits, etc.) – but in truth, all I wanted in recovery was peanut

	butter toast!
Kathy ->	: Around here, we call ourselves “princesses”, and part of the reason for this is that we firmly believe that once you have had this surgery, you need to be treated like royalty for several weeks.
Kathy ->	: This means that all menial tasks (laundry, cleaning, cooking, etc.) should be performed by your loyal subjects – be it family, friends, neighbors, roommates, or whatever.
Kathy ->	: We used to have a somewhat tongue-in-cheek list on Hyster Sisters of what you can and can’t do after surgery, and pretty much anything beyond fluffing pillows and running the remote control is off limits.
Kathy ->	: . This isn’t done to be sarcastic – it’s real advice
Kathy ->	: Housework is so strenuous! The lifting, stretching, twisting and bending is just too much. Take yourself through the motions of doing laundry, and it’s no wonder that doing just a load or two has set back more than one newly post-op (((sister))) in her recovery.
Kathy ->	: Honestly, it doesn’t matter if the house doesn’t get vacuumed or dusted for a while. If it needs to get done, it will get done, or it will patiently wait for you. Become one with the dust bunnies – name them if you want. Your house does not need to be perfect.
Kathy ->	: If possible, try to create a “recovery room” for yourself. You won’t be bedridden by any means, but you do need to have a place “just for you”.
Kathy ->	: ”. Some ladies use their bedroom, others take over a downstairs family room.
Kathy ->	: . My recovery room was the living room, which was great because it was right by the kitchen and also near the front door.
Kathy ->	: . It was also my bedroom until I could climb into our bed. I had a water bottle, a phone, my TV (with DVD player),
Kathy ->	: Using paper plates and plastic cups is not a bad thing if you’re recovering from surgery, so forget about dishes. And if all else fails – it’s the famous 1-800-PIZZA (no, that’s not a real number! But you know what I mean).
Kathy ->	: Every pizza place now has a salad or sandwich option, so you can call them up and have a pretty healthy meal delivered right to your door! It’s OK – we promise not to tell.
Kathy ->	: It’s a challenge recovering with pets, too. I didn’t have a pet at the time, but it would have been several weeks before I could have handled walking the dog with a leash. If you have dogs, make sure you have someone who can take over the care of them for a while.
Kathy ->	: Now, on to some of the great resources here at Hyster Sisters.
Kathy ->	: Did you know that we have a “Tell your Hyst-Story” forum? Its my favorite even today. I love to read about other women’s experiences with their surgery.
Kathy ->	: Did you know we have an extensive set of forums for hormone therapy?
Kathy ->	: Did you know we have a link directory called: Resources?
Kathy ->	: Did you know we have an online store with products we’ve found from 10+ years online are a great help to you?
Kathy ->	: Did you know we have a fitness area called Hysteritaville with clubs (over 50? Losing weight? Bikers? Etc)
Kathy ->	: Did you know we have a games area and a “friends without faces” forum to chat as friends about everything from American Idol to your favorite pet?
Kathy ->	: Please be sure and poke around the HysterSisters website to discover more than you could ever imagine.
Kathy ->	: Support and friends! That’s why we are here!
Kathy ->	: Now, its time for your questions and concerns. Please ask your question and the moderator will send them through, one at a time

Kathy ->	: :))
Kathy ->	: And we are so glad you are here tonight!
Tmilner04 ->	: This is Teresakay I am haveing my lavh on the 2nd
Kathy ->	: Hi Teresakay!
Weiser ->	: That was my surgery type, do you have specific questions about it?
fritzi64 ->	: We'll give you a minute to type some questions for Kathy, and then they'll come through
Tmilner04 ->	: I was changed from TAH today at my pre-op to lavh
Tmilner04 ->	: I am ok with the change I hear it is quicker to recover from
Kathy ->	: Weiser, why don't you tell teresakay about this surgery?
Weiser ->	: Yes I can
Kathy ->	: was your recovery shorter than TAH members?
Tmilner04 ->	: please do
Weiser ->	: Instead of the large incision you will likely have three small ones
Weiser ->	: I had one on each hip about one inch
Weiser ->	: and on in my belly button about one inch
Weiser ->	: those incisions never really hurt in my case
Tmilner04 ->	: ok
Weiser ->	: because of the lack of large incision
Weiser ->	: you may need to remind yourself that you DID have surgery!
Weiser ->	: the uterus is going to be delivered vaginally
Weiser ->	: this could cause a little bit of pain and swelling vaginally
Tmilner04 ->	: I have had 3 scopes there and tubes tied
Weiser ->	: so you are aware of the lap gas issues?
Tmilner04 ->	: oh wow does that mean longer time with no sex?
Weiser ->	: I was told to wait six weeks
Kathy ->	: usually everyone must wait until cleared by the surgeon - usually at 6 weeks
Tmilner04 ->	: I didn't have the lap gas issue
Weiser ->	: my GYN gives a standard six weeks no no for the LAVH for most things, just like the TAH
Kathy ->	: no matter if its TAH, LAVH or RALH
Weiser ->	: because everything inside is still healing
Tmilner04 ->	: Oh I am ok with waiting so is DH
Weiser ->	: lap gas can affect your right shoulder and neck
Weiser ->	: there is an article about this in the Resource Directy
Weiser ->	: I can get it for you if you would like
Lolli3 ->	: the gas pains in my shoulder was worse than the other pain
Weiser ->	: yes Lolli3! I agree!
Kathy ->	: Lolli3, did you have a lap hysterectomy?
Tmilner04 ->	: Oh yes ok remember that
Lolli3 ->	: i took many gas pills-walking is the best, I had a total hyst lapro. in December
Weiser ->	: any other specific questions on the LAVH, Tmilner?
Kathy ->	: that's great tip - I've heard walking is great for the gas too
Lolli3 ->	: honestl;y the waiting was the worst part of everything
Tmilner04 ->	: not that I can think of right now
Tmilner04 ->	: ty
Weiser ->	: I didn't find any gas type pills to help as the pain can be from a nerve rather than actual gas :(
Lolli3 ->	: walking really helps so much
Kathy ->	: **
Tmilner04 ->	: I plan to walk as much as my body lets me.

robyng ->	: I am having SAH on May 29 and I feel like no matter how much I read, I have no idea what to expect. I am also needle-phobic and stressing more over that than surgery
Weiser ->	: aww ((robyng))
Kathy ->	: its scary I know
Weiser ->	: Have you considered asking for anxiety meds in Pre Op?
Kathy ->	: the SAH is just like the TAH on what to expect in most ways
Kathy ->	: you will have a large abdominal incision - usually horizontal
Tmilner04 ->	: robyng I understand
Kathy ->	: and S means they are leaving your cervix
robyng ->	: they are going to drug me up to go to hospital but i feel like i will still be aware
Lolli3 ->	: they gave me anxiety meds, they helped alot
jlo110 ->	: I had my SAH almost one year ago and trust me, it's not as bad as I thought it would be
Weiser ->	: good!
Tmilner04 ->	: take a deep breath
Weiser ->	: It can be hard to know what to expect exactly as we are all different
Weiser ->	: but prepare the best you can and hope for the best!
Weiser ->	: ask ask ask ask any questions!
Tmilner04 ->	: We have a cruise in Sept and i want to be able to enjoy my self there
Tmilner04 ->	: @Jolo That is how I am looking at it. I had brain surgery back in 2000. I believe I can handle anything
Lolli3 ->	: i was amazed at the low amount of pain that i was in afterwards, seriously after a few days i almost forgot I had surgery-but of course I milked it for all it was worth lol
robyng ->	: what was the one thing where you said, "I didn't realize
fritzi64 ->	: That's a great question, robyng!
Weiser ->	: I didn't realize I would be so exhausted!
Tmilner04 ->	: @Loll I am going to milk mine too
Kathy ->	: I didn't realize I would be so tired for so long afterwards. I wanted to feel better but would get pooped out just taking a shower
Tmilner04 ->	: welcome kaos
Lolli3 ->	: I didn't realize I would be so tired all the time
Kathy ->	: welcome kaosazure
kaosazure ->	: Its great to b here
robyng ->	: it's unanimous!
Kathy ->	: exhaustion is the biggest surprise
Tmilner04 ->	: What should I buy from the site for my lavh?
Lolli3 ->	: i got a shower chair, because taking a shower was too hard for tme to stand the whole time
Weiser ->	: one of everything, of course! LOL
Lolli3 ->	: lol
Weiser ->	: just kidding ;)
kaosazure ->	: lol
Weiser ->	: the Chillow is wonderful if you have hot flashes or headaches
Kathy ->	: The best selling items: Abdominal support binder. Somehow your tummy doesn't feel like it can support itself.
fritzi64 ->	: I am still surprised by how long it takes to fully heal--but each week feels better.
Kathy ->	: and once you are back in your clothes, we have some comfy support panties
Lolli3 ->	: what is the chillo-I am having bad hot flashes
Tmilner04 ->	: I have hot flashes now
Kathy ->	: chillow is a flat cold pillow that slides into your pillow case, on top of your pillow.

	It cools your head
Lolli3 ->	: the binder helped SO much
Weiser ->	: the new support panties could be helpful, too
Kathy ->	: or put it under your feet
robyng ->	: what can anyone tell me about how long you were swollen?
fritzi64 ->	: I didn't start feeling too swollen until I began to be more active.
Lolli3 ->	: I am for months out of surgery and I still have swelling
Lolli3 ->	: four
Kathy ->	: i was swollen for about 7-9 weeks. Mostly at the end of the day when I had done too much during the day
fritzi64 ->	: My worst swelling was when I was three months post-op and spent all day at a meeting in a horrible chair.
Weiser ->	: yes, many ladies state that the more activity they do, the more swelling
Lolli3 ->	: my swelling happens mid afternoon when I am up and around
Weiser ->	: I had more of a jelly belly from the lap gas!
Kathy ->	: Swollen belly and achy belly means you've been on your feet too much
Tmilner04 ->	: What would my swelling be from
jlo110 ->	: My tummy was about 6 months and I had leg swelling that lasted about 3 - 4 weeks
Weiser ->	: swelling from healing
Weiser ->	: residual gas
Tmilner04 ->	: even for LAVH would need the binder?
Weiser ->	: I didn't
robyng ->	: why leg swelling?
Lolli3 ->	: wow jlo six months of swelling?
fritzi64 ->	: I still have swelling, but not every day
Kathy ->	: yes, the binder is good for any surgery in the abdominal cavity. It just helps to have added support after surgery
Lolli3 ->	: my doc sent me home with a binder even for lapro, it felt so much better
Lolli3 ->	: fritz and how long has it been for you?
fritzi64 ->	: Just over four months
Tmilner04 ->	: Ok they are getting one for me
jlo110 ->	: I'm not sure why I had leg swelling, it was more of the calfs ankles and feet
Lolli3 ->	: do you put the chillo in the freezer?
Kathy ->	: depending on your med insurance, you could submit your receipt for your binder to insurance for reimbursement
Kathy ->	: no, it doesn't need to be in freezer
Kathy ->	: you add water once and it stays chilly
Tmilner04 ->	: I will do some shopping on the site tonight
Weiser ->	: I have put it in the fridge, but that is not necessary either
Lolli3 ->	: you can ask your doc to send you home with a binder
operation ->	: kathy just to let you know i think this site is great thank you for it! OH by the way to get your bowels going miralax works well.
Kathy ->	: thanks operation!
Kathy ->	: I always love to hear positive words about how the site helps them
Kathy ->	: :)
Tmilner04 ->	: I asked mind because it was stated in the pre-op paper work.
Lolli3 ->	: I use Miralax also-that works very good
Kathy ->	: in the post-op checkpoints, there are great recipes for muffins to get bowels moving too :)
Tmilner04 ->	: She really love the booklet from the site
Lolli3 ->	: Kathy I can't thank you enough for this site-I literally would stay up all night reading before my surgery

Kathy ->	: Thank you Lolli3
Lolli3 ->	: and the support I got was amazing
Kathy ->	: the women of the site are amazing
Kathy ->	: its the reason why the site works, I think!
Kathy ->	: women helping women
Kathy ->	: hearts the size of Texas
fritzi64 ->	: Several of you have already had your surgeries, and here you are helping ladies-in-waiting!
Lolli3 ->	: very true
kaosazure ->	: so true
Lolli3 ->	: well it is nice to give back
jlo110 ->	: I think not having a bowel movement for what seemed like forever was the worst experience for me, with the surgery post op.
Weiser ->	: giving back helps keep the circle of support going!
fritzi64 ->	: For me, the hardest part was gas pain
Tmilner04 ->	: How often does the site have chats
robyng ->	: why do some women have an epidural?
kaosazure ->	: giving back is healing all in itself
operation ->	: my husband teases me and says hows your hystersisters doing?
Kathy ->	: right now we have chats every 2 weeks
Lolli3 ->	: may i suggest asking your doc for a medicine ball-it helped me more than i can explian
Kathy ->	: how did you use the medicine ball Lolli3?
Weiser ->	: robyng, some have issues with other types of anethesia or choose the epidural for pain management
robyng ->	: okay, thanks
Lolli3 ->	: i have never seen a chat advertised before? I got an email this time telling me about it-will they always be announced through emails?
Kathy ->	: usually we have them listed on the right side of the hystersisters.com website pages under EVENTS
Tmilner04 ->	: oh ok
Kathy ->	: in the NEWS section
Kathy ->	: so watch there
Tmilner04 ->	: I would keep a eye on for chats
Lolli3 ->	: it is a ball that is filled with pain meds-the ball itself hangs on the outside of the body with a carry case, and there is a small tube that sends meds to your tummy automatically for 5 days
Tmilner04 ->	: I have to run!
Kathy ->	: ohhhh
Kathy ->	: is that on-que?
Weiser ->	: Bye Tmilner04
Tmilner04 ->	: Have a nice night all
fritzi64 ->	: Bye, Tmilner04
Weiser ->	: have fun shopping!
Kathy ->	: byebye tmilner04
Tmilner04 ->	: good night
robyng ->	: good night, tmilner04
kaosazure ->	: good night
fritzi64 ->	: Our next pre-op chat is scheduled for two weeks from tonight.
Lolli3 ->	: i wish i had known about the chats before
Kathy ->	: we only started them 2 weeks ago
Kathy ->	: :D

Lolli3 ->	: oh lol
Kathy ->	: this is our second chat
Kathy ->	: LOL
Weiser ->	: ;)
robyng ->	: I'm really glad I found it
Lolli3 ->	: very cool-thanks for the chats
fritzi64 ->	: I like the chats--they have a very energetic feel to them.
Kathy ->	: have you found any friends in the pre-op forums?
robyng ->	: i've been in denial and not spent as much time on the site. now that i have a surgery date, i will explore everything
jlo110 ->	: If any of you have not had surgery before, just a word of wisdom. I got very ill after I came out of surgery from the anesthesia. I threw up and that was not fun. Talk to your doctor about this and the anesthesiologist.
fritzi64 ->	: Robyng, you aren't the first HysterSister to be in denial :)
Weiser ->	: when is your surgery robyng?
Kathy ->	: good tip jlo110
robyng ->	: May 29
Weiser ->	: so you have a little bit of time to explore!
Lolli3 ->	: jlo-very ture make sure they give you meds BEFORE you get sick in your IV-also request the patch that goes behind your ear for nausea
robyng ->	: how often were you taking pain meds? and for how long after surgery?
Kathy ->	: yes, the nausea patch behind ear is great
Lolli3 ->	: Kathy yes it is
Lolli3 ->	: does anyone here now have hot flashes?
Kathy ->	: please take note of your usernames
robyng ->	: No
Kathy ->	: I have one hot flash a night
kaosazure ->	: I've got to go...meds are kicking in..see you all on the boards
Weiser ->	: I do now and then, even with my ovaries!
fritzi64 ->	: G'night kaosazure
Weiser ->	: and I did not have pain past the second day robyng
robyng ->	: good night, kaosazure
Kathy ->	: it wakes me up, I throw off blankets
Kathy ->	: and go back to sleep
fritzi64 ->	: I kept my ovaries, too, but they went to sleep enough that I started having perimenopausal symptoms
fritzi64 ->	: I'm on estrogen, but I still have hot flashes.
Lolli3 ->	: I don't take HRT, I do many herbs
Weiser ->	: mine are just a bit nuts since I no longer take the pill!
operation ->	: since my hysterectomy my appetite is less is anyone else?
fritzi64 ->	: My biggest problem was the brain fog.
Weiser ->	: yep
Weiser ->	: that likely will reverse itself with time, operation
Weiser ->	: how long ago was your surgery?
Lolli3 ->	: food tasting nasty some days is my problem
Kathy ->	: I always like my bowl of ice cream
Kathy ->	: i haven't lost a taste for food
Kathy ->	: ;)
robyng ->	: what is more predominant post-op -- weight loss or weight gain?
Weiser ->	: because of appetite issues and losing weight, my doctor had me drink Boost
Weiser ->	: in fact, I also got a chocolate shake every day at 3:00 in the hospital!
jlo110 ->	: I had weight loss of about 10 pounds

Kathy ->	: most women gain weight after they are fully recovered
Lolli3 ->	: some days no matter what I eat or drink it tastes like ashes! Even plain water
Weiser ->	: are you on any meds, Lolli3?
Lolli3 ->	: weiser-that is too cool about the shakes
Weiser ->	: those can affect taste
robyng ->	: why the gains, Kathy?
Weiser ->	: so can hormone issues
Lolli3 ->	: no Weiser, just herbs, and it doesn;t happen everyday it's weird
Kathy ->	: eating too much? hormones out of whack so the weight sticks (slow metabolism?)
Weiser ->	: the herbs might be affecting your taste--you might want to check with your dr
Weiser ->	: lack of activity also is a weight gain issue
fritzi64 ->	: I was less active during my initial recovery.
Lolli3 ->	: it actually started before the herbs
fritzi64 ->	: And with swelling, it was hard to know what was me and what was healing
robyng ->	: how soon did any of you go back to the gym? (if at all)
Weiser ->	: hmmm
Weiser ->	: robyng, be sure to be cleared by your dr before going back to gyn
jlo110 ->	: I still haven't gone back LOL!
Weiser ->	: gym!
Kathy ->	: Usually you can ease back into your activities when your doc releases you
Weiser ->	: EASE being the key word!
fritzi64 ->	: I still can't walk my dog without getting uncomfortable.
Lolli3 ->	: my doc is a b***h with no bedside manner, she is a great surgeon, but that's it-she is telling me that the swelling in my belly is nothing "she did"
fritzi64 ->	: I could probably vacuum by now, but I haven't told my family that yet ;)
Weiser ->	: can you talk to your GP, Lolli3?
Weiser ->	: you can vacuum sometime after a hysterectomy?!
Weiser ->	: NO!
Weiser ->	: lol
Kathy ->	: vacuuming is still not allowed and my hyst was almost 11 years ago ;)
Lolli3 ->	: Yes I will be doing that-he is the one that put me on the herbs
robyng ->	: :)
fritzi64 ->	: I've often found it helpful to talk on the phone with a nurse, who would talk to the doctor on my behalf
Weiser ->	: sadly, some great surgeons don't have good bedside manner
Lolli3 ->	: I take the estroven and estrovenPM over the counter-they really help
Weiser ->	: is there a specific reason you do not use HRT?
Lolli3 ->	: weiser-exactly
operation ->	: okay Im a bit nervous about having sex again still have 4 weeks to wait.
Lolli3 ->	: I have heard too many things about HRT, it just makes me scared
fritzi64 ->	: HysterSisters helped me feel like a princess, and I intend to keep it that way
Weiser ->	: ((Operation)) many ladies are nervous!
Weiser ->	: Lolli3, have you considered talking to a physician who specializes in hormones?
fritzi64 ->	: The chat room will be closing in about 20 minutes.
Lolli3 ->	: operation it was very different for me-the sex that is
Lolli3 ->	: why is it closing?
Weiser ->	: operation, the key is to take is slow and try not to expect too much the first time
fritzi64 ->	: Operation, most of us are nervous about the first time again
Lolli3 ->	: weiser, no I haven't thought of that
Weiser ->	: you might find a specialist can ease your mind or answer your questions
Lolli3 ->	: true weiser ty

Weiser ->	: there is a lot of scary info out there about HRT, but some of it is not well rounded info
fritzi64 ->	: We'd thought the chat would be an hour--but we can keep going for a while as long as we still have people who want to stick around and chat :)
Lolli3 ->	: I have to be honest, the first couple of times I didn't like sex, it hurt
Weiser ->	: that happens to many
fritzi64 ->	: Hi MidwestGal2!
Lolli3 ->	: hi to those that just came in
Weiser ->	: now if you have to wait half of forever like some of us....
Weiser ->	: Hi MidwestGal2!
Weiser ->	: MidwestGal2, do you have specific questions we can help you with?
operation ->	: yeah thats what im afraid of lolli3
Weiser ->	: oops! she needs velcro!
Weiser ->	: There are several good articles about intercourse in the Pre Op articles
Kathy ->	: any more questions or concerns we can help you with?
Lolli3 ->	: how do I put this and not seem bad-I needed some stretching to be done before the sex didn't hurt anymore, after that its great
Weiser ->	: many ladies do end up having many of the same fears in this area
robyng ->	: when it doesn't hurt, does sex feel differeint post-op than pre-op?
fritzi64 ->	: I think it feels different
Lolli3 ->	: it feels different to me-but not in a bad way
Weiser ->	: each woman will have a different answer on this!
April Dawn ->	: It doesn't feel any different to me except that my previously prolapsing cervix is no longer there, which is a good thing.
fritzi64 ->	: Blood vessels are rerouted, so the internal sensations feel different to me
Weiser ->	: some will find it better because it was so painful prior to surgery
Weiser ->	: some of us have to wait so long we almost can't remember pre hyst sex!
Lolli3 ->	: lol weiser
fritzi64 ->	: It feels different still if I've been more active and feel swollen
Weiser ->	: you are still healing a bit would be my guess
Weiser ->	: and with time, the internal sensations change, too
fritzi64 ->	: I used to have such extreme pain after sex, and I'm so thrilled not to have that anymore. I am still healing, and that's okay
Weiser ->	: my hyst was ages ago and time does change things
fritzi64 ->	: Hi Mortys!
Weiser ->	: Hi Mortys
Lolli3 ->	: well i need to go get some sleep-I really enjoyed chatting with you ladies, and I wish you all the best. I look forward to the next chat
Weiser ->	: Hi sista big boned
fritzi64 ->	: Hi sista big boned!
Weiser ->	: rest well Lolli3!
sista big boned ->	: Hi
Lolli3 ->	: good night everyone
Lolli3 ->	: ty weiser
April Dawn ->	: have a good night, Lolli!
Kathy ->	: good night Lolli3
robyng ->	: good night, lolli3
Lolli3 ->	: ty april
fritzi64 ->	: Good night Lolli3
Lolli3 ->	: ty kathy

Weiser ->	: Can we answer any questions from you who have just entered?
Lolli3 ->	: ty roby
sista big boned ->	: Wonderful
Lolli3 ->	: take care everyone xoxoxoxoxoxo
Mortys ->	: I really appreciate this site - my surgery is on Monday...
sista big boned ->	: I am schelued for a vaginal hysto this coming June 9th
Kathy ->	: its very close for you Mortys
Weiser ->	: are you ready Mortys?
Weiser ->	: so you have a little time sista
April Dawn ->	: any last minute questions?
Kathy ->	: sista big boned, yours is very soon too
sista big boned ->	: Yeah, how do you feel Mortys?
sista big boned ->	: sorta
Mortys ->	: I am prepared - I think
Weiser ->	: any last minute concerns we can help you with?
jlo110 ->	: Well, it's time for me to say goodnight, good luck to all of you and try not to worry too much, before you know it, it will be over and you will feel so good. I know for me it was the best choice I ever made.
sista big boned ->	: Too much time to think about it:o :o
Kathy ->	: good night jlo110
Weiser ->	: night jlo110, thanks for coming!
April Dawn ->	: good night, jlo!
Weiser ->	: aww ((sista))
fritzi64 ->	: I had lots of time to think about my surgery ahead of time, too
Weiser ->	: take a deep breath
Kathy ->	: thanks for coming to help your sisters!
fritzi64 ->	: And I spent lots and lots of time on HysterSisters
robyng ->	: good night jl110
sista big boned ->	: I have no kids, 43 and I take care of my elderly mom
Weiser ->	: will you have help with your mom and for yourself following surgery?
fritzi64 ->	: Sista, I'm 44.
sista big boned ->	: not really, no
Kathy ->	: what kind of hyst are you having?
sista big boned ->	: I am actually gonna have to get her admitted along with me so she will not have an axiety attack
Kathy ->	: LOL
Kathy ->	: sounds like a plan
sista big boned ->	: me? vaginal, uterus & cervixs
Kathy ->	: that's a TVH
fritzi64 ->	: My surgery was a TVH
sista big boned ->	: is everything ok with you fritzi64?

fritzi64 ->	: Since I didn't have any external incisions, it was important to remind myself that I'd had surgery
fritzi64 ->	: Yes, I'm doing well.
sista big boned ->	: That is what I am trying to plan for
fritzi64 ->	: I'm just over 4 months post-op. I'm continuing to heal, but I feel better every week and every month. The surgery went very well, too.
sista big boned ->	: Get groceries for at least a month so no lifting anything
fritzi64 ->	: Even a gallon of milk is hard to lift
sista big boned ->	: plus I am the only one who can drive
fritzi64 ->	: milk, not month
sista big boned ->	: :)
Weiser ->	: do you have neighbors who can help out if need be?
sista big boned ->	: I'm making a list so as to not to forget things
Weiser ->	: Lists are good!
sista big boned ->	: yeah, they will help me, as much as they can
sista big boned ->	: I like to plan ahead, I'm a planner
fritzi64 ->	: If anyone volunteers to help, say "yes, thank you."
robyng ->	: I am going to read through some of the articles now. Thanks to everyone for answering all my questions and for the care and support.
fritzi64 ->	: Thanks for coming, robyng!
robyng ->	: Kathy, thank you for building this community.
sista big boned ->	: like buy picker-upper, stool softener, even looking for a nice recliner
Weiser ->	: enjoy robyng!
Kathy ->	: you are welcome robyng, its been my pleasure and with the help of a lot of sisters
fritzi64 ->	: April Dawn and Catherine, you've been quiet this evening. Is there anything you'd like to share about your own recoveries?
April Dawn ->	: glad you stopped by, robyng!
Kathy ->	: thousands of women in fact
Catherine ->	: I've been waiting for a question I could help with but you all are doing so well without me. :)
sista big boned ->	: this IS a awesome website, truely awesome!!!!
sista big boned ->	: hi ericgal
fritzi64 ->	: Hi ericgal
Catherine ->	: hi ericgal
Kathy ->	: I'm glad you are enjoying the website sista big boned
Weiser ->	: Hi ericgal!
ericgal ->	: hi
Kathy ->	: hi ericgal!
Weiser ->	: do you have any questions for us?
sista big boned ->	: I AM :)

ericgal ->	: should warn everyone first time in chat room
Kathy ->	: i hope you continue to get great help and support and are around for a long time post-op
fritzi64 ->	: The important thing, ericgal, is that you figured out how to send a message. Yay!
Kathy ->	: yay ericgal
Weiser ->	: there is a first time for everyone!
ericgal ->	: baby steps
sista big boned ->	: May I ask a sexual question, post-op hysto stuff??
fritzi64 ->	: Go ahead
April Dawn ->	: sure!
Weiser ->	: sure
sista big boned ->	: how is it the first time you have sex after a TVH?
fritzi64 ->	: Since I had so much pain before surgery, I felt a huge sense of relief that that pain was gone.
sista big boned ->	: Ok
fritzi64 ->	: It took us a few times to make everything "work" just the way I wanted it to ;)
Kathy ->	: remember that post-op sex = wait until the doctor says okay. Usually at 6 weeks to allow for all healing
Kathy ->	: sometimes its even longer
sista big boned ->	: So its a "working in progress" sorta thing
ericgal ->	: I'm scheduled for TAH/BSO on May 27th...I'm scared to death and have thought about canceling everyday 10 times a day.
fritzi64 ->	: Ericgal, that's perfectly normal.
sista big boned ->	: Of course, no rush, just wanted a heads-up so to speak
Weiser ->	: (((ericgal)))
Weiser ->	: are there specific fears that cause you to want to cancel?
Weiser ->	: or is it that you aren't sure this is right for you?
Kathy ->	: we've had plenty of gals over the years who feel frisky really soon after their hyst. And they don't wait and end up in surgery to repair the damage. So take things slow until the doc says "okay"
ericgal ->	: I'm scared about the hormones and of course I read the article Kathy posted today about ovaries
Weiser ->	: there are very valid reasons for women to need to have a BSO
Kathy ->	: yes, its a great article. Very important as they are finding that our ovaries are helpful for many things
Weiser ->	: and sometimes those reasons outweigh the reasons for keeping them
Weiser ->	: what is your diagnosis?
April Dawn ->	: awww, I just "met" you in the Introduce Yourself forum, (((ericgal)))
ericgal ->	: I was dx with endo stage iv last march tried lupron and already the pain is back
April Dawn ->	: I like to reply with a followup to Princess Ruby ;)
Weiser ->	: Oh, I just looked
Weiser ->	: you have endometriosis!
Weiser ->	: you are right up my alley!
ericgal ->	: yep

sista big boned ->	: Hey ladies, I have another question...but first a little background info about me.
Weiser ->	: ask your endo questions I will do my best to answer them!
Weiser ->	: sure, sista!
ericgal ->	: I'm very lucky mine did not appear until after my second child and when he did the laposcopic last march my doctor said he almost couldn't believe how bad..words like one of the top five worst cases ever
sista big boned ->	: I have DDD(degenerative disc disease) of my lumbar spine, facet joint arthritis(3 levels bilaterally), and OA as well in my lumbar and cervical spine. I am scared to death of getting a EPI. Oh yeah, I don't tolerate MOST pain meds(nausea, vomiting & itching)! How is that for a messed up 43 year old????!!
Kathy ->	: (((Sista)))
fritzi64 ->	: Wow, sista. That sounds hard.
sista big boned ->	: I know
ericgal ->	: i feel my choices are limited live with the pain or have hysterectomy...did not do well with the various birhtcontrol and the lupron almost killed me
sista big boned ->	: If my left leg is lifted at the same time as my right leg, my left foot goes numb :o :?
ericgal ->	: sista I respond the same to pain meds
Weiser ->	: ericgal, do you have an endo specialist?
Weiser ->	: Hi Squany71
fritzi64 ->	: Hi Squany71! How are you?
sista big boned ->	: so trust me, I am no hurry to have sex afterwards 8)
ericgal ->	: No i'm still using my ob/gyn...he is suppose to be one of the specialist in the area
Weiser ->	: who manages your pain, sista?
ericgal ->	: Hi squany
sista big boned ->	: Hi Squany71
Weiser ->	: I would be sure s/he is onboard for surgery
Squany71 ->	: Hello all!
Weiser ->	: you will need help to manage any chronic pain issues
sista big boned ->	: pain management doc, and rheumy
sista big boned ->	: sorta
fritzi64 ->	: When is your surgery scheduled, Squany71?
Squany71 ->	: May 25
fritzi64 ->	: What kind of surgery are you having?
sista big boned ->	: No Memorial day celebrations for you Squany
Weiser ->	: can your surgeon excise the endo ericgal?
Squany71 ->	: not in canada, our holiday is the monday prior
fritzi64 ->	: My surgery was the day after Christmas. We had friends over for New Year's Eve, and I went to bed at 8
ericgal ->	: don't worry I will BBQ an extra dog for you squany
sista big boned ->	: me too
ericgal ->	: i don't undersand excise the endo means
Weiser ->	: cut it out rather than burn it out
Weiser ->	: to be blunt!

Weiser ->	: ;)
Weiser ->	: most surgeons do not have the ability to excise endo
Weiser ->	: thus some is missed and left behind
Weiser ->	: and that can grow and spread down the road
Squany71 ->	: have you all had surgery already? any LAVH?
Weiser ->	: hence, the suggestion for a endo specialist
Weiser ->	: ME!
Weiser ->	: do you have any LAVH questions?
fritzi64 ->	: Mine was TVH
sista big boned ->	: Mine will be a TVH
Squany71 ->	: recovery time?
Weiser ->	: should be 4-6 weeks
Weiser ->	: barring no complications
sista big boned ->	: such as??
Weiser ->	: you will need to ease back into life as with any risk
ericgal ->	: He burned out a lot of the stuff last march, but pictures we showed a lot still remaining attached to my bowels and bladder so we discussed him yes "excise the remainin endo
Weiser ->	: internal bleeding
Squany71 ->	: what to take to hospital?
operation ->	: have to go goodnight everyone thanks.
Weiser ->	: night operation!
fritzi64 ->	: Goodnight operation. Thanks for coming!
sista big boned ->	: about how long post-op do you bleed after a TVH?
April Dawn ->	: good night!
ericgal ->	: bye operation
Weiser ->	: ericgal, will he excise the endo from your bowels?
fritzi64 ->	: I bled for almost 6 weeks.
Weiser ->	: I bled for three months!
fritzi64 ->	: This was longer than most and was partly because I had a last stitch that wouldn't come out
Weiser ->	: and had bled for two years prior to surgery!
Weiser ->	: NOT FUN!
sista big boned ->	: huh?:o
ericgal ->	: yes...doing the bowel stuff prior to surgery
sista big boned ->	: oh
ericgal ->	: wow you guys talk fast
Weiser ->	: sorry, I do really bad!
ericgal ->	: i mean type fast
Weiser ->	: for real, and typing!
Squany71 ->	: do you bleed after a LAVH
sista big boned ->	: you can tell the difference in chatting with adults vs. kids
Weiser ->	: yes you can Squany7
Weiser ->	: I did
ericgal ->	: i'm a speech therapist so I talk a lot faster than I type, half my problem

sista big boned ->	: your doing great, both of you
ericgal ->	: thanks
Squany71 ->	: so I shouldn't have a pad party?
fritzi64 ->	: In a chat, we all just have to be forgiving of typos.
ericgal ->	: weiser are you on ert
Weiser ->	: I would hestiate!
Weiser ->	: or at least keep some handy!
Weiser ->	: I kept my ovaries ericgal
sista big boned ->	: just having ladies who have been-there-done-that is...is... THANK YOU
Weiser ->	: so I have plenty of estrogen but also progesterone
Weiser ->	: I was only 25 when I had surgery
Weiser ->	: your welcome sista!
fritzi64 ->	: Yes, sista. I loved being able to go to the pre-op forum and know that there were people to help me through
Weiser ->	: there is nothing like the "been there, done that" help of experience!
ericgal ->	: i begged him to try and save a ovary but after reviewing the pictures he doesn't think that is likely..mine is not very localized
sista big boned ->	: Who all had an EPI and who all didn't for your hysto? how was your pain managed post-operatively?
fritzi64 ->	: I had morphine immediately after surgery (which did not go well with me).
fritzi64 ->	: When I came home I had percocet
sista big boned ->	: last time I had morphine I puked for nearly 12 hours
Weiser ->	: ericgal, my endo was here and there including around my ovaries, but my GYN and later specialist were able to clean them up
ericgal ->	: me too sista
sista big boned ->	: percocet too
fritzi64 ->	: Yup, that's my morphine reaction.
Weiser ->	: the endo covered uterus had to go
Weiser ->	: I did not need pain meds after the first day for the hyst
fritzi64 ->	: After a week or two, I was fine with ibuprofen
Weiser ->	: BUT
sista big boned ->	: ultram, darvecet, demoral, lortab, etc., etc., puke, puke, puke
Weiser ->	: once I had chronis pain issues and had to have a lap, I need lots of meds
Weiser ->	: which is why I wanted to know who was helping you with any chronic pain
Weiser ->	: can you use morphine?
Weiser ->	: how about toradol?
Squany71 ->	: how about driving?
ericgal ->	: me too... all pain meds make feel like i'm tripping and then I puke
sista big boned ->	: I really don't know what to do. With the DDD, I am in pain on a daily basis.
Kathy ->	: i loved toradol. I couldn't take anything else but Toradol worked for me
Weiser ->	: Squany71, no driving until released by your doctor and off pain meds
Weiser ->	: that can be anywhere from 2-6 weeks (w/no complications)
sista big boned ->	: No toradol....pleaaase....pull my toenails off 8) 8) :o
Weiser ->	: sista, what can you take?
Weiser ->	: does your surgeon know what you can take?

Weiser ->	: have you talked to the anesthesiologist?
ericgal ->	: dr said that if he saved my ovaries now he would just have to take them a year or two from now something about my progression
Weiser ->	: well, maybe, maybe not!
sista big boned ->	: Tylenol, Motrin & prescription NSAIDS like Volteren and Daypro, oh yeah 600-900 mg of Neurontin 3 times a day
Squany71 ->	: can anyone explain the V part of the LAVH?
fritzi64 ->	: V=vaginal
Weiser ->	: Squany you uterus will be delivered vaginally
Squany71 ->	: incision?
Weiser ->	: three small ones
sista big boned ->	: I hope my back can take the position that I will put in
Weiser ->	: each about an inch
ericgal ->	: second opinions make me nervous..i tell anyone I know to get them but it makes me uncomfortalbe and will it make my dr mad
Weiser ->	: one at each hip, one in belly button
Weiser ->	: talk to the anesthesiologist about your back--I am NOT kidding!
Weiser ->	: that will make a WORLD of difference
Squany71 ->	: one in vagina
sista big boned ->	: ericgal, your doc will be alright! You do you!
Weiser ->	: I would suggest a second opinion ericgal with an endo specialist
April Dawn ->	: Yes, your doctor shouldn't be upset if you seek out an additional medical opinion.
Weiser ->	: things are different for those of us with endo
Weiser ->	: there is no cure for endometriosis
ericgal ->	: do i have all my files sent to a specialist?
Weiser ->	: not a hyst
Weiser ->	: not an oophorectomy
Weiser ->	: yes you can
Weiser ->	: many will review them for free
sista big boned ->	: I will, I go back to my GYN on the 15 of this month and we will have a LONG talk about all of this, he already knows I am very, very, very scared of getting an EPI
Weiser ->	: there is a list of excellent ones at the top of the Endo forum
Weiser ->	: have you found that forum yet?
Weiser ->	: good plan sista
ericgal ->	: Not yet but will be my next stop, can i do that and talk to you guys
Weiser ->	: and ask to speak to the anesthesiologist
Weiser ->	: if you can multi task!
ericgal ->	: if i seek a second opinion will my surgery be postponed?
Weiser ->	: if you start a thread in Endo, I will be sure to drop by, too!
Weiser ->	: depends on if you can get in soon enough or not
April Dawn ->	: (((ericgal))), I linked the Endometriosis forum for you when I replied in the Introduce Yourself forum.
Weiser ->	: if I had it to do over again, I would not have had my hyst with my GYN
Weiser ->	: I would have tried to see the specialist first
ericgal ->	: thank you april dawn...love your name by the way I couldn't think of anything creative
Weiser ->	: it could have save me years of pain
fritzi64 ->	: We're going to keep the chatroom open for another 10 minutes.
Weiser ->	: and a post hyst surgery

sista big boned ->	: Of course, I have to talk to the anesthesiologist about my nausea problems from the anesthesia. In the past with other surgeries, I have had to have the nausea patch put on just before I have the surgery.
Weiser ->	: does the patch help?
sista big boned ->	: So far
Weiser ->	: YAY!
sista big boned ->	: I can wear it for up to 3 days
Weiser ->	: waking up sick is NOT fun!
sista big boned ->	: no ma'am
ericgal ->	: I'm in the st.louis area and my research listed him as one of the best but honestly I didn't look very hard i felt like i was betrayin him
fritzi64 ->	: I hate to say this, but even with the patch and anti-nausea meds, I was still sick from the morphine
sista big boned ->	: Me too fritzi
Weiser ->	: ericgal, that is something many ladies feel when they like their doctor
Weiser ->	: it is okay, really!
sista big boned ->	: what is it about the morphine that is so powerful
fritzi64 ->	: I used to live in the St. Louis area. There are lots of doctors around, so I hope you find people you're comfortable with.
Weiser ->	: don't know, it does nothing for me!
ericgal ->	: thanks weiser
Squany71 ->	: any recommendations for LAVH pre surgery and post recover?
Weiser ->	: no help with pain either!
Weiser ->	: Squany, try to eat well, drink lots of water
fritzi64 ->	: My favorite thing in the hospital was the water-filled heating pad I got to use. That helped more than the morphine.
Weiser ->	: be prepared for the lap gas pain issues--we have an article in the Resource Database about it
Squany71 ->	: for your back?
sista big boned ->	: But there is a story behind the morphine. I had knee surgery, taken back around 7:30am, in recovery by 9am, heading home by 9:30. The recovery nurse gave me about 3-4 doses of morphine and sent me home!!
fritzi64 ->	: I used it on my tummy and my back
fritzi64 ->	: The heated water would move through little tubes, and it was like a gentle massage.
Weiser ->	: post LAVH, remember you did just have major surgery, even if there are only tiny incisions
Squany71 ->	: did anyone stay longer than 23 hrs in hosp?
Weiser ->	: yes
Weiser ->	: wayyyyyyyyyyyyyyyyyyy longer!
Weiser ->	: don't do that, please!
sista big boned ->	: good question Sqauny
Weiser ->	: but I was suppose to stay two nights
Weiser ->	: I had also had an appendectomy
sista big boned ->	: oooohhhh
ericgal ->	: my doctor said 2-4 days for me but i'm having something different TAH/BSO

Weiser ->	: then the complications
Weiser ->	: that sounds right ericgal
ericgal ->	: shock to the bowels he said
Squany71 ->	: i have heard same day or 24 hours for most people
fritzi64 ->	: The TAH does have give you more to recover from.
sista big boned ->	: me too
Weiser ->	: yes, especially if he will be excising endo there
April Dawn ->	: I had the TAH/BSO and was in for 2 nights
fritzi64 ->	: I was in the hospital for 23 hours
ericgal ->	: that is were it's attached the most
sista big boned ->	: what about when you get a TVH??
Weiser ->	: will a colo rectal surgeon be on hand just in case?
fritzi64 ->	: The chat room is closing in 5 minutes
ericgal ->	: how are you doing with the ert april
sista big boned ->	: nnnooooooooooooo
Squany71 ->	: were any of you instructed to shave prior?
ericgal ->	: yes
Weiser ->	: no Squany
fritzi64 ->	: Mine was TVH, and once I started feeling better in the hospital, I felt better fast.
Weiser ->	: and I wasn't shaved for the LAVH
ericgal ->	: and an oncolosist
sista big boned ->	: not me, not yet. will talk with GYN next week
fritzi64 ->	: Shave? nothing before hand, but they clipped me in front--and shaved my butt and thighs!
Weiser ->	: each doctor and facility has their own protocol so ask!
ericgal ->	: no to the shaving yes to weiser
Weiser ->	: and oncologist, ericgal?
Weiser ->	: that is a good choice!
ericgal ->	: to have a look at the tissue
fritzi64 ->	: They didn't do a very good job with the shaving (kind of uneven), but I didn't exactly care how it looked at that point, either :)
sista big boned ->	: oh, he did an biopsy, which we will talk about next week too
Squany71 ->	: i am more worried about razor burn (sensitive skin)
ericgal ->	: i think i will do my own shaving if required
fritzi64 ->	: Squany, you can let your nurse know when you get to the hospital.
Squany71 ->	: what is the catheter like?
April Dawn ->	: ericgal, I'm doing very well on my hormone therapy
Squany71 ->	: how long is that in?
sista big boned ->	: Had catheter when I had back surgery, no big deal to me
ericgal ->	: thank you I think that is what I'm most afraid of
fritzi64 ->	: I hope you've all figured out how to post threads in the forums by now. Also, now that you know us and each other a little better, you can feel free to ask more questions.
sista big	: is this good bye fritz?

boned ->	
fritzi64 ->	: Do you know how to reply to a thread and how to send a private message?
fritzi64 ->	: Yes, this is the long goodbye....
sista big boned ->	: I will figure it out
Catherine ->	: If you have any problems posting, send an email to the Help Desk
ericgal ->	: i know how to reply to thread but not send private
Weiser ->	: you can PM me ericgal for more endo info or post in the Endo forum
ericgal ->	: thank you
fritzi64 ->	: When you click on someone's username, you can see an option to send a private message. That's the PM Weiser just used.
fritzi64 ->	: Feel free to PM me as well.
sista big boned ->	: ok, ok...good night all..sniff, sniff...have a good night, sniff, sniff:)
ericgal ->	: gye everyone I will sleep better for the first time in 2 weeks i will keep you posted with the second opinion weiser
Weiser ->	: okay!
sista big boned ->	: :p
fritzi64 ->	: Kathy had to step away from her computer for a few minutes, so I'd like to thank you so much for coming and chatting with us tonight.
Catherine ->	: (((group)))
sista big boned ->	: good night all!!
fritzi64 ->	: We have another pre-op chat in two weeks, and we'll look for you on the forums!
April Dawn ->	: I'm glad so many could join the chat!
ericgal ->	: :p :p
Catherine ->	: 'night everyone
April Dawn ->	: good night all! Group hug!
Squany71 ->	: take care of you all God BLESS!
Weiser ->	: hugs to all!
ericgal ->	: i'm crying happy tears bye
Weiser ->	: awww
Kathy ->	: night night ladies
fritzi64 ->	: Goodnight and (((hugs)))!