

fritzi64: Welcome to our pre-op chat!

fritzi64: Weâ€™re so excited to be able to do this chat tonight.

CMOGGO: thank you

fritzi64: I am five months post-op myself, so it wasnâ€™t that long ago that I was trying to prepare for my own surgery and feeling very anxious about what to expect.

fritzi64: Iâ€™m going to be the moderator tonight. Iâ€™ll be spending most of my time behind the scenes, although I may pop into the conversation now and then.

fritzi64: Hereâ€™s the way this chat will work

fritzi64: Our guest "speaker" for this chat will be MJ one of our hostesses. 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

fritzi64: and youâ€™ll have a chance to ask questions of your own as well.

fritzi64: To help everyone follow the conversation, the first part of the chat will be 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: Like now: I'm going to let in some messages that people have sent.

WEEJ: Hello! Nice to "meet" you! =)"

WEEJ: thanks! i'm looking forward to learning A LOT!

CMOGGO: My surgery is exactly one week away and I am getting nervous:o

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:

After the program portion of the chat is done, weâ€™ll take the moderation off and you'll have a chance to chat and get to know your pre-op HysterSisters in a much more interactive way.

fritzi64: Iâ€™d like to turn it over now to MJ, who will introduce herself and get us going. MJ, itâ€™s all yours!

mjd2491: Now I'm nervous!

mjd2491: Just kidding, ladies.

mjd2491: I'm MJ, and I'm a pre-op hostess at Hyster Sisters.

mjd2491: I had my surgery nearly 5 years ago..... but I can still remember how you are feeling.

mjd2491: Anyhow..... one of the most important things to deal with when you're planning for your hysterectomy is to understand the type of surgery being performed.

mjd2491:

One of the biggest misconceptions is the whole idea of a "total" vs. a "partial" hysterectomy."

mjd2491: Lots of us (me included) think that as long as you don't have your ovaries removed, it's only a partial hysterectomy.

mjd2491: However..... anytime you have the entire uterus removed (including cervix), it's a total hysterectomy.

mjd2491: So a TAH is a total abdominal hysterectomy, with an abdominal cut.

mjd2491: A TVH is a total vaginal hysterectomy. No scar on the outside, but still lots of stitches.

mjd2491: And then there is the LAVH where it's a vaginal hysterectomy aided by laproscope.

mjd2491: Then there are the true "partial" hysterectomy surgeries..."

mjd2491: The LSH is a laproscopic supracervical hysterectomy, meaning only the upper portion of the uterus is removed, retaining the cervix.

mjd2491: No big scar with this one. ;)

mjd2491: Then there's the SAH, which is a supracervical abdominal hysterectomy... abdominal scar, but only the upper portion of the uterus is removed.

mjd2491: I had a TAH, which means I had my entire uterus removed. My ovaries remained.

mjd2491: I also had a panniculectomy procedure to remove some abdominal fat and skin.

mjd2491: The surgery to remove the ovaries is called an oophorectomy.

mjd2491: A BSO means both ovaries are removed

mjd2491: The RSO is just the right ovary....

mjd2491: And an LSO means you're having just the left ovary removed.

mjd2491: So you might see \"TAH/RSO\" for a member... this means she had an abdominal hysterectomy and had her right ovary removed too."

mjd2491: Once you get the terminology down, the rest of it is pretty easy!

fritzi64: While MJ is taking a breath...

mjd2491: **

fritzi64: ..when I disappeared a couple minutes ago I'm afraid I lost a couple messages.

mjd2491: Oh, no..... so I'll just keep talking.

mjd2491: lol

CMOGGO: I'm having a tah/bsr and am worried about hormone replacement. I have severe endometriosis. I will need some estrogen replacment but hope the endo doesn't return. Does any have any experience with this?:? :? :?

endropro: How do we know if we need the fat and skin removed?

mjd2491: CMOGGO - I didn't use HRT, but I'm hoping someone else will come along to help with that.

Kathy: Weiser?

Kathy: you want to answer that question about endo and HRT?

mjd2491: As for the fat and skin....

mjd2491: I was very overweight at the time of my hysterectomy

mjd2491: So the surgeon suggested I have the additional procedure

mjd2491: To make my abdomen more accessible to the surgeons and to help with healing

mjd2491: I had to pay for it up front, in cash... several thousand \$\$

Weiser: Yes, Kathy?

mjd2491: Because it wasn't actually medically necessary

Weiser: I am having some PC issues, sorry!

Weiser: estrogen is believed to be the fuel for endometriosis

ceres47: Im having an LSH done- but being overweight, she has told me that I might have to have the abdomnal incision instead... so if they arent suggesting it? I maybe okay? or would she have brought that up when we discussed the LSH?

Weiser: thus, some doctors want to immediately reomve the ovaries and all estrogen

Weiser: however, estrogen can be vital to overall health

mjd2491: Luisa.... someone asked \"I'm having a tah/bsr and am worried about hormone replacement. I have severe endometriosis. I will need some estrogen replacment but hope the endo doesn't return. Does any have any experience with this?\""

mjd2491: Thanks for grabbing it, Luisa!

Weiser: cmoggo--is a specialist doing your surgery?

mjd2491: Ceres - yes, you're right.

Weiser: if the endo is removed via excision, the chances of recurrence are less than w/ any other surgeon

mjd2491: **

Weiser: (if I am missing letters in my replies, it is my PC, espically the letter y!)

Weiser: did that help or no?

mjd2491: One thing that's really important is the pre-surgery preparation, including what to take to the hospital

mjd2491: I really worried about that part!

mjd2491: I packed and repacked my bag several times...

fritzi64: Several of you had questions about endometriosis. Could you send them in again, please?

mjd2491: Took my favorite slippers.....

mjd2491: And I couldn't wear them, anyway.

endropro: I have endo. So I understand the hormone concerns. The last thing I want is to go through all of this and have it come back again.

WEEJ: i also have severe endo and am curious about the hormone replacement...

mjd2491: I always say that I really could have packed in a ziplock bag

endropro: That is what they are thinking with me and my endo
Weiser: I did wear my slippers as my hospital only provided one pair of socks!
fritzi64: Lots of questions, I know--but maybe we can tackle them together.
Weiser: many doctors who offer HRT for their endo patients
Weiser: want them to use both estrogen and progesterone
mjd2491: One major thing is that I would never suggest that someone bring their own robe or nightgown.... but I know many ladies feel strongly about wearing their own things
Weiser: some doctors are going to feel they are skillful enough to remove all the endo
Weiser: some are going to be more conservative--knowing the risks
mjd2491: Just remember that it may be inconvenient with all the tubes and such
Weiser: a specialist should be able to excise most if not all the endo
mjd2491: Endo is a pretty tricky disease
Weiser: but even then there is no 100% cure rate
Weiser: some ladies are going to end up with recurrence no matter who the surgeon
Weiser: no matter if they use estrogen or not
mjd2491: **
Weiser: it is icky and tricky!
Weiser: posting your questions in the Endo forum will offer you a lot of specific support!
fritzi64: I'm going to let some hormone questions through now.
CMOGGO:
CMOGGO: I have been without estrogen several times because of lupron and it was unbearable. I think I will need at least a little estorgen for a little while until my body adjust gradually. My doctor said I will need estrogen repleacement. I have had 4 past surgeries for endo resection.
CMOGGO: An OB/GYN is my srurgeon. I have been without estrogen before when i was on lupron. It was unbearable.
mjd2491: Yep.... we have the Endometriosis Support Forum
Weiser: does your OB/GYN do excision surgery?
Weiser: or cauterization type removal?
Weiser: that can be the key
mjd2491: **
Weiser: low does estrogen along with some progesterone might work for you
Weiser: you can consider seeing a different doctor for your HRT needs
Weiser: many ladies do even if they don't have endo
endropro: My doctor is talking NO HRT for 6 months and then slowly adding if needed because of my history of endo.
Weiser: there are drs who are more knowledgeable regarding HRT then possibly your GYN
mjd2491: Any other questions about preparation for surgery?
fritzi64:
stargazer07: We have some general questions next--preparing for the hospital, what to expect, and so on.
endropro: I was wondering what to pack for the hospital too
mjd2491: I like the sound of that since I am having a TAH :)
ceres47: To be honest.... I only used a few things
Weiser: I have had 2 csections... should I expect the same recovery if they do have to go inabdominally? and if they do not (LSH) can I expect an easier recovery?
stargazer07: endropro--many drs suggest that, sometimes it works, sometimes no
stargazer07: I have read in the book about the Bali support underwear how many pairs do you recomend for me to buy.
Val1970: Oh the dreaded bowl prep?
mjd2491: I didn't care one bit about music (CDs) or an Ipod
mjd2491: support undies? Really?
mjd2491: I didn't get any of them
Kathy: Yeah, we sell a lot of support panties in the HysterSisters Store
Weiser: me neither, MJ, but some ladies really love them!

mjd2491: And in all honesty I just didn't even wear undies for a while
mjd2491: lol
Kathy: they are good after your tummy is healed and you are back to work
mjd2491: It was too difficult with all the bandages
mjd2491: Yes that would be true
mjd2491: I'd buy at least 4 pair
Kathy: the abdominal binder is good
Weiser: the bowel prep is terrible Val1970
Weiser: but you do live through it!
mjd2491: And isn't it true that if you wash them by hand, it's better for the elastic?
Kathy: we sell the support panties in packages of 3
Weiser: stay close to the bathroom!
mjd2491: I had an abdominal binder and it was wonderful
fritzi64: Ceres had a question about how a c-section compares to a hysterectomy.
mjd2491: It was much like the one on the Hyster Sisters site... but the castle sent me home with it
mjd2491: Wonderful support
CMOGGO: when do you where the belly band - when the staples are still in?
Weiser: when packing, take little, someone can bring you more stuff if you need it!
mjd2491: I had two c-sections and my hysterectomy and they were all distinct experiences.
Kathy: no, wait until the staples/stitches are removed before putting anything on top. The binder and swelly belly band are snug.
mjd2491: Except for the fact that the incision was basically in the same place, they were not in the least similar!
fritzi64: Ceres, I had a c-section 17 years ago. and a vaginal hysterectomy. They're completely different in my mind.
mjd2491: My first c-section was toughest recovery, then my hysterectomy, and my second c-section was the easiest
mjd2491:
mjd2491: It depends so much on your physical condition, what is found when they go in for surgery.....
mjd2491: So I'd just be prepared for an abdominal surgery and go from there.
mjd2491: ;)
endropro: Ya with a C-section you come home with a baby for the pain :)
stargazer07: The bowel prep sounds awful.
endropro: Bowel prep??? is that the nasty liquid drink that you need to clean out your system???
stargazer07: I read in the booklet that most women take Miralax. How soon after the surgery should you start using the miralax?
mjd2491: Not everyone has a bowel prep
mjd2491: I didn't have one
mjd2491: But it's vital that you do exactly what is ordered
Weiser: following your dr's orders for the prep
mjd2491: Because a bowel prep will dehydrate you somewhat
Kathy: I didn't have bowel prep. Only do what your doctor orders for you
Weiser: each dr has a different protocol
stargazer07: I had some awful prep when I had my CT scan. That was the worst part
mjd2491: And if you come to the hospital having had a bowel prep when they said not to do one, things could get bad
mjd2491: The good thing about the prep
mjd2491: is that it's done pretty fast
mjd2491: It's not pleasant, but it has to be done!
fritzi64: Some of you have sent some questions in about what to expect in the hospital and immediately after surgery.
fritzi64: I'll let them through one at a time so we don't miss anyone.

mjd2491: Oh.... is this where I can send people to the Tell Your Hyst-Story forum? It's my favorite place.

Val1970: what about shaving for a vaginal Hyster.

mjd2491: lol

mjd2491: Again... only shave if they tell you to shave.

Weiser: don't shave unless the dr tells you to!

mjd2491: The shaving is not really a big deal

mjd2491: They'll shave you if they need to.

fritzi64: There is a thread in the pre-op forum right now about shaving.

Weiser: right!

mjd2491: But you shouldn't do it yourself

mjd2491: It was all very discreet and I didn't feel a thing!

fritzi64: I had my front side clipped at the hospital, and they shaved my rear end and the backs of my thighs. But I was unconscious so it was fine.

Weiser: I found the staff to be very discreet about everything which is very helpful!

Val1970: just wondering though if i can do it myslef

fritzi64: Next we have some questions about how much time surgery takes:

Kathy: only if your doctor instructs you to

mjd2491: When I had my shaving done, they used a wonderful smelling soap and warm water. I nearly fell asleep!

WEEJ: i am having LSH at 7:30am, my ob/gyn tells me i should be home by 2:00... does that sound right? if so then i'm not planning on bringing very much with me to the hospital

FeelingGloom: I'm having the LAVH. Does anyone know how long that takes?

mjd2491: No, please don't shave on your own

mjd2491: WEEJ - you might be if there aren't any problems

Weiser: depends on what all is done during your surgery FeelingGloomey

mjd2491: I don't think you'll need much if you'll only be there for a few hours!

Weiser: mine was a couple hours but I had endo and an appenedectomy

fritzi64: My TVH took about 90 minutes

fritzi64: and that included the prep work of shaving

tamby01: My doctor told me 3-1/2 hours or so for a LAVH.

mjd2491: My last surgery, I was \"home in my couch\" less than 24 hours after the first cut and it was abdominal! Not a hysterectomy though."

Desert Rose: What about the length of the hospital stay? I'm having a Total and Rectocele and my doc said I may only stay overnight. That's a little scary...

mjd2491: My surgery took 2-1/2 hours

mjd2491: It was longer than expected because my bladder and uterus were adhered to each other

Weiser: your dr will not release you until you are physically ready

fritzi64: Desert Rose, I was terrified about the prospect of going home the next day...

mjd2491: And I had a hip-to-hip incision

Weiser: so if you don't feel well, let your dr know

fritzi64: ...but I was actually ready by 23 hours afterward.

fritzi64: They would have let me stay longer if I'd needed to.

mjd2491: Exactly -- they won't send you home until you're ready.

Weiser: I had a very extended stay--trust me, they will keep you if you need to sta!

mjd2491: **

mjd2491: I stayed three nights for my surgery

Val1970: What things are done after the surgery in the hospital? Like the tubes you mentioned?

mjd2491: I was ready to go home by the end of the stay.

ceres47:

if I had a D&C to remove polyps and didnt have any anesthesia side effects...can I expect to not have side effects again? With the csections- I had horrible chills & nausea afterwards

stargazer07: I am having a TAH on June 5th . How long should I expect to really feel sore and do you recomend anything to help with the soreness of the incision

mjd2491: Val1970 - I had drain tubes... three of them.

mjd2491: Every time I got up, someone had to come \"detach\" me... :lol:"

fritzi64: I had a catheter, leg pumps, and IV, and a blood pressure cuff.

mjd2491: But not everyone has them

Weiser: ceres47, it can all depend on what was used for your anesthesia

mjd2491: I went home with the surgical drains and I dealt with them for a couple of weeks

Weiser: talk to the anesthesiologist and explain what happened both times

mjd2491: This is why I say forget bringing your own nightclothes

fritzi64: I had an anti-nausea patch and some medicine in the IV--and I still got sick.

mjd2491: Trust me -- it's easier with the hospital gowns!

Weiser: there are a varitey of things that can be done to help prevent sickness from anesthesia!

fritzi64: But that was from the morphine we found out

mjd2491: I got sick, too -- but only when I tried to stand up for the first time. Yech.

endropro: I am glad to hear that they are not going to rush me out of the hospital. I am having a TAH and they amy or may not take both overies.

Desert Rose: great relief...thx sisters!

mjd2491: Happy to help!

mjd2491: **

Weiser: no prob!

Val1970: Do you have the tubes if its vaginal?

dew2004:

they also said that I probably will go home with a foley catheter in.. which is a scary thought

mjd2491: Well, you'll probably have a catheter

mjd2491: And an IV

mjd2491: But probably not the drains

fritzi64: Val, mine was vaginal and I didn't have any weird tubes--just the stuff I expected

Weiser: I had no tubes, just the cath and IVs

mjd2491: I don't think they'd do them for a vaginal.

mjd2491: It all depends....

Val1970: ok didn't think so

canary: are drains always needed for a TAH?

mjd2491: I tend to accumulate lots of fluid, so I had the drains.

mjd2491: Canary - no

mjd2491: Some have them, some don't

mjd2491: All depends

mjd2491:

endropro: I think the panniculectomy had something to do with it because they took quite a bit of tissue
My mother died of a blood clot many years ago, so the doctor has warned me that they will be watching me VERY close after the surgery.

mjd2491: It helped the healing along because it cut down on the incision weeping.

mjd2491: (((endropro)))

Weiser: ((endopro))

fritzi64:

mjd2491: I'm sorry, endropro. It's good that your doctors and nurses will be giving you special attention.
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MeriG: what kind of pre-op tests did everyone do?

Weiser: blood work!

mjd2491: My pre-op was pretty much a non-event

Weiser: that was it for me!

mjd2491: Blood test.... and they took pictures of my belly.

Weiser:

mjd2491: BUT, I had just had a lap a few weeks before, though I only had blood work prior to that as well I was at the Mayo Clinic, so I was the \class project\" and several residents watched every step of the surgery"

mjd2491: lol

endropro: I have not had them done yet. I go in next Thursday.

mjd2491: Sometimes there are more tests done

mjd2491: Like an endometrial biopsy... but mine was done earlier on in the process

Weiser: some ladies have to have clearance with their GP and an EKG--your dr will let you know if you need those

mjd2491: Yep -- that's right Luisa

fritzi64: I had EKG, chest x-ray, blood work, HIV, and something else that I don't recall

mjd2491: And there can be other pre-op things, as well

mjd2491: And don't be put off if they ask you if you're pregnant -- it's standard.

MeriG: i have had an ekg, chest xrays, blood work and get a stress and lung function test

Weiser: some of it depends on age, overall health, etc.

stargazer07: My pre-op is next tues.

mjd2491: My second surgery, I had to watch a film, and had a very long interview with a doctor.

Weiser: oh, I did have to watch films!

mjd2491: It was strange... same hospital, two totally different experiences.

Weiser: and an appt with the RN besides the dr

mjd2491: It was interesting, though.

Desert Rose: I'm told to be sure and \ask' for a perioperative registered nurse [trained to follow you before during and after surgery] but I'm a little scared too...suggestions?"

mjd2491: Desert Rose - I've never heard of that

endropro: As strange as this sounds-- I am more worried about peeing in the cup for pre-op then I am the surgery. I have a VERY shy bladder :) LOL

Weiser: me neither!

Weiser: but it could be helpful!

mjd2491: I agree

Weiser: your dr's nurse won't be able to cover you in the hospital

mjd2491: I think she/he would be a great advocate

Weiser: so if you can have one for before, during, and after, GO FOR IT!

WEEJ: my pre-op is this coming wednesday... ob/gyn hasn't mentioned yet anything about what kinds of tests i might hafta do

mjd2491: Exactly

mjd2491: Well, Weej, it probably won't be much

mjd2491: I was all worked up about the pre-op, but it wasn't much to write home about.

Weiser: nope!

mjd2491: All the discussions about surgery had already happened when we decided on it.

MeriG: i wish that i could just get all the waiting overwith, for the panniculectomy part my consult was 2 hours

mjd2491: And I really leaned on the (((sisters))) here to help out, too.

fritzi64: Let's talk about recovery a bit

mjd2491: MeriG - are you considering a panniculectomy?

Val1970: I know this is more post OP. But when were you able to lift heavy things again. Like 30-40 lbs? (I lift alot at my job.)

MeriG: i am insurance approved for one :)

mjd2491: Val1970 - You need to talk to the doc about it.

mjd2491: MeriG - that's great! I had to pay big bucks for mine.

mjd2491: Heavy lifting (as any other activity) is very individual.

fritzi64: At two weeks, Val, my doctor told me not to lift anything heavier than a gallon of milk.

MeriG: they told me 15 to 20k - normally 6 to 10k

mjd2491: I was told not to lift any more than 20 pounds for 6 weeks
stargazer07: I am very active and also wonder when to expect to be able to be back to my oldself again with no restrictions
mjd2491: But they also said that didn't mean that at six weeks I could start carrying around 20 pounds, either!
mjd2491: I was supposed to \ease back\" into my activities not \"dive back\" in."
mjd2491: lol
Weiser: stargazer, you really have to ease back into your normal routine, after your dr clears you!
endropro: That is going to be the hardest part for me is explaining my not lifting the family during my recovery time :(
mjd2491: Stargazer07 - it's not a lie when they say it takes a year
mjd2491: I know that's hard to hear, but it really can take 12 months to feel like you're back 100%
fritzi64: I'm just under five months post-op, and I still feel like I'm recovering sometimes.
mjd2491: And this will be hard to hear, too..... but some of us never get there again
mjd2491: I'm almost 5 years out, and I'm still not back. :(
Weiser: amen, MJ!
Weiser: unfortunately! :(
mjd2491: Most, however, have very good outcomes
stargazer07: I have been telling my family that it takes a year
canary: Is the incision bandaged when you go home? I mean, how is it protected?
Goofy77: Are you going to talk about post op?
Val1970: Shoot I may need to find a new job :(
mjd2491: So the important thing to remember is that if you've done your research, and you know the surgery is the best chance you have for your health, you can go forward and deal with the negatives if they should arise.
Weiser: know the risks but hope for the best!
mjd2491: Val1970 - no.... but you may have to be reassigned for a hwile
Desert Rose: will there be any vaginal bleeding after surgery?? do I need pads?
stargazer07: from what I read in the booklet. i don't want to cause other problems by doing something I am not ready for
mjd2491: Desert Rose - I didn't bleed one bit after my surgery
Weiser: Desert Rose, some of us have bleeding
fritzi64: I had vaginal bleeding for almost six weeks.
mjd2491: I was all ready with pads but didn't need any of them
Weiser: I did for quite awhile
mjd2491: Just depends.
mjd2491: But I did use the pads to help with my drains!
mjd2491: lol
Val1970: Thanks mjd but there isn't much I can do that doesn't involle lifting
mjd2491: So I guess they came in handy after all
endropro: How can that be true-- My doctor and friends tell me compared to my endo pain, this hyster is going to be a small bump. A WHOLE YEAR, IF EVER???
Weiser: I had my hyst for endo, I was worse following surgery
mjd2491: Val1970 - well... I guess you need to decide that for yourself... but maybe there's an office you can work in?
Weiser: it only stopped my bleeding, started my pain
mjd2491: It's just not worth it to try and overdo
Weiser: I have even had another surgery to clean up more endo and adhesions
Weiser: a hyst is NOT a cure for endo
Weiser: it only stopped my bleeding
Goofy77: I am almost 4 months post op from having my uterus removed. I still get ligh periods and spotting when I am not supposed to. Antone els have that issue?
Weiser: do your friends have endo for which they had a hst?

mjd2491: Luisa -- isn't it true that the body can actually produce estrogen (which feeds endo) on its own?
Weiser: if not, their experience could be vastly different than yours
Weiser: yes
Weiser: fat cells
Weiser: plant estrogen
fritzi64: Goofy--do you still have your cervix?
Goofy77: yes
Weiser: food products can convert to estrogen
Weiser: endo can create its own estrogen
Weiser: and more!
fritzi64: Then it's normal to have some spotting.
Val1970: Whats the reason to remove or leave the cervix?
mjd2491: Goofy -- if you still have your cervix, you might have bleeding... a mini-period
endropro: This chat was supposed to help with my questions and concerns. Not give me more :(
mjd2491: Val - it's an individual choice
Weiser: my cervix was removed because of atypical paps from the endo
mjd2491: Some think that the cervix helps with pelvic support
Weiser: the cervix can be part of the problem since it is the bottom portion of the uterus
mjd2491: Some think that the cervix helps with sexual function
Kathy: Goofy77, the cervix has endometrial uterine lining that will bleed monthly. Some women with cervix have mini-periods on their cycles.
Goofy77: I am thinking I may need my cervix out. I get bad heachaches sometimes too.
mjd2491: but to be honest..... I didn't know I had one and I don't know it's gone.
Weiser: same here, MJ!
mjd2491: And since I had my surgery for fibroids... I didn't want a chance that any would regrow.
stargazer07: I am having my TAH because of large firoids. They cause me so much pain they wake me at night. The dr says the largest is a perdunculated fibroid
mjd2491: Stargazer - I feel for you
fritzi64: The pedunculated fibroids can be unbearable, I hear.
Weiser: ouch!
mjd2491: They thought I had two large fibroids... but when they did my surgery, I had over 30! (I guess they stopped counting?)
mjd2491: lol
fritzi64: I had a golf-ball size fibroid. The pain made me almost pass out while driving several times, and that was why I had a hysterectomy despite the risks.
mjd2491: You can see the photos of my uteurs over on Hyster Sisters
mjd2491: ACK
stargazer07: they are
MeriG: i supposedly have two small ones
Val1970: I have fibroids too
mjd2491: An important note about fibroids -- it's not so much the size, it's the location of the fibroids which cause the pain and symptoms
bpp: me also
canary: I have very large fibroids also, 20 week size uterus.
Weiser: fibroids are a top reason for hysterectomies
mjd2491: So someone with one small fibroid can be in agony, while another woman might have dozens and not have any symptoms at all
mjd2491: Yes, Luisa
Weiser: there are options if any of you are intersted!
mjd2491: And there are many options
mjd2491: A myomectomy only removes the fibroid(s)

fritzi64: MJ has posted a picture of her fibroidy post-op uterus in her HysterSisters album. Take a look!

endropro: Kind of like endo- it is not the amount, it is how it effects the person as a whole.

mjd2491: But I wasn't a candidate for this surgery because my fibroids were in the uterine wall

stargazer07: My largest was 6cm in February. about the size of a tennis ball

Kathy: and just because you have fibroids - doesn't mean they must come out ASAP. You have time to research. Fibroids that are non-symptomatic can be watched.

WEEJ: one friend told me that you could be at higher risk of getting cervical cancer if you get a hysterectomy but leave the cervix intact... my ob/gyn said this was a bunch of crap... anybody have any thoughts on this?

mjd2491: When I had my son in 2000, they said my largest fibroid was softball-sized.... But when I had my hysterectomy, it had shrunk. Largest fibroid was 3.5 cm. at that time.

Weiser: your GYN is the more reputable source of info

mjd2491: Oh, Weej -- there's so much info out there about cancer

Weiser: you could also seek a second medical opinion

MeriG: mine is coming out because i have had dysplasia

mjd2491: I think if your paps have been OK.... it's your choice.

mjd2491: But I agree with an additional opinion.

mjd2491: It's always a good idea

fritzi64: Meri, that's why I had mine removed, too. I had cervical and vaginal dysplasia.

mjd2491: I wasn't really given the option of keeping my cervix

Val1970: Can the fibroids cause problems when close to organs

stargazer07: The dr says the pedunculated Fibroid must twist on it stem to cause me so much pain

mjd2491: Val1970 - they can cause lots of pressure

MeriG: i wasn't given the option either, my only other option is more drugs

mjd2491: And they can make your abdomen stick out

stargazer07: When I have a spell I feel like I might pass out from the pain

mjd2491: They can also cause back pain

mjd2491: Stargazer - I can imagine that's true

fritzi64: Yes, stargazer, that's what was happening to me. It was awful.

mjd2491: Fibroids have wonderful vascular systems and the pedunculated ones can be extremely painful

Weiser: passing out is a scary symptom!

stargazer07: Oh my stomach sticks out. I noticed last summer that my once flat tummy was starting to bulge.

Val1970: what about things like the uterus being attached to the bladder? did the fibroids cause this

mjd2491: Val - my bladder and uterus were adhered to each other

mjd2491: But they said it was due to my previous abdominal surgeries and all the scar tissue

MeriG: i have been feeling queezy tonight its time for bed thanks for the wonderful information everyone

fritzi64: Goodnight Meri

mjd2491: I had two c-sections, and also a kidney surgery when I was a little girl.

mjd2491: Thanks Meri

Val1970: oh I see

Weiser: 'night MeriG!

endropro: I look like I am about six months preg the way my stomach pops out right now. My jeans don't even fit right.

WEEJ: g'night Meri! ;)

mjd2491: Endropro - I remember one of my first thoughts after surgery when I looked at myself was that I had never seen my tummy so flat!

mjd2491: Well, at least in years.

mjd2491: lol

stargazer07: I look about 4 months preggers and my pants are snug.

Val1970: Is it better to not wait until your symptoms are worse to have surgery

mjd2491: Well, I hope it gets better for you

mjd2491: Anyone have anymore questions?

stargazer07: It took having symptoms for the doctors to finally go looking for the cause

mjd2491: Well, that's not uncommon

mjd2491: But the process can sure be frustrating

endropro: I just want my life back. The endo has taken over my life and every plan I make is around what kind of endo day it is. Even, if it just gets any better, the surgery will be worth it.

Val1970: I wonder if waiting can make things go less \easy\''''

canary: how is the incision protected or bandaged when you go home after TAH?

mjd2491: Val - you mean with the surgery?

mjd2491: Canary - I had lots of bandages for mine

stargazer07: I was told I might be lactose intolerate, or have problems with my bowels or diverticulitis. until the CT scan in February I didn't know what was causing the pain

Val1970: right

mjd2491: My incision was left mostly open, and I had it covered pretty well

WEEJ: i'm TOTALLY with ya, endopro - - i'm SO sick of living with this pain =(

mjd2491: DH changed my bandages twice a day for six weeks!

mjd2491: He turned out to be a pretty good nurse.

mjd2491: I took a shower each morning, allowing the warm water to cascade over the incision area.

endropro: So men are good for something after all LOL

mjd2491: Then I watched some TV, lying on the bed, allowing myself to \air-dry\''''

mjd2491: Which was much more sanitary

mjd2491: lol

fritzi64: I'm going to remove the moderation so we can have a freer flowing chat with each other. Hold on to your keyboards!

mjd2491: And then the morning bandages would go on.

stargazer07: My DH has already been pampering me since he found out I needed surgery

endropro: Mine too.

Weiser: endropro--has your endo been diagnosed via a lap?

mjd2491:

Weiser: In the evening.... I'd just use a warm, wet towel and dab it on, then air-dry, then more bandages and how has it been removed in the past?

mjd2491: But if you're like me, you'll go through lots of stuff.

endropro: Yes, I am had six laps to fix and repair. :(

Weiser: was the endo cauterized?

Weiser: have you ever consulted with a specialist about excision?

mjd2491: My dh got a DVD player for the TV.... he even installed it.

Val1970: Anyone have/having a bladder repair? Dr wants to do a bladder sling

endropro: Cauterized and cut. I had two different docs. I can't remember which did what.

mjd2491: There are times when I wish I'd had this done

stargazer07: lucky girl ,mjd

fritzi64: I have a friend who found a doctor to excise her endo. She was excited to have this as an option to try.

mjd2491: I have some bladder urgency now

Weiser: oh, excision is the way to go!

mjd2491:

stargazer07: Not sure if it's because my bladder was so stretched from being adhered to the uterus or not. I think I might need a bladder fix. I will find out on Tues

mjd2491: But I'm sick of getting up 3-5 times a night!

fritzi64: I had a urodynamics study done and it turned out that my bladder issues were not caused by something that can be corrected through surgery. I'm doing Kegels instead.

Val1970: i sneez or cough and wet my panys
mjd2491: I don't have that issue... just have to go, go, go....
mjd2491: Like the commercial
mjd2491: lol
endropro: Gee thanks. Now that commerical is in my head :)
Val1970: i have the prssure has the biggest fibroid is next to my bladder
mjd2491: I also had a hemmorhoid flareup right after my hysterectomy - no fun at all
mjd2491: lol
mjd2491: You're welcome
stargazer07: I have been doing the kegels for a while they do help . I just figure if the dr thinks she can fix the bladder then she need to do it while she is in there

WEEJ:
you should have the Energizer Bunny as your avatar, MJ - - \keeps GOING and GOING...\\" ;)"

mjd2491: Nice touch Weej
fritzi64: I asked my doctor if she could fix it \while she was in the neighborhood.\\"
WEEJ: sorry - - couldnt resist...
mjd2491: ;)
Val1970: so why shouldn't i shave myslef? LOL
Val1970: really i would prefer my own work :)
mjd2491: You shouldn't shave yourself because you might nick your skin
Weiser: because if you cause a nick and an infection, your surger will be cancelled
fritzi64: Shaving can cause tiny nicks that introduce infection
mjd2491: right
mjd2491: Leading to an infection
stargazer07: you know my BIG fibroid might be the caue of my bladder woes. It might move and lay more on it at times.
mjd2491: Really... don't worry about it
mjd2491: I'm pretty private, and it was all fine.
mjd2491: And the second surgery, I didn't get shaved at all
mjd2491: It's doc's preference
fritzi64: You probably won't care too much about your hairstyle while you're recovering, anyway
Weiser: and you might find you don't even need to be shaved!
Weiser: I wasn't for my LAVH
mjd2491: That's right -- for my hematoma surgery (same incision area) no shaving whatsoever
endropro:
Think about everthing that they are going to see. Shaving me is the least of my concerns :)

Val1970: well i shave sometimes anyway, shh don't tell
mjd2491: It's something so many worry about.... but really, you wont' care a bit
mjd2491: And it'll be scratchy growing back in no matter who shaves it.
mjd2491: ACK
mjd2491: lol
stargazer07: Does the scar fade some over time?
Weiser: yes
mjd2491: I can't see my scar at all
fritzi64: Mine was clipped short rather than shaved, so no itch!
stargazer07: thank goodness
mjd2491: They don't do the ones like when I had my kidney surgery anymore -- I can STILL see those stitches from 1963!
stargazer07: I was worried about the scar
mjd2491: I can understand that
mjd2491: My scar itched for a while though
mjd2491: It was rather annoying
stargazer07: Thank goodness for new methods and Mederma

mjd2491: right
fritzi64: So what are some other questions you have about the surgery itself or about recovery?
Weiser: not all scars fade completely
Weiser: I have a visible one and a non-visible one
fritzi64: Does anyone have questions about sex?
Desert Rose: I'm good and out....cross your fingers for me on Thurs 28th and thx again
Weiser: ((Desert Rose))
WEEJ: 'night, Desert Rose =)
mjd2491: See ya, Desert Rose -- good luck
fritzi64: Good luck DR!
stargazer07: How long ,about 6 weeks?
stargazer07: Is it painful the first time?
mjd2491: Stargazer -- pretty much.
fritzi64: Generally, it's six weeks
endropro: This is kind of post-op, but how did you handle the visitors coming to see you after the surgery??? I have a few in mind that mean well, but I am sure they could be a problem.
Weiser: it wasn't for me, but I had to wait three months
fritzi64: but it depends on how your own recovery is going
mjd2491: I was OK at 5-1/2 weeks, but waited until about 7-8 weeks
mjd2491: Sex was not painful for me at all
mjd2491: But then... I didn't have a vaginal surgery.
Weiser: do you mean in the hospital or at home endropro?
fritzi64: I was terrified the first time, but it didn't hurt at all.
endropro: Both
stargazer07: good to know
fritzi64: In the hospital, I only wanted close family.
Weiser: for the hospital, you can have your dr restrict visitors!
Val1970: does it feel different if they take the cervix?
fritzi64: But I had told a co-worker she could visit me. Big mistake
Weiser: not for me Val1970
mjd2491: Don't know, Val -- I don't have anything to compare it with.... but I couldn't feel my cervix
stargazer07: i have told people I don't want visitors except for my family and mom
mjd2491: Want to hear a good one about visitors?
Weiser: for at home, be in PJs and if you can, have someone else be there to answer the door
fritzi64: She talked for an hour about her supervisor and their problems, and I threw up in front of her and almost fell asleep while she was talking. I was so relieved when my mom called and I had an excuse to have her leave
endropro: What if the family is the problem???
Weiser: then you can sneak off to bed if you need to!
mjd2491: I once saw where a woman went to her doc and wrote the words \"No visitors and no phone calls\" on a piece of paper -- asked the doc to read the words... so she could say \"No visitors and no phone calls\" to anyone who asked."
mjd2491: lol
mjd2491: It was hysterical
fritzi64: My in-laws came to visit several days after my surgery, and I headed upstairs to bed.
mjd2491: It's YOUR choice
endropro: Can I send them your way LOL
Val1970:
mjd2491: what do you wear after surgery if its vaginal? i'm guessing the tummy is sore but no stitches
stargazer07: Just say you are looking forward to taking in visitors at home, when you're up to it
stargazer07: What is it about folks and the hospital you go there because you are sick and everyone you haven't seen in a long while decide to come visit
mjd2491: You won't be on a vacation

fritzi64: After my vaginal surgery, I wore lots of sweat pants and pajama pants.
mjd2491: Stargazer -- honestly, if you don't feel like it, don't let them in.
fritzi64: The pajama pants were great because they reminded everyone that I was recovering
mjd2491: Have a code with the nurses... like if you ask for grape juice, you want the people out.
Weiser: another hostess who had a vaginal hyst wore a lot of jumpers, which is what I wore
mjd2491: I wore sundresses for two months
mjd2491: It was fantastic
stargazer07: Oh at home I will be fine, husband will be there to man the door. At the hospital the door won't lock
fritzi64: At home, I had a well-meaning friend who insisted on bringing me food.
Val1970: oh thats good(jumpers) dress are good. it will be warm next month
mjd2491: Stargazer -- use a forcefield!
mjd2491: lol
fritzi64: I set a cooler on the front porch and told her that she could ring the doorbell and I'd answer it if I was awake. Otherwise, she could leave the food in the cooler.
Kathy: I would tell all family and friends \Do not visit at the hospital. Please wait until I am home and settled\''''
Val1970: oh what is swelly belly
mjd2491: Exactly
endropro: I am planning on staying at my sister's for a couple weeks. I am NOT going to tell with in-laws.
mjd2491: Swelly belly is the abdominal swelling after surgery
stargazer07: I thinkI just might use the force:p
mjd2491: It was a really strange sensation at first
mjd2491: But it makes perfect sense
mjd2491: You've had a big physical trauma and the tissues swell and become tender
fritzi64: Healing tissue swells, just like when you twist your ankle
WEEJ: i think i'm going to call it a night, ladies... nice \meeting\" all of "
mjd2491: Sort of like a broken foot or leg will swell periodically
mjd2491: See ya weej
WEEJ: you, have a good night
fritzi64: Now, imagine that the swelling is happening to over 50 stitches inside
fritzi64: G'night WEEJ
Val1970: how long does it last?
mjd2491: The Swelly Belly Band is a godsend for this sort of thing
Weiser: night WEEJ
WEEJ: see you all here again SOON! :) :)
mjd2491: And here's a bonus.... when you're done healing, you turn the swelly belly band around and it's great for a strained back
mjd2491: ;)
fritzi64: Swelly belly wasn't a constant for me. The worst was at 3 months as I was back at work and trying to be more active
mjd2491: I had swelling for months
fritzi64: I still experience it, very mildly, now and then.
Val1970: i still don't know how they can stitch you through the vag. maybe i don't want to know
mjd2491: It was really annoying
mjd2491: Usually at the end of the day
endropro: I have a question about the hyster store. How do you shop there if you don't have credit card?
mjd2491: And my belly felt like a big brick
fritzi64: I could put on a pair of loose jeans in the morning, and by the end of the day, they would be really tight
mjd2491: I hope Kathy can answer the store question

Kathy: You can use a money order. Go through the store, shop and CHECKOUT and select MONEY ORDER for payment. Follow the instructions

canary: Does the swelling go on for so long because things are not completely healed inside?

Val1970: ok your post op stories are scaring me now.

stargazer07: i have to tell you my husband found the Hystersister site for me after I broke down when I found out I needed surgery. he is a great guy

mjd2491: Canary -- yes

fritzi64: Yes, that's exactly it.. healing takes a while

mjd2491: Val -- don't be scared.

Kathy: your merchandise will be shipped when they receive your money order and ORDER via SNAIL MAIL

mjd2491: It's like any other surgery. Just take your time.

endropro: I sent my DH the mistersister site. He loved it :)

stargazer07: i just want to tell you thank you for all the advice and information.

mjd2491: I don't mean don't be worried at all.... but chances are you will have a normal recovery.

mjd2491: Star -- you're more than welcome.

Weiser: the complications are not the norm!

fritzi64: Val, for me, the waiting was truly worse than the recovery, although I have some icky stories, too. Unfortunately, that isn't the case for all women. That's why it's important to be sure this is the best option for you.

Val1970:

mjd2491: the worse part is i have to miss work now. before i didn't work and the only surgery was a tubal

mjd2491: You just need to take your time with recovery. I took a very ill-fated shopping trip at 3 weeks post-op and I was a mess for days afterward.

mjd2491: It's major surgery... not a tooth extraction.

fritzi64: Stargazer, I benefitted from all the support on HysterSisters, too--and I still do have questions that I post for support on.

endropro: I put off the surgery until school was out. I am a teacher and the last day is tomorrow. YAH- Summer time to heal

mjd2491: Endropro -- wow -- early school year end.

Val1970: same here except that my kids will be out, no school functions etc

fritzi64: I'm a college educator, and I had my surgery right after Christmas. I had a full month of recovery and then went back about 10 hours a week for the first two weeks to teach.

stargazer07: I put off surgery until June 5th because daughter was graduating on Saturday and then college orientiaon is on May 29th. After that I have everything done

mjd2491: I took 6 weeks off work, should have taken 8

mjd2491: :(

mjd2491: But I was being all stoic and had to go back. Big mistake

Val1970: Mine is June 16th, the dayafter my family leaves

fritzi64: By six weeks, I just felt like I wouldn't do any damage by working. I was not completely recovered by any means.

mjd2491: You can't "will" yourself to heal. Your body has to do it on its own schedule."

bpp: mine's july 13

endropro: Yuck- that is why I waited. I have until the end of July. I have a workshop to go to. That should be enough time, i hope.

fritzi64: The first two weeks back to work were as hard as the first two weeks post-op. But then every week was better.

mjd2491: Hope so endro

stargazer07: I am going to try and be lazy this summer and heal but it is going to be hard. It goes against my personality

mjd2491: lol star

fritzi64: It isn't lazy. It's pampering.

mjd2491: It's self care

Weiser: I had complications so all did not go well for me
mjd2491: me too weiser
Weiser: if you have questions along those lines, I don't mind answering
stargazer07: Well i am not used to pampering myself
mjd2491: They found a huge hematoma at 7 months post-op
mjd2491: :(
Weiser: but I didn't go anywhere for a long time!
mjd2491: I just thought I was a slow healer.
fritzi64: Start practicing the pampering now, stargazer :)
stargazer07: i have learned that at the first sign of trouble call the doctor
Val1970: so how does the dr know you are healing?
mjd2491: Well... you check in and have appts with the doc
fritzi64: The important thing is to pay attention to your body and ask the doctor if anything raises questions for you.
stargazer07: I will try Fritzi
mjd2491: And they talk to you about how you feel
endropro:
mjd2491: I have never been good with the pamper stuff. I know I need to work on that during recovery.
mjd2491: I went back to work with a partially open incision -- that was OK
mjd2491: It was just how I felt that was important.
fritzi64: I had several internal exams when I thought I had infections (I didn't). The doctor could see the tissues mending back together.
mjd2491: When I had my hematoma surgery, I asked when I could go back to work...
mjd2491: And the doctor said, Are you in a hurry? What's your rush?
mjd2491: And of course, he was right.... Take your time.
fritzi64: You have only one chance to heal right.
mjd2491: That's so true.
mjd2491: I saw a comparison once....
mjd2491: Your recovery is like a newly poured cement pad
mjd2491: The problem is the bill collectors don't see my recovery time as required. They just want their money :(
endropro:
mjd2491: If you mess it up by walking on the cement too soon, you can't patch it, you have to start all over.
mjd2491: I've never forgotten that one.
stargazer07: My mom had a TAH 25 years ago and they didn't tell you to rest and take it easy like they do now.
fritzi64: What questions do you have about the HysterSisters website, with the different forums, social groups, resources, etc.?
mjd2491: endro - don't you have any paid time off coming?
mjd2491: Of course, back then you stayed in the hospital for a week, too!
mjd2491: My mom was in for 10 days or so with her hysterectomy, I think.
mjd2491: And they went in the night before....
mjd2491: Got a sleeping pill.... lol
endropro: It is not a problem since I waited, but it would have been if I would have gone with what the doctor wanted. I used most of my leave between my illnesses and the kids.
mjd2491: Oh.... I see that.
mjd2491: Well, you have to balance what you need to do for your finances and what you need to do for your health, I guess.
stargazer07: well i got to go, bed beckons. Thank you so much!!!!
fritzi64: goodnight star!
Weiser: night stargazer!
Kathy: good night stargazer07
fritzi64: We have a few more minutes. What other questions do you have?

mjd2491: Only one sex question????
mjd2491: lol
mjd2491: just kidding, ladies
endropro: What suggestions do you give for the husbands besides pampering?
mjd2491: Listening.
Weiser: patients
mjd2491: They really need to be there when you get your post-op instructions at the hospital
fritzi64: Never ask when they can have sex again ;)
mjd2491: Partly because you won't be feeling so hot at the time, and they'll listen better
mjd2491: My dh was the very BEST at pampering
fritzi64: My husband did that once, and I didn't even want to think about anything but healing
mjd2491: But he had to come around to it
Weiser: at times mine almost smothered me!
endropro: I needed to hear that. My MIL, is trying to tell him that hysters happen everyday and there is no need for him to stick around the hospital.
mjd2491: At first he thought I'd be up and around in a week or so
Weiser: oh, he needs to stick around the hospital in my opinion!
Weiser: that was a big comfort to me!
fritzi64: The best thing I found with my husband was to be very specific about what I wanted.
Weiser: my mom was with me when I found out I needed my transfusion
Weiser: I refused it until we could get hold of my DH and get him there
mjd2491: I agree with that
mjd2491: Mine was very stubborn
endropro: Oh, are we married to the same man??? LOL
Val1970: how long after surgery did you wake up?
fritzi64: Sometimes, I think we're all married to the same man!
mjd2491: But then he came around beautifully
mjd2491: If you just go to mayoclinic.com
Weiser: ACK!
mjd2491: And type in hysterectomy
mjd2491: You'll get some great info
Weiser: I can't remember Val, it was way too long ago!
mjd2491: Your husband will NOT be able to argue with the Mayo Clinic
mjd2491: Where they say it will be weeks until you're back to your old self
mjd2491: I love that part
mjd2491: Anyway
mjd2491: My DH suddenly said we should have my dd come stay with us
Val1970: i'm sure ev1 is different :)
fritzi64: My surgery was scheduled for 7:30, it went until 9, and I was in my room around 11:30. I don't know how long until I woke up because I was sick to my stomach.
mjd2491: I asked why, and he said I'd be out of commission for a while
mjd2491: Turned out he could search the internet, too ;)
mjd2491: And I never heard another word about my recovery and doing too little.
Val1970: so what do you suggest i do before surgery?
Weiser: one thing husbands need to know is that we are all different
fritzi64: Val, some women do a lot.
Weiser: mom, neighbor, cousin, sister, whomever may have recovered in a day
endropro: I am lucky because my DH is stubborn, but VERY protective :)
fritzi64: They cook, they organize, they set up their recovery area, and so on.
mjd2491: My surgery report time was something like 11:00..... But I wasn't in the OR until after 3:00. You never know how schedules go.
Weiser: but you need to follow YOUR dr's orders!
fritzi64: I planned to do all of this...

mjd2491: Oh, Val -- I was super-woman before my surgery!
fritzi64: ...but didn't do any of it because I was trying to grade finals and then I had so much pain from my fibroid.
fritzi64: I did nothing at all to prepare, and everything was still fine.
mjd2491: lol
Val1970: OH
mjd2491: I planned a full-scale cleaning of the house, and then I got \"real\" and just cleaned out the pantry and fridge"
Weiser: I made sure my house was clean and the fridge and cabinets full
Weiser: and I got mom here on a plane!
mjd2491: No matter what you do, it will be OK
mjd2491: There's always 1-800-PIZZA for food
mjd2491: lol
Weiser: dust bunnies will wait for you!
Val1970: what about the day before surgery
mjd2491: If it doesn't get done, it will get done eventually
mjd2491: Exactly -- name the dust bunnies if you want
Weiser: the day before was my Pre Op appts
Val1970: you can't eat if you are doing a clean out?
mjd2491: They are very friendly
Weiser: and my mom and I shopped!
endropro: Thanks for that reminder.
fritzi64: I had a little wicker basket I used for carrying around my medicines, iPod, and cell phone. That was all I took care of for several weeks
mjd2491: But the vacuum is NOT your friend!
mjd2491: The vacuum is evil unless someone else is operating it.
bpp: lol
Weiser: depends on our specific bowel prep instructions
endropro: The vacuum has never been my friend :)
fritzi64: I still don't vacuum--partly because it still feels it's too much and partly because I don't want my family to know I'm allowed to
Weiser: some can eat lightly
Weiser: once you start the prep though, plan to stay home!
mjd2491:
mjd2491: I never asked the doc if I could vacuum, so as far as I'm concerned, I haven't been cleared yet \\
mjd2491: lol
mjd2491: lol
fritzi64: It's just about time to wrap up the chat. Are there any other questions?
Val1970: how soon do you start the prep?
mjd2491: Usually the day before
Weiser: your instructions will tell you the exact time!
mjd2491: And it's done within 6-8 hours
mjd2491: But it can take longer
Weiser: for my last surgery, it said 4:00!
mjd2491: It all depends
mjd2491: And your surgery report time can impact that, too.
Weiser: if they are unclear, ask your doctor
mjd2491: yep
Weiser: right, MJ
Val1970: so i should be able to start later in the day?(day before surgery)
mjd2491: Ask the doc
endropro: I checked that I wanted the hyster check list, but still have not gotten one sent to my email. When does it come>

mjd2491: they'll let you know
Weiser: it all depends VAI
mjd2491: You mean checkpoints?
Weiser: I was on a light diet all day before the prep at 4:00
endropro: Ya
mjd2491: Kathy?
Val1970: ok thanks
Weiser: my surgery was for 10:00 AM
Kathy: Yes?
mjd2491: Question about checkpoints
Val1970: ok yes mine is for the am
mjd2491: When do they start coming?
Kathy: The schedule for checkpoints is on the checkpoints main page
mjd2491: Does that help, Val?
fritzi64: You can find the checkpoints on the post-op resources page ahead of time, too.
Kathy: if you joined after the pre-op was sent, you won't get it
Val1970: YUP!
Weiser: m diet was liquid, no red, no dairy
Kathy: but if you didn't get the email, you can go read the checkpoints anyway
Val1970: thanks weiser
mjd2491: The checkpoints are so great
Weiser: before my hyst, I only had to no eat before midnight
mjd2491: I wish they had been there before my surgery
Weiser: all doctors have different protocols
mjd2491: Me too Weiser
endropro: Thanks. I will do that. You have answered alot of questions, but I am sure more will come.
mjd2491: And I had a big bowl of ice cream at about 11:30 p.m.!
mjd2491: It was wonderful
fritzi64: Okay. We need to close up the chatroom now. Continue to post questions in the pre-op forum, of course, and you can feel free to send me a private message if you like.
Weiser: post on the site if you have questions!
mjd2491: 'night all!
Weiser: send endo questions my way!
fritzi64: Thanks for coming!