

Source User	Message
fritzi64:	Yowza! We have so many women here tonight. That's great!
Limarie:	Hello!!!!
celticfiddlegal:	:)
fritzi64:	Okay, let's get started.
fritzi64:	Welcome to our live pre-op chat!
fritzi64:	Weâ€™re so excited to be able to do this chat tonight.
celticfiddlegal:	Yay!
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 much 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 Crossfire 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 and that will be our guide. You will be able to ask questions about her commentsâ€”
fritzi64:	and youâ€™ll have a chance to ask questions of your own as well.
fritzi64:	To help everyone follow the conversation, 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:	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:	Sometimes, questions get lost or addressed in other ways, so please understand if your question doesn't show up.
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 Crossfire, who will introduce herself and get us going. Crossfire, itâ€™s all yours!
Crossfire:	Thanks Fritzi!
Crossfire:	Hi! My HysterSisters name is Crossfire, but my real name is Debbie and many people call me Deb. Please feel free to call me by either name. Iâ€™m a hostess in the Pre-Op forum, the Prayer Forum and Friends without Faces.
Crossfire:	I am married with a 22 year old daughter and two precious dogs that complete our home. My dear husband retired from the Army three years ago and Iâ€™m enjoying life as a retired Army wife for now.
Crossfire:	When I was in my 20â€™s, I was told that I had a retroverted or tipped uterus. That meant it was tipped toward my spine. Since my uterus was tipped toward my back, the pain from my cramps generally radiated to my back.
Crossfire:	Five years ago, my doctor and I sat down and discussed options that I had and felt it was time to schedule a hysterectomy. At that time, I had pain, continuous bleeding, and I was exhausted because I was anemic.
Crossfire:	I had a TVH and kept my ovaries in April 2004 due to dysfunctional uterine bleeding, fibroids and suspected adenomyosis. Adenomyosis is the penetration and growth of endometrial tissue from the uterine lining into the uterine muscle. Pathology confirmed adenomyosis after my surgery.
Crossfire:	One day I decided to Google Hysterectomy support and HysterSisters.com was the first result to come up. I was and still am, amazed by the information and support here. Because of Hystersisters, I have never felt alone on this journey. This site has been a true
Crossfire:	Enough about me!
Crossfire:	Letâ€™s talk about your hysterectomy!
Crossfire:	Here are some good descriptions (along with their abbreviations) of the most common types of hysterectomy surgery:
Crossfire:	SAH â€” Supracervical abdominal hysterectomy, done through an abdominal incision. A partial (or supracervical) hysterectomy is removal of just the upper portion of the uterus,

Crossfire: LSH - A partial hysterectomy may be done completely through laparoscopic incisions (small incisions on the abdomen -- laparoscopic hysterectomy).

Crossfire: 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

Crossfire: TVH â€œ Total vaginal hysterectomy, done through a vaginal incision (vaginal hysterectomy). Removes the uterus and cervix.

Crossfire: LAVH â€œ Laparoscopic-assisted total hysterectomy may be done through a vaginal incision and assisted by laparoscope. (laparoscopic assisted vaginal hysterectomy).

Crossfire: Do you notice anything missing from these definitions? I sure did â€œ they never talked about ovaries. I found out that the actual hysterectomy is only about the uterus.

Crossfire: A â€œpartial hysterectomyâ€œ means the cervix is not being removed, because the cervix is actually the lower part of the uterus itself, not a separate organ.

Crossfire: So if you are having your uterus (including your cervix) removed, youâ€™re having a total hysterectomy â€œ whether or not your ovaries are retained.

Crossfire: The surgery to remove the ovaries is called oophorectomy. And it has its own set of abbreviations!

Crossfire: 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).

Crossfire: LSO â€œ left salpingo-oophorectomy, or removal of the left ovary and tube.

Crossfire: RSO â€œ right salpingo-oophorectomy, or removal of the right ovary and tube.

Crossfire: Whew! Thatâ€™s a lot to understand, but thankfully you really only have to know the type of hysterectomy youâ€™re having, at least for now!

Crossfire: I remember I read absolutely everything I could get my hands on prior to my surgery.

Crossfire: If youâ€™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: Donâ€™t worry about these things!

Crossfire: After all the worry, packing and re-packing, I really only used a few things during my hospital stay.

Crossfire: I used a comb, toothbrush and toothpaste. I also changed into my own underwear. But even with underwear, the hospital gives you underwear and pads. (Or at least mine did. Ask!)

Crossfire: 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.

Crossfire: 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 wasnâ€™t sleeping I was walking the halls of the hospital or listening to the TV quietly.

Crossfire: So please donâ€™t over-think the packing thing. If you forget something, it can always be brought to you â€œ but whatever you bring, you have to lug home.

Crossfire: As for the house â€œ I had all of those pre-op â€œnestingâ€œ 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 â€œthrowing outâ€œ sessionâ€œ and they were nice and clean and clear. I stocked up with my favorites (yogurt, fruits, etc.).

Crossfire: Around here, we call ourselves â€œprincessesâ€œ, 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.

Crossfire: This means that all menial tasks (laundry, cleaning, cooking, etc.) should be performed by your loyal subjects â€œ be it family, friends, neighbors, roommates, or whatever.

Crossfire: We used to have a somewhat tongue-in-cheek list on Hyster Sisters of what you can and canâ€™t do after surgery, and pretty much anything beyond fluffing pillows and running the remote control is off limits.

Crossfire: This isnâ€™t done to be sarcastic â€œ itâ€™s real advice.

Crossfire: Housework is so strenuous! The lifting, stretching, twisting and bending is just too much. Take yourself through the motions of doing laundry, and itâ€™s no wonder that doing just a load or two has set back more than one newly post-op (((sister))) in her recovery.

Crossfire: Honestly, it doesnâ€™t matter if the house doesnâ€™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 â€” name them if you want. Your house does not need to be perfect.

Crossfire: If possible, try to create a â€œrecovery roomâ€ for yourself. You wonâ€™t be bedridden by any means, but you do need to have a place â€œjust for youâ€.

Crossfire: Some ladies use their bedroom; others take over a downstairs family room.

Crossfire: Using paper plates and plastic cups is not a bad thing if youâ€™re recovering from surgery, so forget about dishes. And if all else fails â€” itâ€™s the famous 1-800-PIZZA (no, thatâ€™s not a real number! But you know what I mean).

Crossfire: 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! Itâ€™s OK â€” we promise not to tell.

Crossfire: Itâ€™s a challenge recovering with pets, too. I didnâ€™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.

Crossfire: Now, on to some of the great resources here at Hyster Sisters.

Crossfire: Did you know that we have a â€œTell your Hyst-Storyâ€ forum? Itâ€™s my favorite even today. I love to read about other womenâ€™s experiences with their surgery.

Crossfire: Did you know we have an extensive set of forums for hormone therapy?

Crossfire: Did you know we have a link directory called: Resources?

Crossfire: Did you know we have an online store with products weâ€™ve found from 10+ years online are a great help to you?

Crossfire: Did you know we have a fitness area called Hysteritaville with clubs (over 50? Losing weight? Bikers? Etc)

Crossfire: Did you know we have a games area and a â€œfriends without facesâ€ forum to chat as friends about everything from American Idol to your favorite pet?

Crossfire: Please be sure and poke around the HysterSisters website to discover more than you could ever imagine.

Crossfire: Support and friends! Thatâ€™s why we are here!

Crossfire: Now, itâ€™s time for your questions and concerns. Please ask your question and the moderator will send them through one at a time.

fritzi64: Let's try it this way...

fritzi64: ...We'll start off with your questions specifically about preparing for the surgery.

fritzi64: Later, we'll get to the surgery and hospital experiences, recovery, hormones, and sex.

fritzi64: So for now, preparing for surgery. And I'll let the questions through so Crossfire can answer them.

Val1970: What foods should be avoid the days before surgery?

Crossfire: My doctor told me that I didn't have to avoid anything specific types of foods

Crossfire: I pretty much ate normally up until midnight the night before surgery

Crossfire: Be sure to ask your doctor what's right for you!

Crossfire: :)

LWILL4U: should I disuss my meds before surgery

Kathy: check with your doctor. The days leading up to my surgery, I chose to eat light but that was just because I had a nervous stomach. My doctor didn't give me food restrictions

cathy_321: how far ahead of surgery are people stopping work? I was going to go right up to the day but am re-considering as I am so stressed and teary?

Crossfire: LWILL4U, please discuss all meds with your medical team

Crossfire: If you're taking prescriptions, they need to know and will advise you bet

Crossfire: best

Crossfire: :)

fritzi64: I was told to take my prescriptions with just a sip of water the morning of the surgery.

Crossfire: I was told the same as Fritzi

Limarie: I was told not to take my morning meds at all!
petitensasy: Is it ok to have sex the night before my surgery?
Kathy: yes, every doctor is different. Ask your doctor
Crossfire: I wasn't working outside the home at the time of my surgery cathy_321
Crossfire: If you can take time off and it makes you feel better I'd go for it but many sisters work up until the day before.

LookingforaSis: cathy_321, I worked up until the day before my surgery. But, that helped keep my mind off of it.
Crossfire: The decision is pretty much yours
Kathy: Yes, petitesasy, its another question to ask your doctor but probably going to be fine
Kathy: some doctors will restrict sex before surgery if you are having a vaginal hysterectomy
Kathy: other doctors won't care because they will cleanse the vagina anyway
Val1970: kathy how long before?
Kathy: Ask your doctor. Most doctors don't mind you having sex the night before surgery. Every surgeon is different
Kathy: when in doubt, ASK
Kathy: only your surgeon can give you those instructions - but if you are thinking them, other patients have asked the same question
Val1970: yea after spending hours on the pot, thats what i wanna do LOL
Crossfire: I agree. That's what your doctor is there for.
Kathy: nothing is goofy or wrong to ask
missjava: I won't be in the mood ...not with Half Litely on the menu
Kathy: right
Crossfire: (((missjava)))
Kathy: last thing I thought about :)
Shannah: What all is involved in the Pre-OP exam?
Crossfire: My pre-op was very simple really
Crossfire: I had a question/answer session with my doctor, did my pre-admit paperwork, and talked to the anesthesiologist.
Kathy: Mine too. They asked what meds I took. They did a pregnancy test. I was shocked - but they said it was required
Crossfire: Quick blood work and I was done.
Crossfire: Everyone seems to have some differences at pre-op
Kathy: yes, I was in and out in 30 minutes. But I've heard of long sessions with nurses, doctors and more nurses
Kathy: and paperwork at the hospital
LookingforaSis: Mine was pretty uneventful as well. In and out.
Crossfire: I spent a lot of time with my doctor and anesthesiologist
Kathy: and sometimes requiring partial payment
Kathy: just ask
purplejoy: is the shaving & catheter pretty much your doctors decision or how does that work
Crossfire: I wasn't shaved and I only had a catheter during the actual surgery
Kathy: yes, your doctors decision. Do not shave yourself before you go into the hospital
celticfiddlegal: My tubes are tied and my husband had a vasectomy, will they do a pregnancy test?
Crossfire: It varies among all of us
Kathy: we've heard of surgeries being cancelled for women shaving selves
Kathy: yes, celticfiddlegal, most likely, yes
Crossfire: I had a pregnancy test, too
apegrape: what are the blood tests for?
Crossfire: It's just standard I guess
Kathy: blood type, infection, pregnancy
Kathy: basic screen
missjava: Bloodwork, paperwork, and preg test is what I had...no exam...just the initial exam when I was told I needed the hysterectomy...

fritzi64: You've been sending is some great questions. I'll try to let them all through later, but let's move on to talk about the actual surgery and hospital experience now...
kelly616: how long does a TAH normally take
yonker: My DR said 2 hrs for a TAH

petitensasy: How long does a TLH take?
Val1970: How long does a VH take?
purplejoy: how long does a lvah take
Crossfire: I had a TVH and my surgery was only about an hour
Kathy: Each can take between 1/5 hours and 4 hours depending on the kind of surgery and the extent of the needs

LookingforaSis: lavh/bs0 for me, 2 hours.
Kathy: oops, 1.5
fritzi64: When I had my pre-registration conversation with a hospital nurse, the length of surgery was on her list to tell me.

Limarie: I was told by my Dr 45 minutes for a LAVH
ooppee: How about TAH BSO and Bladder Taping?
LookingforaSis: I also had extensive endometriosis that had to be cleaned up.
Kathy: it all depends on your surgeon
Kathy: between 1 hour and 4 hours
yonker: some DRs do not like to discuss time because the visitors can get anxious if you run over

Crossfire: that's true yonker
missjava: does the time you're \out\" effect how long til you wake up?"
Kathy: and you don't want your surgeon in a race :)
Limarie: that is true!
Kathy: no missjava
Crossfire: that was a strange thing for me missjava

LookingforaSis: Great point Kathy!
Crossfire: i was out and then i woke up
celticfiddlegal: Is it just assumed that a doctor will remove scar tissue from previous abdominal surgeries during your hysterectomy?

Kathy: the sleepy meds are regulated and you should wake up within a certain timeframe no
scare d cat: I was out 9 hours
cathy_321: i've had 3 c-sections, and they said I have \adhesions\" will that make it harder to do a laparoscopic hysterectomy?"

Crossfire: (((scare d cat)))
Kathy: awww scare d cat, that is a long time!
scare d cat: had complications
Limarie: I am afraid of waking up during my surgery
Crossfire: I've heard that cathy
Crossfire: What type of hysterectomy are you having?
simple4soul: when you wake up from a TAH is the area numb to prevent you feeling pain right away?

Spiky Sandy: The gas-doc will make sure you don't wake, limarie
yonker: Dont fret Limarie- the pros know what they are doing with sleep
LookingforaSis: cathy_321, I also had adhesions. It just takes time to clean it up.
Kathy: yes, usually when you wake up, you have received added meds in the incision area
simple4soul: phew... :)
apegrape: is there any chance that the doc will just do an epidural for a TAH? I am soo scared thats what they will do
cathy_321: they're planning supracervical laparoscopic, but I guess they'll change if they need to

Kathy: you can ask about something called : OnQ which is a local gadget that keeps the incision area numb for a few days!
Val1970: can you have scar tissue from a tuballigation?
kathybert: any chance they will remove some of the extra skin when the sew you up after a TAH?

Crossfire: cathy_321 I was told I was having a TVH and would be changed to a TAH if needed
LookingforaSis: Val1970-- it's my understanding that having any surgery can cause scar tissue.
Kathy: kathybert, another good question for your surgeon. I would like to request fat be removed.
;)
Crossfire: I just mentally prepared myself for both

fritzi64: Are there other questions specific to the surgery or hospital experience?
Val1970: does the hosp usually want a relative/spouse to wait in the lobby? or can they come back if its going to be a few hours?
purplejoy: what about diet in the hospital , after surgery is it whatever you want or are you on a special diet
Crossfire: My hospital preferred someone waiting
LookingforaSis: val1970--- they didnt let my dh back until I was moved to my room.
Kathy: my hospital and surgeon required my husband wait in lobby at all times. Ask your hospital
simple4soul: how soon can you walk around while in the hospital?
Crossfire: Some women have their loved ones go out and come back though
scare d cat: i had family wait with me right up till they strolled me into OR
Crossfire: You can ask to be sure
yonker: My hospital has allowed for 1 person to stay overnight in the room with me
ghostlass: How long is the hospital stay for a TAH?
LookingforaSis: purplejoy--- i was \"supposed\" to be on a liquid diet. But dh brought me a burger and I ate it! OOPSIE!"
teacher20: How long will I be in the hospital with a TAH.
Crossfire: I was up walking as soon as I was allowed
Kathy: that's a nice touch, yonker
Crossfire: simple4soul
Crossfire: Walking is a good way to help with any gas issues
simple4soul: @Teacher20 - I was told 3 days for mine
Crossfire: :)
yonker: My TAH is 2 day stay
Kathy: hospital stay can range from 1 day to 5 days depending on your condition and type of surgery
scare d cat: walk as soon as you can
yonker: I thought the hospital was super sweet letting family stay overnight with me
ooppee: Is it pretty standard to get a morphine drip for the first day?
Crossfire: that is great yonker!
Kathy: its very very nice to allow family to stay the night with you
LookingforaSis: ooppee-- i had one!
Crossfire: That's what I had ooppee
fritzi64: Okay, let's move on to some questions about early recovery.
Kathy: honestly, i wouldn't have known. I slept all night long from all the drugs
LookingforaSis: ooppee-- i also needed toradol!
Limarie: How much bleeding can you expect after a LAVH?
Crossfire: You can talk to your doctor so you'll know what to expect
dew2004: I am really concerned about leg pain after my TVH, TVT and A&P repair
LookingforaSis: limarie-- i had a little bit of spotting for about a week.
Crossfire: Limarie, from what I've read, it's not a lot
Crossfire: usually a mini pad is all that's needed
fritzi64: I had bleeding and discharge for 5 1/2 weeks
yonker: wow- looking for a sis- that's not as bad as I thought it might be
LookingforaSis: Yep, I wore a panty liner.
luv2tch: Is there bleeding after a TAH/BSO?
scare d cat: i had no spotting at all after
kathybert: why do you bleed?
Crossfire: dew, be sure to let your doctor know your concerns
LookingforaSis: Yonker, it wasn't bad but I was VERY careful not to over do it.
Crossfire: I had some back pain a few days after my TVH due to the surgical positioning
scare d cat: from left over stuff in there
yonker: not overdoing it will be difficult--but I WILL do it
Crossfire: Bleeding can occur from doing too much too soon after surgery
Crossfire: It can just be a normal part of healing as your stitches dissolve
dew2004: crossfire, I have mentioned it to the doc and there is nothing they can do because the surgery is so extensive and I will be in stirrups for so long (and I have fibromyalgia)

simple4soul: i'm having a TAH and I'm concerned about being able to shower and getting the cut wet

Crossfire: It shouldn't be like a period though

Crossfire: or bright red blood

Crossfire: (((dew)))

NativeNYer: What is the rule on stairs? My master bedroom (recovery room) will be on the second floor. I've heard that stairs are a particular no-no. I am having a LSAH or SAH. Thanks so much. NativeNYer

LookingforaSis: simple, I had a sort of liquid band aid over my incisions.

Crossfire: I hope it doesn't flair up for you

LWILL4U: will I be able to walk up the stairs to my bedroom when i get home from the hospital

Crossfire: dew, stay in close communication with your medical team

LookingforaSis: LWILL, I think it depends on how sore you are. You might make it up but, don't plan on coming back down that same night.

Crossfire: It seems that most members are allowed to use stairs

dew2004: thanks... I hope not too... I will be bringing my quad cane to the hospital for extra support for walking after surgery

ooppee: I rented a bathtub seat that you can sit on and swing into the tub to shower it was really quite cheap and the rental company will deliver it.

yonker: good ?? simple4 soul- how about those post- showers

Crossfire: Taking it slow and not using them a lot

mjd2491: I was able to do stairs right away, just had to take it slow

Kathy: that's a great idea ooppee

Crossfire: ask your doctor to be sure :)

fritzi64: I overdid the stairs--going down hurt more than going up. I was in a lot of pain for a few days. It should really be only once or twice a day that you do stairs--unless you are given

Crossfire: dew, your can is probably a good idea

ooppee: I also rented a hospital table to swing over my bed.

dew2004: i was thinking about a bathtub seat too...

apegrape: I am too concerned when I can shower for the first time and how it will affect the incision

fritzi64: One of my friends used that Glad press and seal wrap to cover her incisions. It worked great!

Limarie: I plan on showering in the castle

LookingforaSis: apegrape, I showed two days later. But, I had a sort of liquid band aid over my incisions.

Crossfire: You might be able to let the water run over your incision and just pat dry

ooppee: For both the table and bathtub thing is was \$80.00 Canadian. I live alone so am trying to get things to help me be independant.

simple4soul: any tips for getting in and out of bed for the first few days when home?

LookingforaSis: simple-- throw your legs over the side first, try not to use your abs!

dew2004: for those of you who had surgery already, did you actually shower in the castle?

LookingforaSis: simple--- think LEGS and ELBOWs :)

Crossfire: I didn't

Kathy: no, i didn't shower in the hospital.

fritzi64: I showered the morning after my surgery. It felt so amazing!

Crossfire: I just freshened up and took a shower when I got home the next day

LookingforaSis: dew-- no. I didn't shower until after i came home

Crossfire: Great tip (((LookingforaSis)))

fritzi64: Okay--let's talk about some hormones...

Limarie: the castle told me they expected me to shower before I left

scare d cat: i took a shower there

luv2tch: Does everyone need HRT?

Crossfire: Does anyone who takes '

Crossfire: HRT want to answer that question?

fritzi64: I kept my ovaries so didn't think I would have to worry about hormones.

LookingforaSis: I think it is a personal decision. You have to weigh the risks with the benefits.

fritzi64: However, I'm 44 and ripe for perimenopause, so my ovaries started shutting down.

LookingforaSis: because I am only 31, my doc and I feel that it is important for me to have a litte estrogen.

Crossfire: We have a world of Hormone Resources and forums here

Crossfire: You should check them out!

fritzi64: About a month post-op, I began experiencing serious fatigue and brain fog and called my doctor in tears. She put me on estradiol, and I'm feeling like me again.

yonker: How difficult is it to get the meds working with one's system

Spiky Sandy: my dr mentioned estrogen and testosterone

Kathy: some women have an easy time balancing new HRT, others have a more challenging time finding the right dosage and type of HRT

LookingforaSis: yonker, I was very fortunate, I found the right estrogen the first time out! I actually found it here, on Hystersisters!

fritzi64: The best thing is to ask your doctor what signs to look for and how to tell if somethign is working for you or not.

ooppee: I am taking testerone cream now. And after TAH BSO and bladder taping I will start on Bi-Est progesterone and esterone cream. My gyne doesn't mind.

celticfiddlegal: Did anyone find they were able to stop taking depression/anxiety medication after their hysterectomy? (With their Doctor's approval of course)

Limarie: good question celticfiddlegal

yonker: will I have to ask for a certain kind of HRT--or will the DR prescribe it based on previous tests

Spiky Sandy: great question, celticfiddlegal, that's something that would be fantastic!

Crossfire: celticfiddlegal, that is a good question

Crossfire: Would you post that one the board before you sign off tonight?

celticfiddlegal: Guess I'll have to find out for myself.

LookingforaSis: celtic--- i took anti d's years before my hyster so I can't answer that one.

Kathy: If you might be interested in patch, ask doc for vivelle dot prescription before your surgery. Take the patch with you for surgery and he can slap it on you during surgery.

Limarie: I am losing my right ovary and tube. How will I know if it doesn't wagr up after surgery?

petitensasy: If you have 1 ovary left is HRT recomended?

dew2004: they are leaving my ovaries... should I still expect to have some hormonal changes after?

apegrape: as of right now I am keeping one ovary but if they cant save it what are the HRT options

LookingforaSis: celtic-- i wouldn't go changing a lot of things until you get your body regulated though :)

mjd2491: Limarie - you'll have menopause symptoms

mjd2491: Hot flashes, mood swings, etc....

mjd2491: But the ovary might kick in after a time, too

fritzi64: brain fog and fatigue were the big signs for me.

LookingforaSis: dew-- sometimes it can take some time for your ovaries to wake up after surgery.

celticfiddlegal: me Crossfire? Sure

Crossfire: petitesasy, your ovary may continue to work and your won't need HRT

ooppee: My gyne said the risks are too high if I don't take some form of HRT I am 45. He suggested 5 yrs. I am having TAH BSO

LookingforaSis: dew-- you might still expect some changes.

Crossfire: Yes, celtic

Crossfire: :)

fritzi64: We have a question or two about the abdominal binder coming next...

fritzi64: except that now I can

Kathy: abdominal binder is the #1 item we sell in HS store

mjd2491: I got mine from the castle and I loved it.

fritzi64: I can't find the message, so Kathy, if you could talk about the binder and what it helps, that would be great.

Kathy: the HS store binder is a great size

Kathy: it is not too wide which we have found is the major complaint of any that the hospital might

mjd2491: It's like a big ACE bandage with velcro on the end

Kathy: those are over 12 inches tall
mjd2491: right?
Kathy: and they hang up on bigger wider areas and do not give support where you need it - across your incision
Kathy: so we developed this binder
Kathy: which is not as tall...but can be snugged up
Kathy: and it is washable
Kathy: so you can toss in washing machine if you spill on it
Kathy: its sturdier than an ace bandage but it does close with velcro
Kathy: so you can change the sizing
mjd2491: Another plus for the binder is that it helps keep your bandages in place without adhesive tape!
Val1970: how did you guys decide what was too heavy to carry? if there is a weight limit. how do you know if its over that amount?
mjd2491: Your doc will give you limits
Kathy: we often get calls from husbands in the HS store - asking for HELP to send a binder quick. LOL
mjd2491: My limit was nothing over 20 pounds for 6 weeks
Kathy: my doctor told me nothing that weighs more than a gallon of milk
Crossfire: Val, my doctor compared weight to a gallon of milk
fritzi64: Even a gallon of milk was too heavy for me for several weeks.
mjd2491: But I followed (((Kathy's))) lead and didn't lift any more than 5 pounds
Spiky Sandy: a gallon of milk is 8 lbs.
purplejoy: i was told not to lift anything heavier than a coffee cup for awhile
Crossfire: Your good Spiky!
Crossfire: :)
mjd2491: Another really important thing to know is that once you CAN lift, it doesn't mean you can just start lifting 20+ pounds and carrying it around.
missjava: you only have one chance to heal right...it's best to do what the doc says about lifting

mjd2491: You have to ease back in, and just because the doc says it's OK doesn't mean you have to do it. ;)
Crossfire: I couldn't agree more with that logic purplejoy!
Spiky Sandy: I do disability applications for a living-THANKS!
LookingforaSis: Great point (((MJD)))
simple4soul: what about driving. my doc told me 2weeks no driving...i drive standard so i'm wondering if it will be a bit longer?
Crossfire: Easing back into is important
dew2004: i am just scared about the not lifting.. because I have an 18 month old at home
mjd2491: dew2004 it can be a challenge
LookingforaSis: simple-- i was driving as soon as I was off my narcotics, about 1 week post op.
mjd2491: The baby can climb up on you and snuggle, but you won't be able to lift.
fritzi64: I was able to drive after a week in our automatic--but I couldn't do the standard for about a month--and even then it was difficult to push the clutch in.
Crossfire: Simple, I was told 2 weeks but waited 3
LookingforaSis: dew-- be super careful and remember to lift with your LEGS!!!
mjd2491: Set up a changing station on the couch
simple4soul: thanks Looking...this downtime will be the longest I've had since my daughter 18yrs ago...lol

Limarie: (((Dew))) that is going to be a challenge for you
Crossfire: I was surprised at how sore I was after a very short trip
yonker: My DR said 3 weeks for the standard that I drive
Toronto131: why is driving taboo?
mjd2491: Well.... you'll be awfully tired
mjd2491: And you just plain may not feel well
mjd2491: You have to have really good concentration
Crossfire: Toronto, you'll use muscles that you didn't realize you use when driving

LookingforaSis: Toronto-- you will be surprised how hard it is to do a u turn after abdominal surgery!
WHOA!!!

mjd2491: And for me, putting on the brakes was a challenge because of the abdominal incision

mjd2491: Even looking over your shoulder to change lanes -- you'll be shocked at the difficulty.
ooppee: I would imagine moving quickly to brake would create pain.
yonker: driving is taboo for several reasons-think if you do get into an accident, the other party will say you couldn't control vehicle because surgery

LookingforaSis: MJD!! Yes!!! Anything that involves your core is really sore and difficult.
purplejoy: what about traveling in a car or taking a bus trip
Val1970: is driving longer for those with AH?
celticfiddlegal: and if you got into an accident...ouch

Kathy: its why the abdominal binder is helpful. It provides support to your core
Toronto131: having my car taken away from me sends me into a tizzy!!
mjd2491: Toronto -- you will probably not want to drive.
simple4soul: i'm just worried with changing gears with the healing of the TAH cut
mjd2491: I had no desire at all -- I didn't feel well enough to do it.
Crossfire: purplejoy, ask your doctor about travel
yonker: I'm with you on that Toronto
simple4soul: me too Toronto! I'm just west of you..in the burbs you need a car!
Toronto131: thanks
yonker: after a TAH--how does riding in a car feel?
mjd2491: Yonker - on the way home from the castle, you'll feel every bump. That's for sure
Crossfire: My doctor suggested stopping and getting out regularly to walk around
fritzi64: I live one mile from the hospital and have a vaginal hysterectomy...

LookingforaSis: purple-- my hips hurt a lot for almost 2 mos, so long rides post op were tough.
fritzi64: ...and I still felt every bump on the ride home.
Crossfire: Me, too Fritzi!
missjava: I wouldn't do that (ride a long time) until youre able to sit up at home for the same amount of time of the trip

mjd2491: java - that's a good tip.
ooppee: Toronto I am in Aurora. I have planned to make my recovery a time to catch up on projects like drawing, painting reading, to re-connect to myself but I will definately miss driving my Honda SIR stick shift.

yonker: oh boy--I'm 2.5 hrs from hospital...it's not going to be fun at all, maybe they can give me pillows in the car are helpful, too
Crossfire: And it might be easier if you can lie down for the trip home, yonker.
fritzi64: Yonker-- tell them you have a long trip, perhaps they will give you something special for the trip :)

LookingforaSis: A must I've heard
missjava: new topic...
fritzi64: **
Crossfire: Does everyone get a swelly belly after the hysterectomy?
petitensasy: I didn't have a big problem with swelly belly
Crossfire: I thought I wouldn't get swelly belly since I had no abdominal incisions...
fritzi64: I noticed it more as I got more active
Crossfire: I noticed it more as I got more active

LookingforaSis: Petite-- I had an lavh/bso, I was a little bloated but, nothing major.
fritzi64: ...yet here I am, 5 months post-op, and it still happens on occasion.
LookingforaSis: Crossfire, same for me!
celticfiddlegal: Swelly belly is the condition from the surgery (not the product in the store)?
Crossfire: Yes celtic!
celticfiddlegal: just checking... :)

fritzi64: Okay,
Crossfire: swelly belly is generally from the trauma of surgery
fritzi64: I'm going to remove the moderation in just a minute.
fritzi64: This will make your messages appear right away. Sometimes it's hard to follow the conversation...
fritzi64: ...or there might be several conversations happening at once...

fritzi64: but it's a fun way to interact.
fritzi64: REady?
Crossfire: Yes!
kathybert: yep
Limarie: yep
LookingforaSis: READY!!!!
simple4soul: yurp
yonker: yepper
ooppee: Thanks. Have a great night
Toronto131: yepper
cathy_321: ok
missjava: yipee!!!
purplejoy: ready
Spiky Sandy: Party!
luv2tch: woohoo
fritzi64: Party, great idea!
yonker: whoo hoo
dew2004: :)
Kathy: haha
Limarie: So.....
Kathy: I brought root beer floats
Kathy: no calories
LWILL4U: will I lose my belly fat fast
ooppee: I week until the knife..... am getting nervous
missjava: so.....let's go for it.
dew2004: same her ooppee...
Limarie: I have 6 days
LookingforaSis: Kathy!!!!!!!!!!!!!!!!!!!! No calories?? I am IN!
Spiky Sandy: ooppee I go next Friday, very excited
Toronto131: Im two weeks
luv2tch: 13 and counting
cathy_321: i am a wreck tears at work and atotal stress puppy
LookingforaSis: ooppee-- I was a mess! totally normal!
yonker: I go tomorrow
petitensasy: I go the 15th of June
dew2004: mine is next thursday.. and I am freaking out
cathy_321: still 2 weeks togo
simple4soul: (((Yonker)))
fritzi64: Yonker--tomorrow?
missjava: nerves are getting me....more days...having problems staying asleep
yonker: yep--not doing to bad though
Crossfire: (((yonker)))
purplejoy: my surgery june 22nd, I know there are questions I should be asking but not sure. can someone give me some ideas

Spiky Sandy: Hugs for yonker!
fritzi64: It's so great that you wanted to spend some time with us the night before surgery.
Kathy: (((yonker)))
dew2004: i feel like I am snapping at everyone.. just not myself
yonker: you ladies help
Shannah: Does anyone know if it is true that women have difficulty with orgasm after a hysterectomy?

dew2004: ((yonker))
ooppee: I am working right up to the day of surgery, but I am worried I am going to be too exhausted and it will affect my recovery?

carriann2675: is a TAH anything like a C-Section
Kathy: Some women do, Shannah
fritzi64: Shannah--good question. That was my biggest fear, too.
LWILL4U: Can i lose weight on bed rest?

simple4soul: phew glad I wasn't the first to ask the sex questions ;)
LookingforaSis: shannah-- happens to some women, not the issue for me :)
Limarie: I worry about the big O after my surgery too!
missjava: I have heard of the difficulty...but i think it depends on the woman
Spiky Sandy: I'm working up until the day before because of bowel prep
Limarie: I don't have to do a bowel prep!!!!
fritzi64: There's no way to predict how sex will be for you afterward
Toronto131: lucky you
dew2004: lucky you lisa :)
LookingforaSis: Iwill4u--- think Calories in and calories out. If you consume more than you burn, you will gain. But, now is not the time to try to lose! Your body is healing :)
Limarie: yeah I know!!!
petitensasy: what is bowel prep?
purplejoy: is bowel prep necessary or depends on doctor
Spiky Sandy: laxatives
missjava: So what about the effects afterwards for sexuality
yonker: loosing weight in bed--not too much please, you want to lose weight by gaining muscle and shouldnt do that if you have to keep stomach muscles relaxed
fritzi64: I had such severe pain with sex before surgery that the risk was worth it to me.
fritzi64: And I'm happy to say that everything works the way it is supposed to :)
ooppee: I found a great laxative tea that helps when taking pain pills, which I have been taking.

Toronto131: any ideas for exercising in bed while recuperating?
fritzi64: But that isn't every woman's experience
Spiky Sandy: I've been reading some drs do and some do not want bowel prep
Limarie: I have pain with intercourse too!!!!
dew2004: fritz did you have a prolapse?
luv2tch: i am starting to run in to those problems as well fritzi
LookingforaSis: missjava, i still enjoy sex. But, no pain!!!!!!!!!!!!!! Wooooooooooooooooooooo!
fritzi64: No, I had a golf-ball sized fibroid in an extremely sensitive uterus.
missjava: that's good to hear
dew2004: i haven't been able to have sex for 5 months... my poor hubby!
simple4soul: my SO is scared to have sex now cause he doesnt want to hurt me...which is sweet...but...I'm trying to stock up :p
dew2004: oh
luv2tch: and it was not that way before. so i am hoping this will go well
LookingforaSis: toronto-- whatever you do, take it easy. You dont want to pull anything
yonker: I hope sex will be good afterward...that is such a concern for me
fritzi64: 20 minutes after sex, I would begin having such bad pain that would last for days.
missjava: I am just going to take it easy...my DH said we will work through it
yonker: LOL Simple
Shannah: Does anyone know what percentage of women have trouble with orgasm?
fritzi64: The first time with post-op sex, when I didn't have that pain, it was such a huge relief.

simple4soul: :)
missjava: It probably changes everyday
dew2004: that is great fritzi
yonker: that's the news we want to hear fritzi
Shannah: I actually read that as high as 60% of women have trouble with the big \O\" but wasn't sure if it was true."
ooppee: Good Luck everyone. Thanks for the chat.
missjava: and the degree of problems probably varies....I would just take one day at a time
simple4soul: nite ooppee!
yonker: you too ooppee
fritzi64: goodnight ooppee
simple4soul: Shannah 60%???
Crossfire: Night (((ooppee)))
Spiky Sandy: night ooppee! Good luck and blessings tomorrow

LookingforaSis: Shannah-- dont know the stats but I sure read enough posts to know that the big O is VERY much a possibility!

Shannah: Yah!!! Scary!!!!

LWILL4U: Will other parts of my body change like my breast? I am having tah

yonker: I need to get off here too...I still need to shower and sleep \if possible!""

missjava: don't get yourself nerved up about it...it's also psychological

fritzi64: good luck tomorrow (((yonker)))

dew2004: good luck tomorrow yonker

kathybert: Good luck Yonker

luv2tch: (((yonker)))

Spiky Sandy: blessings to you too yonker!

yonker: thank you ladies for making this an easier process

Limarie: Good Luck Yonker

Crossfire: (((yonker))) Good luck tomorrow!

purplejoy: good luck yonker

LookingforaSis: See you on the post op board Yonker!

Toronto131: good luck yonker

simple4soul: best of luck to you Yonker see you on the other side (((HUGSSSS)))

petitensasy: god bless Yonker

luv2tch: will see you on the other side in a couple of weeks:)

Val1970: anyone with a VH how long was it before you were released for all lifting

Crossfire: Val, I was released at my 6 week post-op appointment to ease back into lifting and all of my restrictions

LookingforaSis: VAL--- I was good to go after 6 weeks. But, I still was afraid to lift anything heavy...

Val1970: ok thats what i was thinking

fritzi64: At my 6-week checkup, my doctor just said to take it easy and not overdo it. It's still hard for me to lift heavy things and even to vacuum.

LWILL4U: Can i expect other changes to my body

missjava: so.....i stillhave questions.....

dew2004: is anyone here having/or had a TVT and A&P repair along with the hysterectomy?

Limarie: Anybody's DH being insensitive llike mine is?

fritzi64: Weiser, one of our hostesses, had her surgery several years ago...she says that she still hasn't been released for vacuuming lol

missjava: do you get your days and nights mixed up because of being out all day for surgery

LookingforaSis: LWILL-- my skin got super dry and my hair fell out for a little bit.

mjd2491: As far as vacuuming, my doc never told me to start vacuuming again, so I assume I'm still not released after 5 years..... LOL

dew2004: what is wrong lisa?

Spiky Sandy: oh, limarie! So sorry

Spiky Sandy: mjd, ROFL!

Val1970: fritz how long ago was your H?

Limarie: I think he is joking but he keeps downplaying the surgery

fritzi64: Men are different from women, and my husband couldn't understand why I kept wanting to talk about the surgery.

LookingforaSis: missjava-- nope! I slept on the couch during the day and the bed at night, LOL!

dew2004: my DH is being the opposite.. he wants me to just rest until surgery :)

fritzi64: Val--I'm 5 months post-op

Spiky Sandy: Limarie, I think that's a coping mechanism

mjd2491: Limarie - my DH was the same way

Val1970: TY

mjd2491: But I kept telling him it was a big deal, I'd be down for weeks.....

Limarie: He really is a sweet guy I think he is scared

fritzi64: My husband's theory is that there's no point talking about it until it happens.

dew2004: i agree lisa.. he is probably trying to downplay it so he doesn't work himself up..

LookingforaSis: Limarie-- I think my dh was worried that we would never have sex again!

mjd2491: Then suddenly one day he said we should have my 16-year-old dd come stay with us after surgery

fritzi64: But he was great in the hospital and when I got home.

mjd2491: I asked why and he said, \Well you'll be out of commission for a couple of months\''
Limarie: THAT'S IT!!!!!! LookingforaSis
mjd2491: My jaw dropped and I said, Have you been reading my books?
mjd2491: He said, No -- but I can use a computer, too.
simple4soul: Imao!
Spiky Sandy: mjd, great guy!
LookingforaSis: Limarie--- You'll work through it! Don't stress about it too much ((hugs))
mjd2491: Yeah, he really came around
mjd2491: One thing that might help Limarie -- make sure he's there when you get your discharge instructions at the hospital
LWILL4U: I have my operation june 26th @7:30 am. I thank you all i feel like i will be ok
Limarie: I know he will come around he doesn't let his emotions sjow until he has to
Val1970: did anyone have fibroids causing constipation
fritzi64: Good suggestions, MJ
mjd2491: They will warn him about how easy you need to take it
kathybert: I got my man a book on golfing while on am in surgery. He is really stressing out.
Kathy: send him to the misterhystersisters.com website
Limarie: good idea Kathy
LookingforaSis: Limarie-- My dh has the same personality!!! He will come around!
Spiky Sandy: limarie, did you show him the misterhyster info? My hubby appreciated that
Limarie: Not yet but I plan to
mjd2491: Also, the mayo clinic site www.mayoclinic.com has a great description of hysterectomy --

kathybert: misterhyster is a good idea. where do I get that?
simple4soul: Val1970 I think it may be the cause...I have fibroids...and eat pretty healthy but at times i feel a little backed up...
mjd2491: He won't be able to argue if the Mayo Clinic says you'll be down for 2 months!
dew2004: ooh.. i didn't know about that site. i will have to show it to my DH too :)
LWILL4U: Thanks and good night
mjd2491: www.misterhystersisters.com
fritzi64: goodnight LWILL4U
kathybert: Thanks mjd2491
mjd2491: It has lots of great information about your recovery
LookingforaSis: Val--- I have had to increase my fiber intake! No fibroids though...
Crossfire: Night (((lwill4u)))
kathybert: Perfect.
kathybert: Thanks Crossfire
Crossfire: I'm glad you came kathybert!
kathybert: This has been my first time on line and sooooo helpful
Crossfire: I'm glad you enjoyed it!
mjd2491: kathybert I'm glad you found it helpful!
Limarie: This is my first chat ever too!!!
Crossfire: I love getting to know you all!
Toronto131: thanks for some great insight...
Crossfire: You've done great Limarie!
fritzi64: kathybert--have you had a chance to post on our pre-op forum yet?
LookingforaSis: Limarie-- You are a pro already!!!
petitensasy: Mine also.....this site is Gr8t
Toronto131: I'll say goodnight and tune in again before my surgery
Toronto131: goodnight
kathybert: No I have not done that yet fritz
Limarie: awww you guys!!!!
Crossfire: We're glad you're here petitesasy!
Val1970: do they do an episiotomy for a VH
LookingforaSis: Petite!!! You too?? You are doing great!
mjd2491: 'night Toronto
fritzi64: Goodnight Toronto
simple4soul: g'nite Toronto!

petitensasy: ty Crossfire
Crossfire: Night (((Toronto)))
mjd2491: Val - not sure, but you should ask
Crossfire: YW petitensasy
petitensasy: so much great information on here
Spiky Sandy: I'm outta here too, ladies. Big hugs to all! See you on the other side...
Kathy: good night ladies. I need to jump out! Don't forget to post your questions in the pre-op forums!
carriann2675: less than 2 weeks to go and feeling a little better about the TAH
petitensasy: Nite all
fritzi64: kathybert--try to post something before you get away from the computer tonight. It's a great chance to introduce yourself so we know how to support you!
Crossfire: Good night (((Spiky Sandy)))
kathybert: Yes best wishes. I am looking forward to the other side
kathybert: Thanks Fritz
Crossfire: Good Night (((petitensasy)))
simple4soul: I'm 7weeks away and going bonkers trying to keep calm
mjd2491: 'night
LookingforaSis: Simple-- the wait is the worst!!!!!!!!!!!!!!
mjd2491: simple - it's hard, isn't it?
LookingforaSis: Too much time to wonder 'what if???'"
missjava: My surgery is tuesday first thing in the morning
mjd2491: I remember thinking, I wish it could just be over already
missjava: I'm ready
simple4soul: extremely...at first I was in a panic to get back to work...now i'm anxious to get this over with and reconnect with myself...
Crossfire: i wish you the best missjava
kathybert: Yes I agree on the wait but helps to know I am not the only crazy one feeling this way.
whew
Limarie: well I better go too! I need to finish my Cardinals ball game!
LookingforaSis: Missjava--I am glad you are ready!
simple4soul: everyone keeps asking me how i am doing now that the surgery is booked it doesnt mean the pain is gone...
mjd2491: 'night limarie
Crossfire: This time next week it'll be recovery time!
mjd2491: :)
Crossfire: Good night (((Limarie)))
Limarie: Good night everyone and Thanks so much!!!!!!
fritzi64: The first thing I did when I got home from surgery was log on to the post-op board!
Val1970: how many hours before surgery do you have to repoert to the hosp
LookingforaSis: LOL, me too ((Fritzi))
kathybert: Thanks again.. signing off
mjd2491: I wasn't given an actual surgery time, just a report time
Crossfire: I think I only had to be there an hour beforehand
mjd2491: I was told to be there at 11:00
LookingforaSis: Val-- I was there about 2 hours early.
mjd2491: My surgery didn't actually happen until something like 3:00
missjava: I am done investigating....watching youtube videos...and now....thanks to all of the post on here I am so ready....I have to report 2 hours prior
Crossfire: Good night (((kathybert)))
fritzi64: goodnight!
mjd2491: Lots of prep stuff and then there was another surgery that took longer than expected
mjd2491: So you never know....
simple4soul: lol..I did the YT watching as well...creepy
Val1970: ty gonna head out
mjd2491: Are there youtube videos on hyst? Showing actual surgeries?
Crossfire: ya'll are brave!
simple4soul: nite nite Val

mjd2491: 'night val
missjava: you tube really informed me though
LookingforaSis: I OVER researched and scared the crud out of myself! LOL!! I had to cut myself off!
fritzi64: night val
Crossfire: Good night ((Val))
missjava: I feel better if I know exactly what will be done to me
fritzi64: I had to forcemyself to stay off the HysterSisters post-op forum!
mjd2491: I was also told to back away from the site
LookingforaSis: Fritzi, it was a total addiction for me as well!!!
mjd2491: I think I was on it 24/7
fritzi64: I'm still addicted to it :)
mjd2491: I started getting annoyed when there weren't enough new posts for me to read
mjd2491: lol
missjava: I have prayed alot to.. and I know it will all be okay.
LookingforaSis: LOL MJD!!
missjava: I hear you on the new posts
mjd2491: (((missjava))) I hope things go well fo ryou
missjava: I was getting annoyed also....wanting info...info
LookingforaSis: I felt like a stalker in the stories forum!
mjd2491: Me too -- stories are my faves.
mjd2491: :)
simple4soul: it's all the unknowns...I keep reading to find out if i am missing any info
Crossfire: lol
Crossfire: I was very scared of the unknown
missjava: I've waited for this surgery since mar 19th
mjd2491: There was something about reading story after story -- really gave me a good idea of what I could expect.
simple4soul: omg! And I am complaining about an 8 week wait...I should be ashamed of myself
mjd2491: I had this sensation that I was the only person who had ever had this surgery
mjd2491: Which of course isn't accurate but it felt that way
simple4soul: that's how I feel now MJD. i'm 35 so none of my friends have experienced it
mjd2491: simple -- we have, though -- so you can lean on us
missjava: yes...a long wait..but meanwhile...i had a gallbladder attack and had to have surgery...then I was glad for the wait
LookingforaSis: simple-- i was 30 when I had mine... I felt alone and lost.
simple4soul: everyone talks about their mothers or aunts who had it 10+yrs ago..doesnt help
fritzi64: My mother-in-law had a hysterectomy, but I didn't feel comfortable asking her about bowel movements and sex.
LookingforaSis: talking to my grandmother was NOT comforting enough!
simple4soul: exactly
LookingforaSis: This website was a saving grace for me!
simple4soul: I wonder if I will still feel feminine
mjd2491: When my mom had her hysterectomy, they still stayed in the hospital for 10 days
missjava: my very own mother was not going to talk to me about her hysterectomy
mjd2491: lol
mjd2491: simple - that's a good question
fritzi64: simple--feminine is from our hearts, not from our parts
LookingforaSis: LOL!! ((Fritzi)) I can't imagine talking to MIL about my bowel movements!!!
missjava: i pulled info out of her
mjd2491: But you know, you'll still be 100% woman
simple4soul: I like that one Fritz!! thanks!
mjd2491: It's DNA!
missjava: i suppose talking to my MIL would have been easier...depends on how close you are
LookingforaSis: I kept hearing my moms horror stories! WAS NOT helping me.
mjd2491: My MIL claimed she was up and around 7 days after hers. Maybe she was... but I sure wasn't!
fritzi64: I can talk to my mother in law about lots of stuff--but I can't talk about sex with her because I'm sleeping with her son.

missjava: lol
Crossfire: lol
LookingforaSis: LoL
mjd2491: You are? :lol:
mjd2491: ;)
simple4soul: lol
fritzi64: well, not at the moment ;)
mjd2491: OK, stop..... I'm starting to get grossed out.
missjava: so....is there alot of gas if you don't have the laproscopy
Crossfire: lol
mjd2491: gas? yes
fritzi64: whoa, missjava, there's a change of subject!
mjd2491: plenty 'o gas.
simple4soul: MJD you had a TAH right?
mjd2491: Good segue
mjd2491: yes
mjd2491: TAH
missjava: even with just having a tvh
missjava: ?
Crossfire: I didn't have a gas problem after my TVH
mjd2491: For me, the gas was just because my digestive system was sluggish -- are we talking about the same sort of gas??? Maybe no

mjd2491: not
fritzi64: I still have terrible gas at times
LookingforaSis: Malibuchick-- You are quiet, do you have any questions or concerns?
mjd2491: Now I'm the one blushing
fritzi64: I feel like my whole digestive system hasn't decide where to settle yet.
mjd2491: Another really weird thing was it was weeks before I could feel myself peeing
missjava: I just kept reading these posts about the gas and didn't know if that was going to effect me since I'm not having laproscopic surgery
mjd2491: But then my bladder and uterus were adhered to each other so maybe that had something to do with it

simple4soul: I feel so bloated now from the fibroids..and all this gas and constipation, swelly belly has me wondering if I will look 8 months pregnant when I am recovering

simple4soul: lol
LookingforaSis: I just discovered All Bran pink lemonade \"just add water!\" packets!! 10 grams of fiber!!!!!!!!!!!!!!
fritzi64: You know, MJ, there aren't too many sites where you could talk about peeing and gas
missjava: lol
mjd2491: true fritzi
mjd2491: And don't forget MPS -- monster poop syndrome
mjd2491: lol
simple4soul: :o
mjd2491: That's what sometimes happens with that first post-op poop
missjava: It's not something you can bring up at the girls night out... but HERE that's different
mjd2491: true java
LookingforaSis: LOL Miss java!!!
LookingforaSis: Soooooooooooooooooooooooooooo true
malibuchick: I'm just taking it all in. My surgery is scheduled for June 15. Had my pre op appt today. My concerns are mostly about my recovry. I hate to sit around and do nothing and am worried about being bored.

mjd2491: malibuchick I can relate to that
missjava: so.....does anyone know if it's painful to take the packing out after surgery
mjd2491: I didn't really feel like \"doing\" much post-op so I did get bored"
simple4soul: i'm not use to being down for so long...
mjd2491: But the boredom passes... eventually
LookingforaSis: malibu--- do you like books
simple4soul: MJD how did you get through it?

mjd2491: Don't remember the packing coming out.
mjd2491: Well.... I watched movies
mjd2491: And once I was up for it, I started surfing the 'net and did lots of virtual shopping
missjava: i'm told that comes out the next day....and the nurse does it
fritzi64: I'm a huge reader, but I could barely manage magazine articles
simple4soul: ;) retail therapy
LookingforaSis: i had my tv schedule and my naps down to an art!
mjd2491: I filled cart after cart at Tiffany's.... then emptied them out. :)
mjd2491: It was fun!
fritzi64: Did you really?
mjd2491: oh, yes
mjd2491: Shopped everywhere, but just never bought anything
LookingforaSis: Oooh!! I would have put everything from the Atlas collection in there!
Crossfire: I think I have a cart filled right now at Tiffanys
mjd2491: And I also ID'd all the pictures I had to identify
malibuchick: Yes, I like to read and was thinking about setting up my scrapbooking table for the month.

mjd2491: That was a great project
mjd2491: Have a box of photos and a pen/pencil right next to your recovery area
mjd2491: You can just peruse the photos and ID them on the back -- at your leisure. It never gets boring!
LookingforaSis: Malibu-- Great idea!! What do you like to read?? i just discovered Janet Evanovich (sp???) Stephanie Plum series
simple4soul: i've started stocking up on books already...bought a laptop table at bed, bath and beyond

mjd2491: One thing -- I wasn't really able to concentrate much on reading
mjd2491: I was able to do some knitting though
LookingforaSis: If you like girl power, funny books, Stephanie Plum series is great.
malibuchick: Mysteries, Shakespeare, Biographies. I also have a Netflix account
LookingforaSis: I didn't read too much either ((Fritzi)). I watched too much tv and took naps.
mjd2491: I also love reading cookbooks
mjd2491: I found some good recipes
mjd2491: And it doesn't require much concentration to look at the food photos
mjd2491: lol
fritzi64: I stayed on Facebook and HysterSisters throughout my recovery!
simple4soul: that would perplex me since the kitchen is downstairs lol
LookingforaSis: Oh yes, i was so excited to FINALLY be able to post on the post op boards!
mjd2491: My recovery room was right next to the kitchen
mjd2491: I think my first post said I was doing great -- unfortunately, it didn't stay that way
mjd2491: :(
LookingforaSis: Malibu-- That's great-- Lots of watch it now movies.
LookingforaSis: ((MJD)))
fritzi64: LookingforaSis, even though you were on the post-op board, you did such a nice job of coming back to pre-op and helping those of us a few months behind you--even before you became a hostess.
mjd2491: It's so important to keep giving back
LookingforaSis: Thanks ((Fritzi)).. I loved all of the support I got, I just wanted to give it back.
mjd2491: The pre-op ladies really love to hear from post-op sisters
simple4soul: that we do!
mjd2491: obviously.... you ladies are living proof of that.
fritzi64: I hate to be a downer, but the chatroom is closing in ten minutes.
mjd2491: Yes, you are a downer
mjd2491: lol
simple4soul: lol
mjd2491: I kill myself sometimes
LookingforaSis: Party pooper :)
mjd2491: I'm here all week
mjd2491: Don't forget to tip your waitress

LookingforaSis: LOL
fritzi64: I guess I'm not getting a tip tonight...
simple4soul: lol
mjd2491: I have a virtual tip for you!
fritzi64: I've been reassigned from hostess to bouncer.
LookingforaSis: You have been awesome ((Fritzi))!!!!
mjd2491: what's 20% of nothing?
LookingforaSis: LOL
fritzi64: lol
mjd2491: Heck, I'll double it tonight
Crossfire: lol
mjd2491: You've been great Fritzi
mjd2491: And (((Crossfire)))
Crossfire: I agree!
mjd2491: wonderful job
fritzi64: Thank you very much (you can't hear my Elvis imitation there, can you?)
mjd2491: Isn't this fun?
Crossfire: Take a bow Fritzi!
fritzi64: I'll fall off my chair!
malibuchick: Thanks for all of your advice and support, everyone! :p
mjd2491: :)
fritzi64: Crossfire, thank you for being our guest speaker.
LookingforaSis: You are welcome Malibu!
fritzi64: Malibu and simple, thank you for coming
simple4soul: you ladies are great...thanks for such pleasant distraction from my \nesting\''''
Crossfire: Thank you for coming!
LookingforaSis: Crossfire, you totally rocked the room :)
fritzi64: And LookingforaSis, thank you for being here for support--you, too, MJ!
simple4soul: it's great, i will be back again
Crossfire: Thank you for allowing me to share my story.
LookingforaSis: See you soon Simple!
fritzi64: We'll be here in two weeks again, simple
simple4soul: Have a great night all! (((HUGS))) to all of you!
fritzi64: goodnight!
simple4soul: will do Fritz!
Crossfire: Good night (((simple)))