

## Post Hysterectomy Tips:

- While everyone is different, it typically takes about a year to heal physically.

### **Don't rush the healing process.**

- In my opinion, unlike most other surgeries, a hysterectomy may also affect you mentally and emotionally. Keep regular appointments with your OB/GYN doctor, and **be aware of how you feel.**

- Be sure to have your OB/Gyn check your **hormone and estrogen levels** regularly.

- **It's OK to speak to a licensed psychologist or psychiatrist if you are not feeling like yourself.** And if you have a religious preference, it is OK to say so and ask for a psychologist/psychiatrist of the same faith.

- Pay attention to your body. **Do not ignore pain**, especially in the days immediately after your surgery.

- **A major organ was removed from your body.** And your body is very good at adjusting. And yes, millions of hysterectomies have been done worldwide. But even years later you may feel numb in the area where major muscle tissue was cut to get to your uterus. You may even feel a little twinge at the cut site from time to time. It's normal.

- **Exercise** once you have been cleared to do so, by your surgeon. NOT BEFORE. If you exercise too soon, walk stairs too soon, if you just plain over-do it too soon, it will take longer to heal. In fact, you may not heal to the extent that you can. Take it easy! I belong to a group of women who have had or are about to have a hysterectomy. I marveled at those who were just weeks post-surgery, asking if it is OK to do sit ups. If you do not allow your body to heal properly, it will never fully heal. Bottom line.

- **Believe that things will get better.** Again, everyone is different, but it is important to realize there may be a time in your recuperation process where you will feel a little down. Don't ignore it. Acknowledge it, and as I said earlier, see a licensed professional if you need to; but also, believe that you will feel better. Believing is half the battle.

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