

THE FANNY DIARIES

ENDOMETRIOSIS LAPAROSCOPY PACKING GUIDE

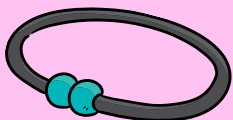
All the things I wish I knew before
going for an Endometriosis
Laparoscopy.

WWW.FANNYDIARIES.COM

THE
FANNY
DIARIES



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HELLO BABES!

My name is Sarah, and I am 30 years old from Yorkshire, UK.

I was diagnosed with Endometriosis through Laparoscopy Surgery in September 2020 and really struggled to find anything explaining what to expect from the surgery journey, what to pack and where to go moving forward.

This led me to create my own little free surgery packing E-book to help others. I was super unprepared for my surgery and I hate the thought of anyone else being in the same position that I once was.

I hope this helps, if you find there is something which I haven't covered (and would be useful to mention) please drop me a message so I can add it in.

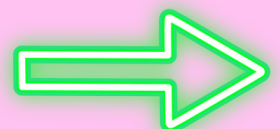
I wish you all the best with your surgery, I am always here to answer any questions you may have and help in any way that I can. Stay fabulous Fanny Queen!

Love yaaaa,

Sarah Victoria
xoxo



BE YOUR
OWN KIND OF
BEAUTIFUL



JUST A NOTE...

Thank you so much for downloading this E-book, it really means the world as I have put my heart into this along with many late nights ha ha!

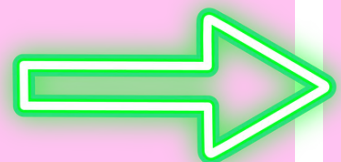
I am so sorry that you are suffering with debilitating symptoms and I hope this surgery brings you all the clarity and answers that you have been searching for, probably for a very long time.

Just a quick something -

Super boring I know, but I have to cover it. Everything in this little E-Book is all based on my own personal experience of going through the Laparoscopy Surgery journey from my own patient perspective. This is about what I learnt and what I think could be helpful to know. I am not in any way (and never claim to be) a medical professional and I will never give medical advice. This E-Book is not to be confused for medical advice. Please always speak to your doctor and medical professionals regarding any concerns that you have.



~ you're ~
amazing



WHAT IS A LAPAROSCOPY?



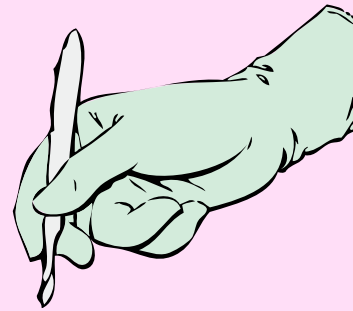
After making small cuts in the abdomen, the surgeon inflates the abdomen with gas and uses a small viewing instrument with a light, called a laparoscope.

<https://www.nichd.nih.gov/health/topics/endometriosis>.

I had 3 incisions, pictured to the left. This can vary on each person as to where your incisions are and how many.

I was also never aware that there are two different surgical techniques for removing Endometriosis lesions, I wish I was told before my surgery so I could have been informed and decided what was best for me.

DIFFERENT SURGICAL TECHNIQUES FOR REMOVING ENDOMETRIOSIS.



EXCISION

Excision involves cutting out the entire Endometriosis lesion at the root.

Excision surgery allows for a biopsy to be taken and sent for pathological testing for an accurate diagnosis of Endometriosis.

VS

ABLATION

Ablation is a superficial treatment which involves burning the top of the lesions to remove them, usually leaving the root behind. It is widely practiced by Obgyns around the world. However, it is not possible to take a biopsy through ablation.

DAVINCI ROBOT

I thought I would mention the daVinci robot briefly. The robot is the machine that the surgeon uses to perform robot assisted surgery. This surgery packing tips e-book and top tips will still be the same regardless if the robot is used or not.

For more information, download the **Excision V Ablation E-Book on The Fanny Diaries.**



THE
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WHAT TO PACK

Do I even need a bag?



HOW CUTE IS MY ENDO BABE BAG.



MY SURGERY BAG.

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WAITING FOR MY SURGERY.

Your surgery date is looming and you are basically wondering what on earth to put in that hospital bag of yours. You are probably asking yourself if you even need a bag at all? I 100% would recommend packing an overnight bag, as you just never know what is going to happen.

Most people are released and home the same day but I will use myself as an example. I had a 7am arrival time with a Surgery time of 10am. I didn't actually go down to theater until 5.45pm and ended up being kept in overnight. It is definitely better to be over prepared and not need it than underprepared.



WHAT TO DO BEFORE

Help!



NO DEODRANT ON THE DAY



REMOVE SHELLAC/ ACRYLIC OR POLISH ON NAILS & TOE NAILS

THE FANNY DIARIES



I WAS TOLD NO SHAVING FOR 2 DAYS BEFORE

Below is what I was told at my pre op, by the hospital where I had my surgery.

These seem to be what most people are told however, these might not be the same for you so please double check with your surgeon & hospital. This is not to be confused for medical advice. Some people may also have to do bowel prep, I didn't but again, ask your hospital. Also ask your hospital when you need to stop eating and drinking before your surgery. Mine was 9 hours before but depending on your surgery time this may be different for you.

Remove Nails/ polish etc - 48 hours before

No shaving 2 days before

No waxing a week before

No Fake tan

No Deodorant - On the day

No perfume - On the day

No False lashes

No Make up - On the day

No Piercing - Belly button, earrings etc - On the day

No Jewellery/ Rings - On the day

No hot shower/bath/ 4 hours before & 48 hours after

No Sex 1 week before / 6 weeks after



MY SURGERY TIMELINE

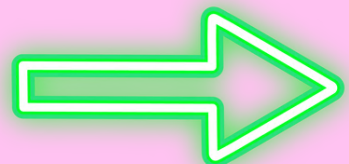
I thought I would include my surgery timeline to give a general idea of the process I went through. Mine was smack bang in the middle of a lockdown for Covid and I had to self isolate 2 weeks before (end of August) and two weeks after. This will probably look a lot different to everyone else's now.

Pre Op & Covid Test

2 weeks before my surgery I had to self isolate after my Pre Op. I wasn't sure what to expect but they asked me a lot of questions about family medical history and my medical history, did a urine sample, took my weight and a blood sample. I signed some forms and off I went. My pre op was not with anyone linked to my surgery (it was separate hospital staff) and I was unable to ask any questions about my surgery. If you have any questions it might be worth contacting your surgeon before your pre op/ surgery day. No one was allowed to come with me either but this might have changed now.

5th September 2020 - Surgery Day!

7:00 am	Check in
7.30 am	A quick talk with my surgeon and signed some documents
8:00 am	A chat with the Anaesthetist
9:00 am	Dinner menu came to choose my food
10.30 am	Original Surgery Time
1.30 pm	Next Surgery Time
5.45 pm	Actual Surgery Time
9.30 pm	Back from Surgery, kept overnight



OTHER INFO

I was told to wear these paper pants before I walked down to Surgery. This is where my dressing gown came in handy to walk down to theatre, as I had a gown with a split up the back and only paper pants!
I did wake without any underwear and just a period pad between my legs which was a bit of a shock, but this might not be the case for everyone.



THE PAPER PANTS I HAD TO WEAR.



WHAT MY STOMACH LOOKED LIKE WHEN I WOKE.

TW - I'M SHOWING MY HEALING INSCISIONS ON THE NEXT PAGE. IF YOU DON'T WANT TO SEE JUST SKIP PAST!

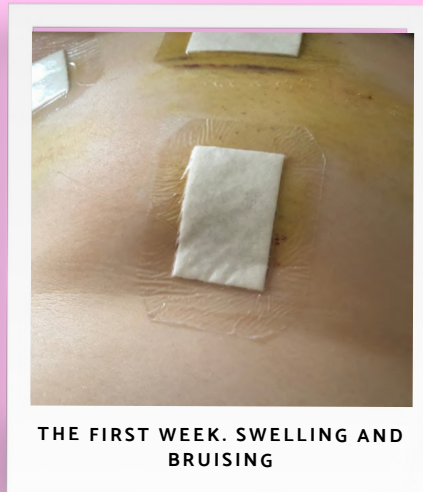


I WILL NEVER FORGET THIS PEPPERMINT TEA AND A BISCUIT AFTER MY SURGERY. THE ONLY THINGS I HAD TO EAT AND DRINK ALL DAY



MY INCISIONS OVER TIME

Whilst recovering from my surgery, never did I think that years later, I would be writing an E-Book and have my own website else I would have documented it a lot better ha ha! But here we are, I am not sure if any of this is helpful but I thought I would share with you what I do have.



THE FIRST WEEK. SWELLING AND BRUISING



THE SWELLING DID START TO GO DOWN BUT THE BRUISING LASTED QUITE A WHILE. I LOST AN AWFUL LOT OF WEIGHT FAST FROM THE COMPLICATIONS OF MY SURGERY. 3 YEARS ON I AM NOT LIKE THIS NOW HA HA!



12 DAYS AFTER MY SURGERY MY BELLY BUTTON HAD SOME BRUISING, DRIED BLOOD AND STITCHES INSIDE. THOSE WERE THE LAST STITCHES TO DISSOLVE AND COME OUT (I THINK THEY TOOK ABOUT 3 WEEKS BUT IT TOOK AGES)



THIS WAS ONE OF MY INCISIONS TAKEN 13 DAYS AFTER MY SURGERY. MY STITCHES DID TAKE QUITE A WHILE TO FALL OUT.



MY MOST NOTICEABLE INCISION SCAR 3 YEARS ON AND I CAN BARELY CAN SEE IT. THE OTHER TWO HAVE PRETTY MUCH GONE AND I APPLIED THE TAMANU BALM FROM TROPIC (DETAILED ON THE PRODUCT PAGE).



OTHER INFO 2

Will I Be Catheterised?

Originally, I wasn't Catheterised after my surgery but I probably should have been. Some people do wake to find they have been catheterised and others are not, it completely depends but it might be worth asking so that you know. I did suffer with complications after my surgery (which is rare) had I known the signs to look for, it could have saved me a lot of pain and trauma. This is why I repeat myself multiple times in this E-Book begging people to please make sure they go for a wee multiple times with no issues before they are discharged.

I also thought I would mention here too that if you are catheterised you may suffer from a UTI in the days following its removal. I had one of the worst ones I have ever experienced and had no idea to expect it, so just another friendly heads up.



Did You Shave/Wax Before Your Surgery?

This is a question that seems to be popular to ask so I will answer it here - I did, that was my personal preference and not everyone chooses to and that is ok too.

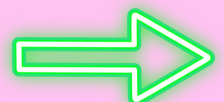
I opted to shave as I was told no waxing for a week before. I preferred to do it as I felt it was just neater and easier that way and I personally felt more comfortable but always do what is best for you.

Were You Afraid Of The Anaesthesia?

I was super afraid, this was my very first big medical procedure and surgery and I didn't have a clue what to expect. I couldn't feel anything when they put me to sleep though, it felt like I was slowly falling asleep mixed with a bit of drunkenness and then I woke up and it was done. The Anaesthetist did come round to speak to me in the morning before my surgery and he really put my mind at ease. He explained how long he had done it for, how it works, how he makes sure that I will never wake up during the surgery and how he stands beside me the entire time monitoring everything. Someone should hopefully come to see you but if they don't you can definitely ask to speak to the Anaesthetist to help put your mind at ease.

What Was The Beginning Of Recovery Like?

The first few days following my surgery weren't very fun. I had just come out of my 3rd hospital and the gas pain trapped in my shoulder was sharper than I expected but everyone reacts differently to that. Make sure you get up to walk every hour or so to help with the trapped gas and prevent blood clots. I needed help to get me out of bed and make me some food/fetch drinks etc and I felt dizzy, nauseous and just exhausted. Each day I got a bit stronger and it got easier so hang on in there babes, take it one step at a time and don't push yourself. I found it mentally harder because I can't sit still ha ha!



WHAT TO WEAR 1.

What To Go To The Hospital In?

I overthought what to wear and my outfits so much, but I honestly didn't need to. The minute you get there you will likely to be asked to change into your hospital gown and will have to sit in that whilst you wait for your surgery.

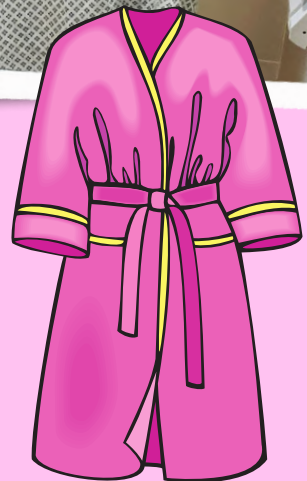
I went to the hospital in some leggings (with a giving waistband for after my operation) a hoody to take on and off and my slip on Ugg boots. I went with the mindset of what I went to the hospital in is what I would be coming home in. If I re did it all I would probably just go in my Pyjamas to be honest ha ha.



The minute I got there I was asked to change into this super sexy outfit whilst I waited for my surgery,



The only photo I have in my dressing gown ha ha



For anyone who isn't familiar with hospital gowns, they have a giant open split up the back so your ass cheeks are out for all to see ha ha.

SO, I highly recommend a dressing gown to keep you covered, warm and to walk to surgery in.



WHAT TO WEAR 2.

What To Wear On Your Feet?

I mentioned earlier that I went in my Ugg Boots and they were honestly the best decision. Another fabulous decision was my little slip on slippers to keep my feet warm and to wander around and use the bathroom in. I was lucky to have my own bathroom but cros may be a fabulous idea for shared bathrooms. I would highly recommend taking something as the compression socks can have a hole at the bottom of them.

I avoided things with laces as I wasn't sure if I would be able to bend down to put them on after surgery, I wouldn't have been able to and also my feet were a little swollen too. I also wasn't that steady on my feet so anything with laces could have become a trip hazard. As you will likely be leaving the hospital in your compression socks too, it's probably best to avoid tightly fitting shoes, shoes with long laces or flip flops.



My little slipper sock slipper things which were honestly amazing.



The hole underneath my compression socks.



Avoid tight fitting shoes with long laces and flip flops



Easy slip on and off shoes are the vibe



WHAT TO WEAR 3.

Why You SHOULD Take A Nightdress.

My intention was to go home in the same outfit I went in and whilst most people achieve that, I definitely did not ha ha. I actually ended up going home in my nightdress and dressing gown. Important things to note and why I advocate for taking a nightdress, even if you just take it with you and don't end up wearing it.

- Sometimes you can be catheterised after your surgery and if you are sent home with a catheter you most likely won't be able to put on trousers, so this is where the nightdress becomes handy.
- The same for if you are catheterised in the hospital and kept overnight, I was days after my surgery, and sadly didn't have my nightdress anymore, I felt very exposed and uncomfortable with nothing on my bottom half.

Another reason why a nightdress is amazing is because of incisions. My incisions and bloating from the gas were so painful that any form of trousers I couldn't handle. Everyone is different though, so it's best to opt for loose elasticated waistbands and size up.

You can find a nightdress, sleep T-shirt almost anywhere online or in the shops now, my surgery was in the middle of a lockdown and all the shops were closed so this owl one was all I was able to find on Amazon without slogans like "love me" or "Naughty" ha ha. It was a fabulous length, super comfy and amazing quality, so if anyone is wanting a tried and tested one I have put the name below.

You can also type in Navy Blue Owl Nightdress and it should come up.



www.amazon.co.uk

I paid 10 pounds for mine and the price seems to have increased to 16 pounds. You can find nightdresses from Primark, Asda, Tesco, Asos, etc. I would also recommend sizing up too! to for those swollen stomach gas vibes.

Camille Womens Smooth Soft Cotton Summer Nightshirts

Stomach Binders For Recovery

I thought it might be useful to mention here about Stomach Binders for after surgery. I never used one, I didn't even know they existed when I had my surgery (so I am unable to speak from experience) but people have mentioned them before and said they were really helpful for during recovery. You can find these on Amazon if you type in surgery belly binders, but it might be worth consulting with your doctor and seeing what they think.



SURGERY PACKING LIST



Some useful items.



GRANNY PANTS



BABY WIPES



FACE WIPES



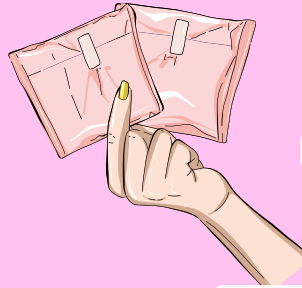
DEODORANT



LIP BALM



SNACKS



PADS



HEADPHONES



HAIR BOBBLE



PILLOWS FOR CAR RIDE HOME



BOOK/IPAD TO PASS TIME



WATER



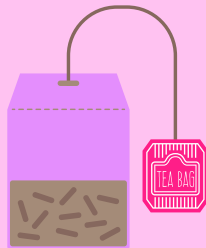
TOOTHBRUSH/TOOTHPASTE



SOCKS



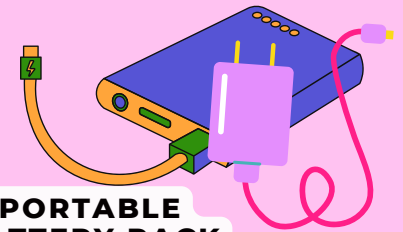
NIGHT DRESS



PEPPERMINT TEABAGS



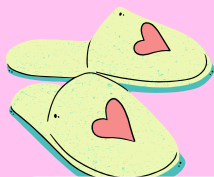
THROAT LOZENGES



PORTABLE BATTERY PACK OR EXTRA LONG PHONE CABLE



EAR PLUGS



SLIPPERS



DRESSING GOWN



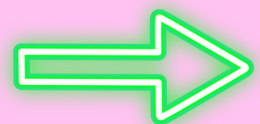
GASS TABLETS



SURGERY PACKING LIST



- Night Dress/Shirt
- Granny Pants
- Dressing Gown
- Slippers / Socks
- Lip Balm
- Battery Pack/ Charger
- Peppermint Tea
- Baby Wipes/Face Wipes
- Sanitary Pads
- Throat Lozenges
- Wind Tablets
- Ipad/Book
- Snacks/Bottle Of Water
- Headphones
- Sleeping Mask/Earplugs
- Pillows for car ride home
- Toiletries/ Toothbrush & Toothpaste
- Thermometer



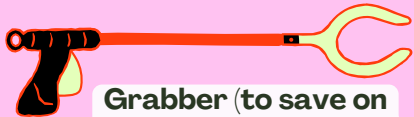
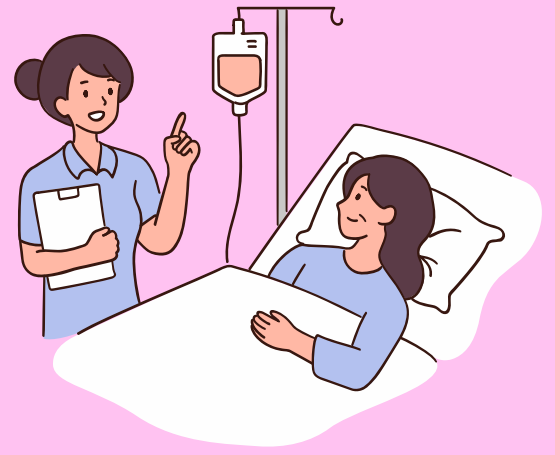
AFTER SURGERY CHECKLIST



- Passed urine multiple times
- Communicated with your Doctor and Nurses about any pain you are feeling/symptoms you are having
- Have the emergency contact/out of hours contact number for the hospital where you had your surgery
- Know when your follow up appointment is
- Ask about bowel movements/ when you can take a laxative
- Spare dressings
- Understand pain meds & dosage
- Get some information about what they did/found
- Get a sick note for your employer should you need



USEFUL RECOVERY ITEMS



Grabber (to save on bending down especially if you live alone)



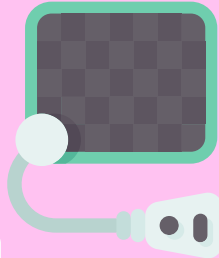
Ice packs



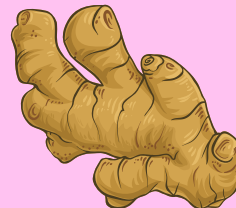
Beverages
Smoothies,
Teas, Lemonade...



V shaped Pillow



Heat pad



Ginger (for Nausea)



Colouring books



Paint by numbers/
paint kits



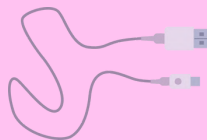
Activated Charcoal
(For the gas -always
consult your doctor)



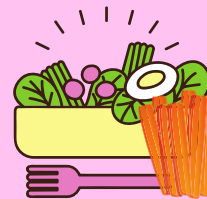
Stuff to occupy the time
TV, Book, Ipad etc



Cold Foods such as
yoghurts, ice cream,
fresh fruit

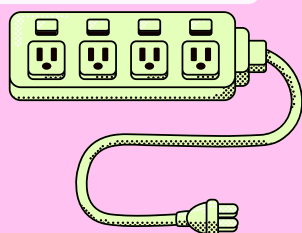


Extra long Phone Cable



Meal prep/ batch cook
meals/ pre chop snacks

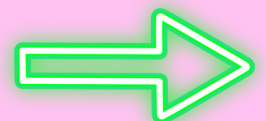
Extension cord



Sewing/ Knitting kits



massage



RETURNING HOME TOP TIPS...

Here are some tips to possibly help for when you return home from surgery.

1. MAKE SURE YOU HAVE PASSED URINE

This is a super important one! Make sure you have been for a wee, multiple times with a substantial amount of urine before you go home or before you let them discharge you! This is where all my complications started and where most people's complications start too that I speak to online. Also ask about Bowel movements and if/ when you can take a laxative should you struggle to go after your surgery. Mine took a while to get back to normal and I needed help from laxatives/ Enemas. TMI I know hahah! You are welcome.



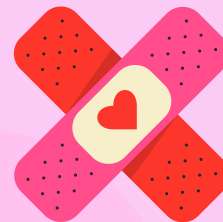
2. ALWAYS COMMUNICATE

With your Doctor/Nurses if you are in a lot of pain or if you have any new symptoms/ if something is concerning you. You are not a nuisance, communicating is not being difficult (something which I wish I had learnt before my surgery) You deserve piece of mind and every bit of help if you are in pain or unsure about anything.



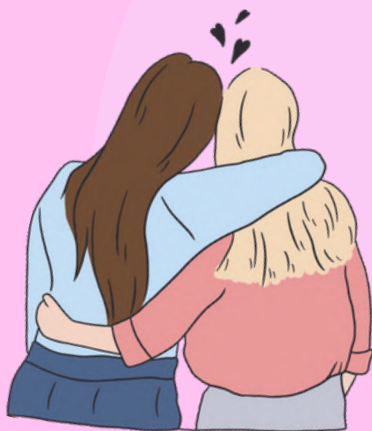
3. ASK FOR A FEW EXTRA

Incision bandages/ dressings. This was one of the best things I did so I could change them and use them for weeks over my incisions whilst wearing trousers.



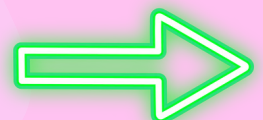
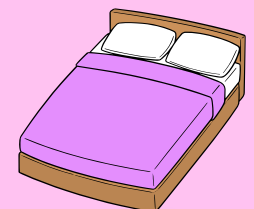
4. MAKE SURE SOMEONE IS AROUND

To look after you, even if it's just the first 24/48 hours whilst the anaesthetic wears off although, it is best to be for longer but everyone's situation is so different. Someone to bring you food, drinks and medication. Someone to be there in case anything goes wrong or when you first go for a shower (I was told not to shower or bath for the first few days but everyone is different so double check. I was told to also have someone with me when I first went for a shower or bath and for the first few days minimum).



5. TIDY YOUR BEDROOM BEFORE

I was so grateful I did this before I left for my surgery as I was bed bound for a good few weeks and I wouldn't have been too happy to stare at a mess unable to do anything about it. Tidy room = Tidy mind apparently. 😊



RETURNING HOME TOP TIPS...

Here are some tips to possibly help for when you return home from surgery.

6. STOCK THE FRIDGE BEFOREHAND



With your favourite food or what you think you will like to eat ready for your return. For me it was cold easy foods such as fruit, yoghurt, ice cream, Lucozade, chocolate digestives, and vegetables.

I lived on a mini roast Chicken dinner for about 2 weeks because that is all I could face to eat. I would honestly avoid fast food or anything fried. You will either feel like you have a clean slate and won't want to fuel your body with fried food or you will feel so sick from the anaesthetic that the thought of a KFC will make you feel sicker.

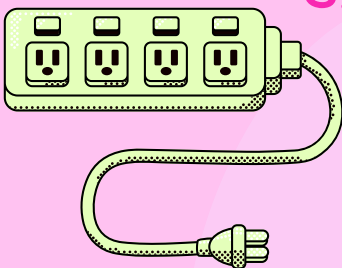


7. LOUNGE CLOTHES/PJS WITH A GIVING WAISTBAND

Love yourself

Are what you will live in for weeks. Anything over sized or with a stretchy comfy loose waistband will be your new best friend. I really struggled with Jeans so I avoided them. In fact, I was pretty grateful for lock-downs and restrictions so I couldn't go out even if I wanted to and I was grateful for the colder weather as I could cover up with a big coat. I did get a pair of elasticated jeans for when I could wear them again, I actually bought mine from Matalan and they were amazing. I couldn't use anything with a rough button or zip or tight waistband as it would rub on my incisions and pull on my stitches.

8. A PLUG ADAPTER/ EXTENSION CORD BY YOUR BED



Was a great idea to organise before my surgery. This will allow you to make everything accessible by your bed. Chargers, battery packs, heat pads etc. It was also super easy to plug in without any effort of straining, reaching for small plugs and moving plugs and wires etc.

9. REMEMBER TO

Keep going to the toilet and walk around/move every hour or few hours to prevent blood clots. Also to stay hydrated and keep drinking fluids. I found flavoured teas, smoothies, lemonade and fruit juice were my go to's.



10. A V SHAPED PILLOW

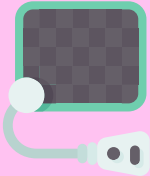


Is a great shout to buy. I bought mine from Argos for under 10 pounds and it was a life saver. They are also known as a Breast feeding/pregnancy/Boyfriend Pillows. This is to help support you up in bed when you get home and miss the reclining hospital beds. It will be quite painful and probably impossible to lie completely flat for a few days so you will want to marry this pillow.

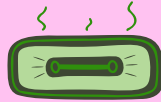
THE
FANNY
DIARIES



GIFT IDEAS FOR SOMEONE RECOVERING



Heat pad - Plug in



Heat pad portable



Baked goods



Film Subscription/
Food vouchers



Pyjamas



Arts & Crafts



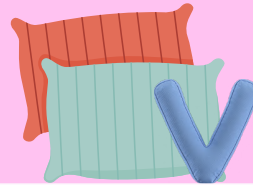
Night shirt



Post Op Massage



Your time



pillows/Cushions

WAYS TO OFFER SUPPORT

to someone recovering from surgery.



A Drive/ Walk



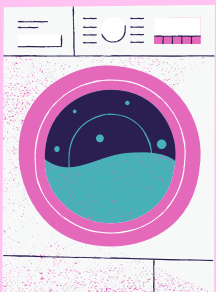
prep food



Fetch medications



Homecooked meal



Laundry



Cleaning



Child care



A phonecall



To listen



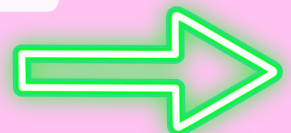
pet Care



Supermarket shop



company & time



WHAT I WISH I KNEW

Recovery looks different for everyone.

Do not rush your recovery, it looks completely different for everyone. Some people may be feeling fabulous after a week some may still be struggling after months. You can not put a time frame on your own recovery, so take it at your own pace and take it one step at a time and one day at a time and do not compare yourself to anyone else.



Go for a wee!!!!

Just repeating this again for the 50th time as this can't be stressed enough. I was discharged without going for a wee and suffered horrendous complications because of it (complications are rare but they can happen so knowing the signs is crucial) so please make sure you go before they send you home.

Asking questions/ voicing concerns doesn't make you difficult.

After my surgery I knew in my gut something was off and I didn't push it as much as I should have because I was told it was normal and I didn't want to be an inconvenience however, that nearly cost me my bladder and life. Voicing your concerns does not make you difficult, If you feel like something isn't right it's better to get checked out than to leave it. Call your surgeon or emergency number for where you had your surgery to double check if what you are experiencing is normal.

P.s Always trust your gut instinct!!

You will have all kinds of emotions.

Please go gentle on yourself, be kind to yourself, have so much love for yourself and allow yourself to recover. You have just been through one scary, isolating and huge journey with so many different emotions. You are fabulous so don't be forgetting it!



THE
FANNY
DIARIES

*be kind
to yourself*



COMMON QUESTIONS

WHAT IF I GET MY PERIOD?

I had my period on the day of my Laparoscopy and It was completely fine. Double check with your Surgeon and Hospital just incase, but my operation still went ahead and I actually woke up and It was finished, just bleeding from the surgery.

WILL THEY TELL ME STRAIGHT AWAY WHAT THEY FIND?

You will be pretty out of it when you wake up due to the anaesthetic. All I remember is they told me that they found endometriosis and I told my surgeon I loved him ha ha! Your surgeon should come to see you before you leave to tell you what went on however, some people I speak to didn't speak to anyone and had to wait until their follow up appointment. I would advise to ask to record the conversation on your phone or ask if someone can take notes if they come and speak to you, as it can all be very overwhelming and more than likely you will still be pretty out of it.

HOW LONG TO RECOVER?

This is honestly the hardest question to answer which isn't helpful at all and I thought it was so frustrating how I couldn't get a straight answer out of anyone when I asked. It's only going through the surgery myself, that I really understood why it was so hard to answer.

Basically, everyone is different. It all comes down to what is done, what is found etc.

I was told I would be fine in a few days then advised 2 weeks off work. Due to suffering complications my recovery was actually months. However, everyone's situations are so different. People have strenuous jobs or children to take care of. I would say (if your situation allows you to) to start off with the recommended 2 weeks and see how you go from there. 2 weeks were personally not enough for me but I have spoken to people who felt great after a week and some who still felt awful after 6 weeks. It is one of those situations where you just won't know until you are in the middle of it. Speak to your Surgeon and see how long they recommend.



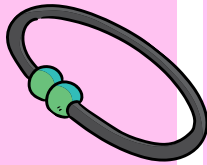
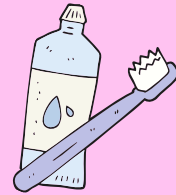
HELPFUL BLOG POSTS ON THE FANNY DIARIES WEBSITE

blog

NEW BLOGPOST



THIS GIVES YOU A DETAILED EXPLANATION WHY I PACKED EACH SPECIFIC ITEM ON THE PACKING LIST.



NOT SURE WHAT QUESTIONS TO ASK BEFORE YOUR SURGERY? THIS COULD HELP!

Download the Free E-Book on The Fanny Diaries Website.



WHAT IF THEY DON'T FIND ENDOMETRIOSIS?

If this thought doesn't cross your mind 100 times before your surgery date, are you even going for endometriosis surgery? you have likely been gaslit and told everything is fine for years, so it's only natural to have these thoughts. If endometriosis isn't found, it doesn't necessarily rule it out but it could also be something else causing your symptoms.

Regardless, you deserve help and answers.

Although, it could still possibly be Endometriosis that is causing your symptoms, it also may not be. A lot of the symptoms for Endometriosis can also overlap with other conditions such as Adenomyosis. Either way, you deserve answers and help so please don't give up!

First of all don't panic. This happens so often, especially if your surgeon was with a general OBGYN and not an Endometriosis Excision Specialist.

Recovery is the most important thing right now, focus on recovering from your surgery and give your body the best chance at healing.

Endometriosis is a very extensive all over body disease with multiple different appearances. If no biopsies were taken it is solely relying on the naked eye of the surgeon to diagnose you and that surgeon may be a general OBGYN who is not an expert in Endometriosis. They may also not have checked elsewhere or other organs within the body. This is why it is so important to access your notes and be as prepared as possible for your follow up appointment so you can get all the information you need to be able to move forward!



Download this free E-book which should help you further on The Fanny Diaries Website!

Once you are strong enough, start gathering questions to ask at your follow up appointment and start the process to get access to your surgery notes (usually through the hospital you had your surgery at) this way you can see exactly what was done. This will help you in the long run.

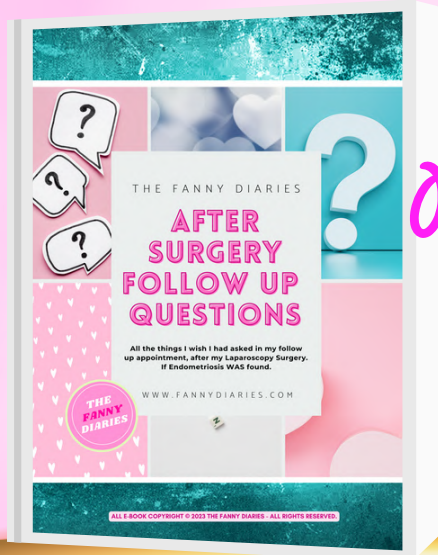
it's gonna be okay!



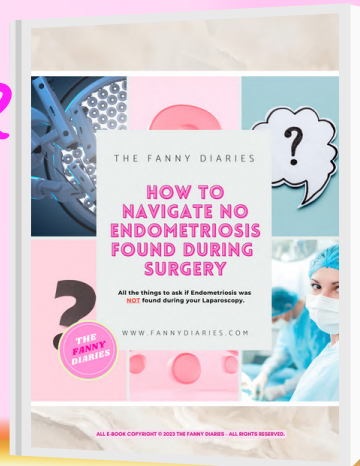
FOLLOW UP APPOINTMENT

I have put some E-Books together for your follow up surgery appointment with a list of questions to ask. There is one for if Endometriosis was found and one for if it wasn't. Follow up appointments are the chance to gather all the information you need and to ask all the questions you want to ask, so I hope these help to get you prepared. Love Ya xx

For if Endometriosis **WAS** found.



For if Endometriosis was **NOT** found.



OR

SOME THINGS TO POSSIBLY HELP WITH RECOVERY

I often hear people raving about the things listed below which helped them on their recovery journey from surgery. I was not aware of any of these whilst recovering from my surgery, so I am unable to speak from a personal perspective. I thought it was helpful to include them, so if you have tried/try them and they help please let me know.

Please always double check with your surgeon/ medical professional before doing any kind of treatments after surgery as every single person and their bodies heal differently at different paces and it's best to check that things are safe.

- Lymphatic Drainage Massage
- Accupuncture
- Infrared Sauna
- Red light Therapy
- Castor Oil Pack
- Pelvic Floor Therapy
- Belly Binder (mentioned on what to wear 3 page)



USEFUL PRODUCTS



Tamanu Balm - Tropic Skincare

£16+

THIS LITTLE SKIN SAVIOUR BALM FROM TROPIC WAS HONESTLY A LIFE SAVER FOR MY INCISION SCARS WHEN THEY WERE STARTING TO HEAL HOWEVER, YOU CAN USE IT FOR MULTIPLE DIFFERENT THINGS INCLUDING LIPS AND ELBOWS! IT HAS HUNDREDS OF RAVE REVIEWS!

www.tropicskincare.com



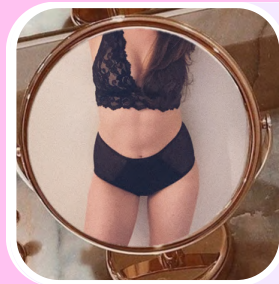
BeYou Patches

£7.99+

use code
FANNYDIARIES1
for 10% off

THESE MAGICAL PATCHES ARE A NATURAL ALTERNATIVE TO PAINKILLERS. I HONESTLY COULD NOT BE WITHOUT THEM. IT IS A TRANS-DERMAL PATCH WHICH RELEASES STEAM DISTILLED MENTHOL AND EUCALYPTUS OILS OVER 12 HOURS.

www.beyouonline.co.uk



Cheeky Pants Period Pants

£12.49+

THESE CHANGED MY LIFE. I USED TO SLEEP ON TOP OF TOWELS AND HAVE BROKEN SLEEP THROUGH PARANOIA BUT NO MORE WITH CHEEKY PANTS. I TESTED THEM ON AN 11 HOUR FLIGHT AND NOT ONE LEAK.

www.cheekypants.co.uk



TOTM Period Pads

£2.66+

THESE ARE THE MOST AMAZING PADS, LIKE A MATTRESS FOR YOUR FANNY. THEY ARE ORGANIC COTTON AND HAVE OTHER AMAZING PRODUCTS. AVAILABLE ONLINE OR IN MOST SUPERMARKETS.

www.totm.com



Plug In Heat Pad

£10/\$10+

A PLUG IN HEATING PAD IS HONESTLY THE BEST THING EVER! IT GETS ME THROUGH SOMETIMES AND IS FABULOUS IN THE ENGLISH WINTER!! THEY COME IN ALL DIFFERENT SIZES AND I JUST GET MINE FROM AMAZON. I HAVE SOME LINKED IN MY AMAZON SHOP IF YOU ARE EVER STUCK FOR WHICH ONE.

www.amazon.com/co.uk

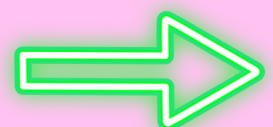


Save My Knickers

£14.99

THIS PRODUCT IS AMAZING FOR REMOVING ALL KINDS OF BLOOD STAINS OUT OF YOUR FAVE PANTS, YOUR BEDSHEETS OR ANYTHING AND EVERYTHING! THERE MIGHT BE A BIT OF BLOOD AFTER SURGERY SO THIS IS A LIFESAVER!

www.save-my-knickers.com



**Prices may be different at the time of purchase from when this was put together.

SURGERY WORDSEARCH



SOMETHING TO KEEP YOU ENTERTAINED WHILST YOU WAIT.

A	V	M	U	T	E	R	U	S	O	L	Q
B	L	R	E	A	T	G	E	K	H	R	P
R	E	A	A	H	N	U	N	E	O	T	A
E	V	S	P	O	R	O	D	T	S	N	D
A	W	T	R	A	E	E	O	J	P	R	S
T	V	T	E	A	R	O	I	T	I	P	Z
H	S	U	P	E	R	O	T	R	T	E	T
E	V	R	V	A	D	I	S	U	A	O	E
R	V	A	D	A	R	O	L	C	L	P	A
Y	R	A	V	O	T	K	F	T	O	L	V
B	V	L	L	A	P	A	C	G	Y	P	I
U	F	A	N	N	Y	Q	U	E	E	N	Y

LAPAROSCOPY

HOSPITAL

FANNYQUEEN

ENDO

UTERUS

PAD

STRONG

OVARY

BRAVE

BREATHE



OTHER THINGS TO NOTE

The first few menstrual cycles after your surgery may not be a fun ride, mine were horrendous and no one warned me, so it came as a bit of shock. I thought I would pass it along and give you a heads up, It's also worth asking your surgeon about them and what to expect.

You are probably feeling every single emotion possible right now and you won't sleep very well, if at all, the night before. I must have had 20 minutes sleep and I will always remember it as one of the worst nights sleep of my life. I was terrified. All I could think about was what if nothing was found, or what if they found something bad or what if something bad happened. I know it's easier said than done but try to focus on all the answers that this could possibly bring you and know that you have someone in your corner right behind you, I am here virtually supporting you all the way.

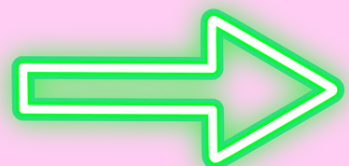
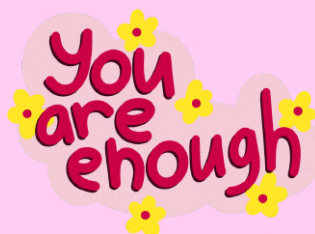
I wish you the very best my babes, and I am sending you all the positive healing vibes and love in the entire world.

You've got this, you are far stronger than you think.

I love speaking with new people and I am always happy to answer any questions that you may have, you are not alone on this wild journey.

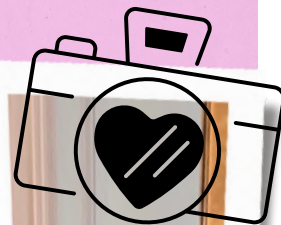
Have the most amazing day, stay fabulous and always remember to fight for your fanny!

Sending you love, snogs and hugs, S xxxx



COME JOIN THE FANNY FAMILY

I really hope you stick around!



ROCKING MY BEAUT ENDO STOMACH!



CHILLING ON LAKE WINDERMERE

THE FANNY DIARIES

BEING YOU IS YOUR power



MY FAVE ENDO BADASS JUMPER FROM INNABOX DESIGNS!

Since receiving my Endometriosis diagnosis and going through the surgery journey, my life has dramatically changed. I was so isolated and alone in all my feelings, not knowing what to do or who to talk to. I knew I couldn't be the only one so I began to channel everything into creating The Fanny Diaries and I can't even begin to explain how much joy it has brought me. Starting to build this beautiful online community, has kept me going on some of my darkest days.

I have had the pleasure of speaking to and meeting so many fabulous people and I have watched people connect and friendships blossom. I am so grateful to each individual person and I can only dream that this continues to grow into something wonderful.

I hope you come and join, I would love to meet you! x



@THEFANNYDIARIES



WWW.FANNYDIARIES.COM



THE FANNY DIARIES



SARAH@FANNYDIARIES.COM

"Surround yourself with supportive people & fight for your fanny"

