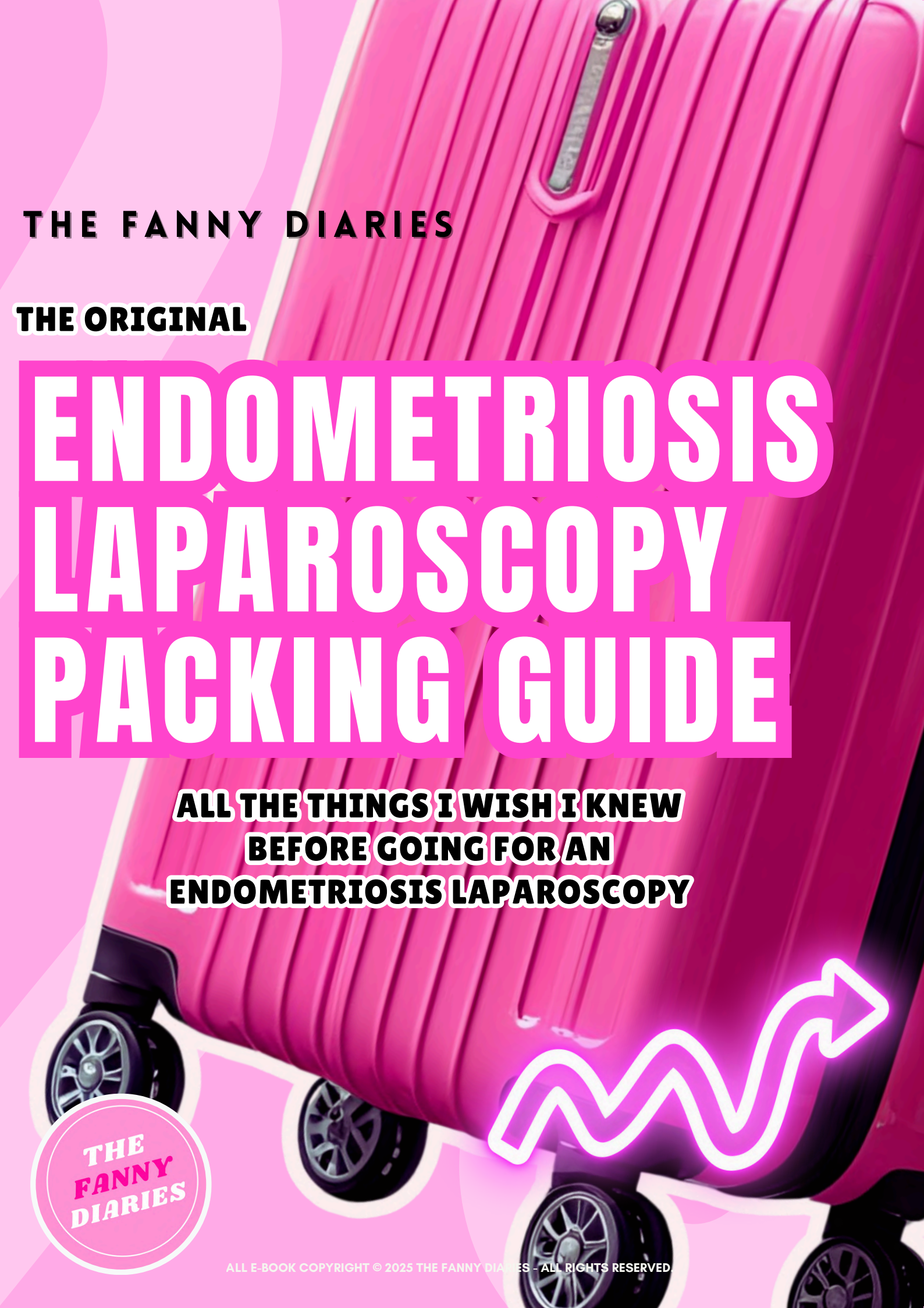


A large, pink, ribbed suitcase is the central background element, angled diagonally from the top right towards the bottom left. It has a silver zipper pull visible near the top. The suitcase is set against a light pink background with soft, wavy lines. A glowing, neon-style white arrow with a pink outline starts from the bottom right and points upwards and to the left, curving around the suitcase.

THE FANNY DIARIES

THE ORIGINAL

ENDOMETRIOSIS LAPAROSCOPY PACKING GUIDE

**ALL THE THINGS I WISH I KNEW
BEFORE GOING FOR AN
ENDOMETRIOSIS LAPAROSCOPY**

**THE
FANNY
DIARIES**

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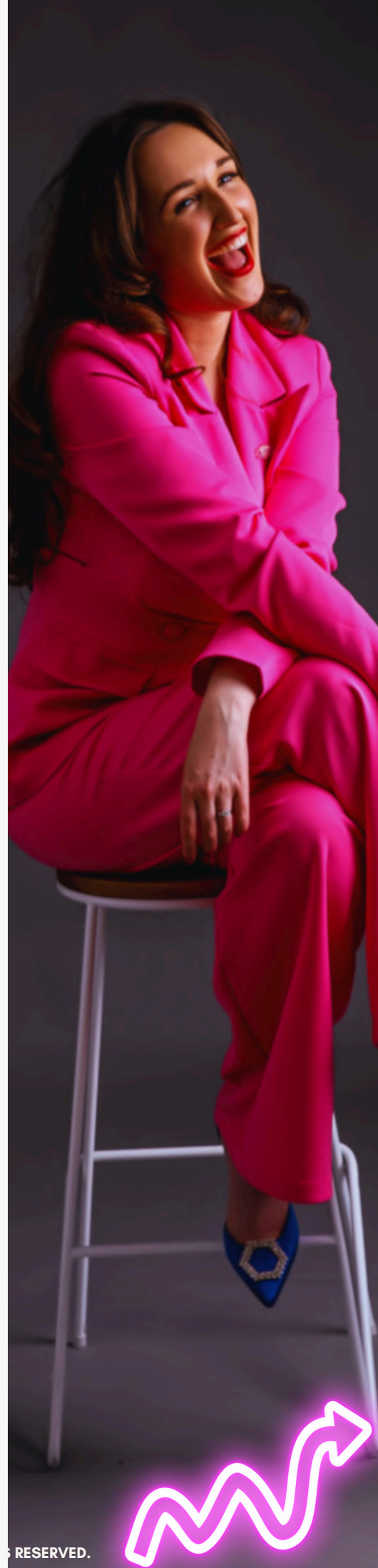
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Hey, I'm Sarah

I was diagnosed with Endometriosis through laparoscopy surgery in September 2020 (right in the middle of lockdown in England), and honestly, I really struggled to find any clear information on what to expect from the surgery journey, what to pack, or what to do next. That's when I decided to create the original First Endometriosis Packing Surgery Guide to help others who might be in the same position. I was so unprepared for my own surgery, and I absolutely don't want anyone else to feel as lost as I did.

I really hope this guide helps you! If there's anything I haven't covered that you think would be useful, please feel free to drop me a message, and I'll be happy to add it in.

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



SARAH@FANNYDIARIES.COM

Sarah Victoria x



Just a quick note

Thank you so much for downloading this little E-book. It truly means the world to me! I've poured my heart into it. I'm really sorry you're going through such tough symptoms, and I truly hope that this surgery brings you the clarity and answers you've been searching for, probably for way too long. You deserve all the support and understanding on this journey!

Just a quick note (I know it's a bit boring, but I have to mention it)

Everything in this E-Book comes from my own personal experience with laparoscopy surgery and the follow-up journey. It's all about what I've learned and what I think could be helpful to know. I'm not a medical professional, and I'm definitely not giving medical advice. This E-Book is just meant to share my experience, not to replace any advice from your doctor. Always check with your healthcare team if you have any questions or concerns!

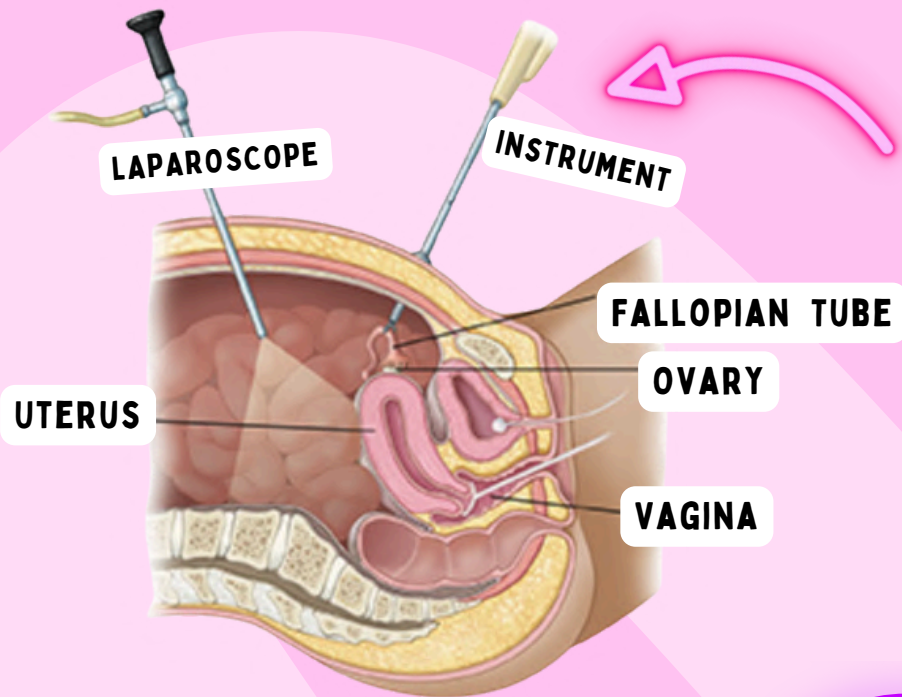


Thank you so much

love you



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 right) This can vary on each person as to where your incisions are and how many.



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.

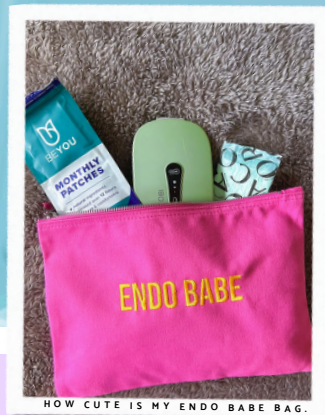
DA VINCI ROBOT

I just wanted to quickly mention the da Vinci robot. It's the machine that the surgeon uses for robot-assisted surgery. Think of it like a car: the car itself is great, but it's only as good as the driver behind the wheel. Similarly, the robot is only as effective as the surgeon operating it. Whether or not the robot is used, the packing tips and advice in this guide will still apply the same way.

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WHAT TO PACK?

DO I EVEN NEED A BAG?



Your surgery date is fast approaching, and you're probably wondering, what on earth do I put in that hospital bag? You might even be questioning whether you need one at all. Trust me, I'd definitely recommend packing an overnight bag, because you just never know what might happen!

Most people are able to go home the same day, but I'll use myself as an example. I had a 7am arrival time and surgery scheduled for 10am. But I didn't actually get into theatre until 5:45pm and ended up staying overnight. After that, I was moved between two other hospitals. So, it's definitely better to be over-prepared and not need it than under-prepared and wishing you had packed a bag at all!

WHAT TO DO BEFORE?

- REMOVE NAILS/ POLISH ETC - 48 HOURS BEFORE
- CAN SHAVE UP TO 2 DAYS BEFORE
- CAN WAX UP TO 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 CREAMS (ON THE DAY)
- NO PIERCINGS ON THE DAY (BELLY, EARRING ETC)
- NO JEWELLERY ON THE DAY
- NO HOT SHOWER/BATH 4 HOURS BEFORE
- NO HOT SHOWER/BATH 48 HOURS AFTER
- NO SEX ONE WEEK BEFORE
- NO SEX MINIMUM 6 WEEKS AFTER

ABOVE 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.



PRE OP

2 weeks before my surgery I had to self isolate after my Pre Op and the same for 2 weeks after. 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.

For my pre-op, I didn't meet with anyone directly involved in my surgery. It was a separate team of hospital staff, so I didn't have the chance to ask any specific questions about the procedure. If you have any questions or concerns, it might be a good idea to reach out to your surgeon before your pre-op or surgery day.

I wasn't allowed to have anyone with me during my pre-op, though this may have changed by now. I've also been hearing that some people are now having their pre-ops without a surgery date scheduled yet, some are months in advance, and others are having quick 10-minute phone calls instead of in-person appointments.



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.



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.



WHAT MY STOMACH LOOKED LIKE WHEN I WOKE.



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

TW - I'M SHOWING MY HEALING INCSIONS ON THE NEXT FEW PAGES. THEY AREN'T BAD BUT THOUGHT I WOULD GIVE A HEADS UP SO IF YOU DON'T WANT TO SEE JUST SKIP PAST!

THE
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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! Incisions can differ from person to person but I thought it was helpful to include.

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. I AM NOT, I REPEAT I AM NOT LIKE THIS ANYMORE HA HA!

THE
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DIARIES

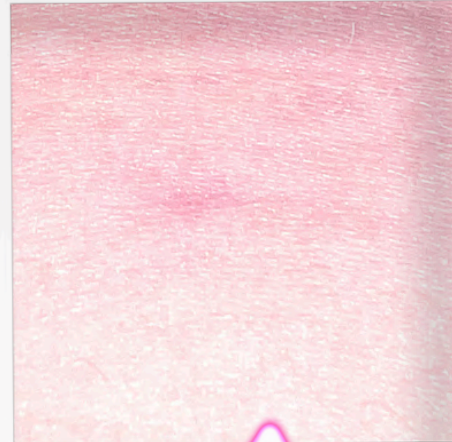
MY INCISION SCARS



13 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) HA HA!



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

4 YEARS ON I CAN'T SEE MY TWO INCISIONS BUT I CAN SEE MY BELLY BUTTON ONE! I PUT TAMANU BALM FROM TROPIC ON 2 OF MY SCARS WHICH HAVE VANISHED BUT NOT ON MY BELLY BUTTON ONE WHICH YOU CAN STILL FAINTLY SEE!



you are
BEAUTIFUL



COMMON QUESTIONS



COMMON QUESTIONS

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?

I've seen this question pop up a lot, so I thought I'd answer it here! Yes, I did shave EVERYWHERE (Bald kitty club! Meow 🐱). That was my personal choice, and it's totally okay if you decide not to everyone's different! I chose to shave because I was told not to wax for a week before, and I just felt it was neater and easier for me. Ultimately, you should do whatever makes you feel most comfortable.

Love you! ❤️



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. Quickest period ever ha ha!

Will they tell me straight away what they found?

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. 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 weeks after they were discharged and some people had to constantly call to ask what was done. It is honestly heartbreaking the level of terrible care so I would definitely make a point of asking your surgeon will you please speak to me after? I would advise asking 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 do I need off work?

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.

COMMON QUESTIONS

What was the beginning of recovery like?

The first few days after my surgery weren't the easiest. I had just been discharged from my third hospital, and the gas pain trapped in my shoulder was sharper than I expected, though everyone reacts differently to that. One key thing I'd recommend is getting up to walk every hour or so to help move the trapped gas and prevent blood clots. I needed help with everything such as getting out of bed, making food, fetching drinks and I felt dizzy, nauseous, and just completely wiped out. But each day got a little easier, and I got stronger. So hang in there, babes, and take it one step at a time. Don't push yourself too hard. I found it mentally tough because I'm not one to sit still, and it ended up being harder than I thought. But I truly hope your recovery goes smoothly and super fast! 🥰



Were you afraid of the Anesthesia?

I was really nervous as this was my first major surgery, and I had no idea what to expect. But when they put me to sleep, I didn't feel a thing. It honestly felt like I was slowly drifting off, kind of like when you're falling asleep after a night of partying, and then suddenly it was done.

The Anaesthetist came to see me before my surgery, and he really helped calm my nerves. He explained how long he'd been doing this, how the process works, and how he ensures I won't wake up during the surgery. He also stayed by my side the whole time, monitoring everything.

It really helped make me feel more at ease and I hope everyone's Anaesthetist comes and speaks to them before their surgery.



WHAT TO WEAR





WHAT TO GO TO 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.

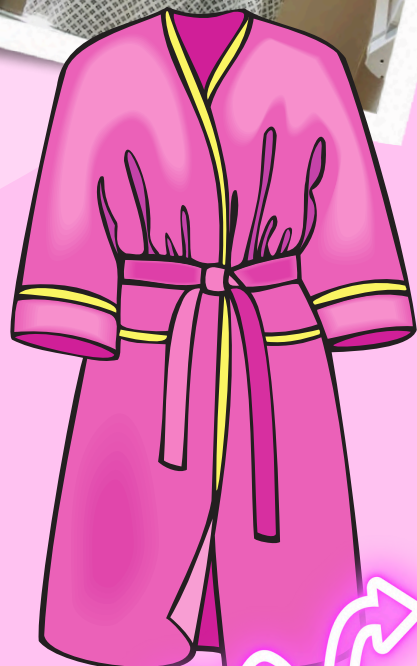
I went to the hospital in some leggings (with a giving waistband for after my operation) a hoody to take on and off and my slip on Ugg boots. I went with the mindset of what I went to the hospital in is what I would be coming home in. This didn't work, I went home in my nightdress and If I re did it 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,



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.



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WHAT TO WEAR ON YOUR FEET?



My slipper things



My compression socks

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 and I wouldn't have been able to as 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.



Avoid tight fitting shoes with long laces and flip flops



Easy slip on and off shoes are the vibe



THE
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DIARIES

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. I actually ended up going home in my nightdress and dressing gown. Some Important things to note below and why I advocate for taking a nightdress, even if you just take it with you and don't end up wearing it.

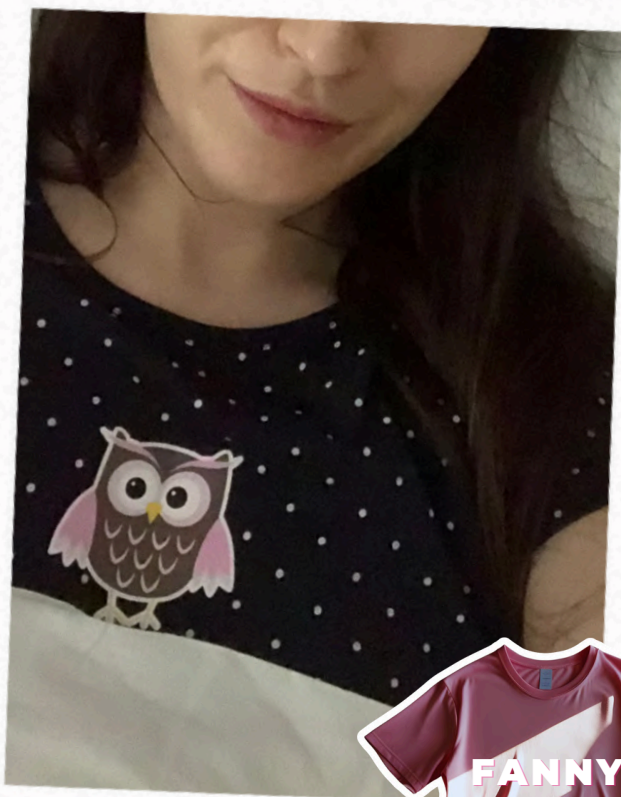
- Sometimes you can be catheterised after your surgery and if you are sent home with a catheter you most likely won't be able to put on trousers, so this is where the nightdress becomes handy.
- The same for if you are catheterised in the hospital and kept overnight, I sadly didn't have my nightdress anymore when I was catheterised and 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 night dresses/ night shirts everywhere such as Asda, Asos, Walmart, Target, and most online retailers.

I got mine from Amazon and it was a challenge to find one without the words "naughty" or "I love my bed" written across them haha!

Link to this nightdress [HERE](#).



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FA
QU



PACKING LIST & USEFUL RECOVERY ITEMS



SURGERY PACKING LIST

Some useful items.



GRANNY PANTS



PEPPERMINT TEABAGS



EYE MASK



LIP BALM



DRESSING GOWN



PILLOWS FOR CAR RIDE HOME



HAIR BOBBLE/SCRUNCHIE



BABY /WET WIPES



TOOTHBRUSH/
TOOTHPASTE/
MOUTHWASH



SOCKS



HEADPHONES



DEODRANT



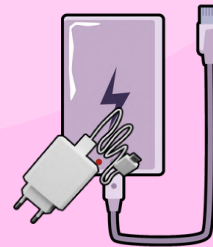
FACE WIPES



MOISTURISER/
TOILETRIES



SLIPPERS



PORTABLE BATTERY PACK
OR EXTRA
LONG PHONE
CABLE



THROAT
LOZENGES



NIGHT
DRESS



PADS



EAR
PLUGS



CHEWING
GUM/MINTS



WATER



GASS
TABLETS



SNACKS



BOOK/IPAD
TO PASS
TIME



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/ Gum/Mints**
- ☐ **Wind Tablets**
- ☐ **Ipad/Book**
- ☐ **Snacks/Bottle Of Water**
- ☐ **Headphones**
- ☐ **Sleeping Mask/Earplugs**
- ☐ **Pillows for car ride home**
- ☐ **Toiletries/ Toothbrush & Toothpaste**
- ☐ **Thermometer**



WHY THESE ITEMS?

1



FACE WIPES

MY SKIN DID NOT FEEL GOOD AFTER SURGERY SO THESE HELPED!



MOISTURISER/TOILETRIES

TO HELP WITH ANY DRY SKIN ON YOUR FACE. I WOKE UP WITH SUPER DRY SKIN AND WISH I HAD SOME.



CHEWING GUM/MINTS

A QUICK FIX FOR DRY MOUTH/ STRANGE TASTE WHEN YOU WAKE



TOOTHBRUSH/TOOTHPASTE/ MOUTHWASH

YOU MAY HAVE A STRANGE TASTE IN YOUR MOUTH WHEN YOU WAKE UP. I DIDN'T HAVE THE ENERGY FOR BRUSHING MY TEETH BUT IT WAS HANDY THE NEXT MORNING IN HOSPITAL



SOCKS

TO KEEP YOUR FEET WARM



PADS

HOSPITAL PADS WERE LIKE A BIG GIANT NAPPY AND WERE SO UNCOMFORTABLE, DEFINITELY TAKE YOUR OWN!



PEPPERMINT TEABAGS

YOU WILL MOST LIKELY HAVE TRAPPED GAS AND PEPPERMINT TEA WAS SO SOOTHING AFTER MY SURGERY. TAKE YOUR OWN AS NOT MANY HOSPITALS HAVE IT



GRANNY PANTS

TAKE SOMETHING A FEW SIZES UP WHICH GOES OVER OR UNDER YOUR INCISIONS/ SWOLLEN STOMACH



YOU WILL BE DEHYDRATED AS YOU WILL NOT BE ABLE TO HAVE FOOD/DRINK FOR HOURS BEFORE YOUR SURGERY AND WILL MOST LIKELY WAKE UP WITH DRY/ CHAPPED LIPS.

EYE MASK & EAR PLUGS



USEFUL FOR IF YOU WILL BE PUT ON A WARD WITH OTHER PEOPLE AND NEED TO GET SOME SLEEP



THROAT LOZENGES

YOU MAY WAKE WITH A SORE THROAT FROM A TUBE DOWN YOUR THROAT.



WHY THESE ITEMS?

2



DRESSING GOWN

TO COVER YOUR BOOTY CHEEKS WHILST WALKING TO SURGERY & TO KEEP YOU WARM



HAIR BOBBLE/ SCRUNCHIE

ANYTHING SOFT AND LOOSE TO TIE YOUR HAIR UP



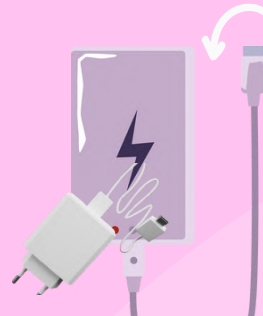
HEADPHONES

IF YOU ARE ON A WARD AND WANT TO PLAY MUSIC/ WATCH SOMETHING OR DROWN OUT SOME NOISE



PILLOWS FOR CAR RIDE HOME

TO COVER YOUR INCISIONS UNDER YOUR SEATBELT/ HELP YOUR SHOULDER PAIN DRIVING HOME



PORTABLE BATTERY PACK OR EXTRA LONG PHONE CABLE

THIS IS SO HELPFUL IF YOU ARE ON A WARD - A SUPER LONG CABLE TO REACH YOUR BED OR A PORTABLE BATTERY PACK SO YOU DON'T HAVE TO WORRY ABOUT CHARGING AND REACHING WHEN YOU ARE IN PAIN



DEODORANT

YOU ARE NOT ABLE TO USE DEODORANT BEFORE YOUR SURGERY I'M SO GLAD I PACKED MINE FOR AFTER



BOOK/IPAD TO PASS TIME

I WAS WAITING FOR HOURS BEFORE MY SURGERY AND I WAS SO THANKFUL I TOOK MY IPAD.



SLIPPERS

SLIP ON'S ONLY - HELPFUL TO KEEP MY FEET WARM, WALK AROUND AND WALK TO SURGERY IN



NIGHT DRESS

FANNY QUEEN

SEE PAGE WHAT TO WEAR 3



BABY /WET WIPES

TO FRESHEN UP/ WIPE UP ANY BLOOD/ YOU WILL BE UNABLE TO SHOWER SO THESE CAN BE SUPER HANDY!



GASS TABLETS

PROBABLY MORE HELPFUL TO HAVE AT HOME BUT GASS TABLETS FOR THE GAS PAINS CHECK WITH YOUR DOCTOR BEFORE TAKING.



SNACKS

SOME EASY SNACKS CAN BE HELPFUL INCASE YOU GET KEPT IN



WATER

I TOOK MY OWN WATER/DRINKS AND I WAS SO GLAD I DID. SOMETHING ABOUT HOSPITAL WATER JUST DOESN'T SLAP RIGHT HA HA

THE FANNY DIARIES

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)

ITEMS



HEATING PAD



ICE PACKS



AN EXTENSION CABLE



SUPPORT PILLOW / V PILLOW



MINI SEWING OR PAINTING KITS



A BOOK LAMP



MEAL PREP/ BATCH COOK MEALS/ PRE CHOP SNACKS



CLOURING BOOK & CRAYONS



EXTRA LONG PHONE CHARGER



GINGER FOR NAUSEA



RINSE FREE BATH SPONGES



A WATER CARAFE



IPAD / BOOK / TV



USEFUL RECOVERY ITEMS

Painkillers!



Ginger tablets for nausea!



Laxatives



All things Gas!



Throat Lozenges



Spare Dressings for incisions!



Tamanu Balm For Incision scars



Pulse Oximeter



Thermometer



THE
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DIARIES

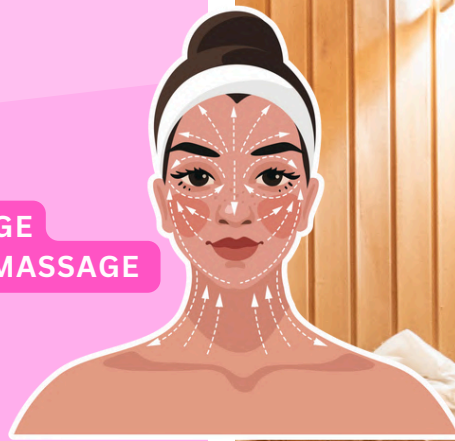
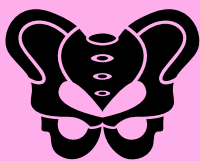
USEFUL RECOVERY ITEMS

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, but I thought it could be helpful to include them.

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
- AFTER SURGERY SCAR TISSUE MASSAGE
- ACUPUNCTURE
- INFRARED SAUNA
- RED LIGHT THERAPY
- CASTOR OIL / CAST PACK
- PELVIC FLOOR THERAPY
- BELLY BINDER



STOMACH BINDER 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.



FOOD

After my surgery I was craving fruit and veg and I lived off mini roast chicken and veg dinners, soup and salads. I was told to avoid anything deep fried but I felt sick at the thought. I also avoided sparkling drinks in the beginning, as I had so much trapped gas in my shoulder and stomach I didn't want to make it worse. However, I did eventually start sipping on 7 up because it did help with my nausea. Anything cold like yoghurts, ice cream, smoothies, to make swallowing tablets easier and to help with my sore throat. Drinks like peppermint or fruit teas, fruit juices and just little meals and snacks because I felt sick from the anaesthetic for a while. Everyone is so different when it comes to food so do whatever is best for you. I would definitely recommend pre chopping fruit and anything you can prepare in advance which makes it so much easier.

On the next page I have put some ideas which may help. I went so crazy buying all kinds of random food not having a clue, trying to cover all bases but you already know what kind of things you like to eat, your dietary requirements and what will help you in recovery, there is no need to spend an absolute fortune like I did on things I don't even usually eat ha ha.

PRE CHOP FRUIT
& SNACKS IF
POSSIBLE!



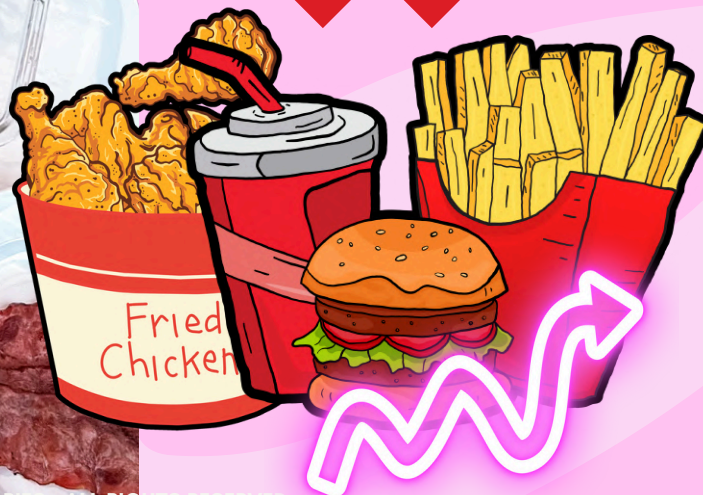
COLD FOOD TO
HELP WITH THROAT
AND TABLETS



BEVERAGES
SMOOTHIES,
TEAS, LEMONADE...



WHAT I LIVED
OFF HA HA



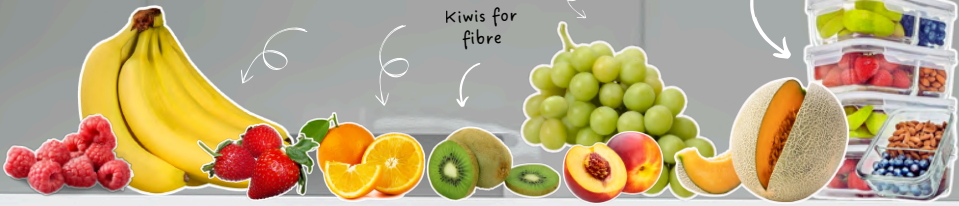
THE
FANNY
DIARIES

FOOD IDEAS

THE FANNY DIARIES

fresh fruit

Pre prepared in containers making it easy to grab



Kiwis for fibre

Veg - chopped and prepared for easy snacking

Or packet veg you can heat up quickly!

Sweet potatoes - (Anti Inflammatory)

Avocado for healthy fats!

Hummus

Frozen Veg would also be handy too for meals!



Sandwich fillings pre made like Tuna mayo or chicken salad!

Chicken for Protein!

Wild caught salmon (protein/ anti inflammatory / Omega 3)

Bone Broths

Pre made Pasta salads

Salads!



Sourdough Bread

To help with swallowing pills or with granola

Greek Yoghurt or flavoured yoghurts

Soups

Ice cream (for your throat)



Smoothies

Immune Shots

Juices



THE FANNY DIARIES

Pineapple

Lemon for warm lemon water



FANNY QUEEN

7 Up / sprite / Lemonade

Water



CBD/ Magnesium Drinks



GIFT IDEAS FOR SOMEONE

RECOVERING



PYJAMAS



BEAUTY PRODUCTS



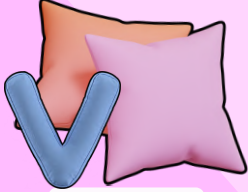
HEAT PAD (PORTABLE)



HEAT PAD



BAKED GOODS



PILLOWS/ CUSHIONS



PAINTING



A TAKEAWAY



YOUR TIME



FILM SUBSCRIPTION/ FOOD VOUCHERS



MAKE UP



TEA



PAMPER SESSION



A MOVIE OR AUDIOBOOK



ARTS & CRAFTS



GIFT VOUCHERS CLOTHES, BEAUTY ETC



POST OP MASSAGE

WAYS TO OFFER SUPPORT

to someone recovering from surgery.



A PHONECALL



CLEANING



A DRIVE



COMPANY & TIME



LAUNDRY



FOOD PREP



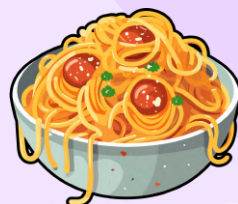
SUPERMARKET SHOP



PET CARE



CHILD CARE



HOMECOOKED MEAL



TO LISTEN



FETCH MEDICATION



GIFT IDEAS FOR SOMEONE RECOVERING



PYJAMAS



BEAUTY PRODUCTS



HEAT PAD (PORTABLE)



HEAT PAD



BAKED GOODS



SUPPORT PILLOW / V PILLOW



ARTS & CRAFTS



A TAKEAWAY



YOUR TIME



MAKE UP



SUBSCRIPTION SERVICE



PAMPER SESSION



A MOVIE OR AUDIOBOOK



TEA



GIFT VOUCHERS/FOOD VOUCHERS



POST OP MASSAGE

WAYS TO OFFER SUPPORT

to someone recovering from surgery.



A PHONE CALL



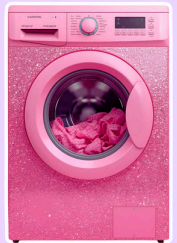
CLEANING



A DRIVE



YOUR COMPANY/ TIME



LAUNDRY



FOOD PREP



A SUPERMARKET SHOP



PET CARE



TO LISTEN



CHILD CARE



HOMECOOKED MEAL



FETCH MEDICATION



RETURNING HOME TIPS



RETURNING HOME TIPS

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

1

MAKE SURE YOU HAVE PASSED URINE

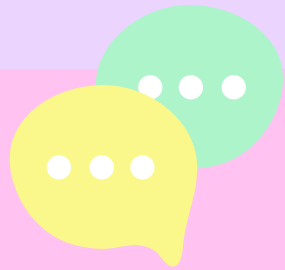
This is a super important one! Make sure you have been for a wee, multiple times with a substantial amount of urine before you go home or before you let them discharge you. This is where all my complications started and where most people's complications start too that I speak to online. I urinated barely anything but pure blood and had severe pain after any attempt at urinating. I lost all feeling of a full bladder and the feeling of if I even needed a wee at all. 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 babes.



2

ALWAYS COMMUNICATE

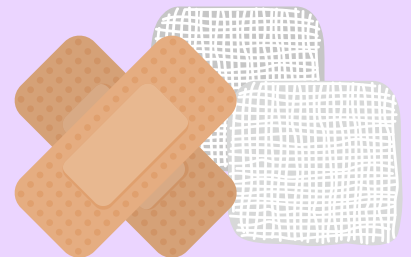
With your Doctor/Nurses if you are in a lot of pain or if you have any new symptoms/ if something is concerning you. You are not a nuisance, communicating is not being difficult (something which I wish I had learnt before my surgery) You deserve piece of mind and every bit of help if you are in pain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



3

ASK FOR A FEW EXTRA

Incision bandages/ dressings. This was one of the best things I did. I could not wear trousers, jeans, anything with a waistband for a very long time, I then found i could start to wear them with dressings so it didn't pull on my stitches as much



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 incase 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. 🤪



THE
FANNY
DIARIES

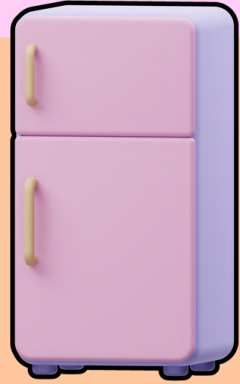
RETURNING HOME TIPS

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 off 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 some fried chicken will make you feel sicker.



7

LOUNGE CLOTHES/PJS WITH A GIVING WAISTBAND

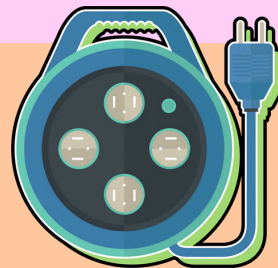
Are what you will live in for weeks. Anything over sized or with a stretchy comfy loose waistband will be your new best friend. I really struggled with Jeans so I avoided them. In fact, I was pretty grateful for lock-downs and restrictions so I couldn't go out even if I wanted to and I was grateful for 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

WHAT I WISH I KNEW



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.



**THE
FANNY
DIARIES**



WHAT I WISH

I KNEW



BOWEL MOVEMENTS

Bowel movements may take days/ a week and be super painful. I had to take a laxative after a few days so definitely mention this to your surgeon and see what they recommend to be prepared.

PERIODS

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.



THE
FANNY
DIARIES



WHAT I WISH

I KNEW



ASKING QUESTIONS 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.

EMOTIONS

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



THE
FANNY
DIARIES



WHAT I WISH

I KNEW

**YOU NEED SOMEONE WITH YOU
& TO PICK YOU UP**

I was told that I was not allowed to have the surgery if i didn't have someone to pick me up and stay with me. You are unable to drive yourself home after, you are unable to get an uber/taxi and you have to have someone stay with you for the first 24 hours. I did have to provide a contact person and they wouldn't let me leave the hospital without that person present.

THE
FANNY
DIARIES



COMPLICATIONS



There are risks involved with surgery that weren't fully explained to me, so I really hope they're properly explained to you ❤️. It's never easy to talk about complications, but it's important to be aware of them so you know what to look out for. For me, complications started pretty quickly, just hours after I came out of surgery. At first, I thought it was just gas pain, but it got worse over the next 24 hours when I tried to wee and only blood came out. I was told it was "normal," but I had no feeling of whether my bladder was full or not, and I just couldn't empty it. The pain was absolutely awful.

This is why I always stress the importance of speaking up if you're having trouble weeing. Please, trust your gut and never ignore any concerns.

OTHER COMPLICATIONS TO LOOK OUT FOR CAN INCLUDE -

- Redness or swelling around incision sites
- A fever
- Severe pain or pain that worsens
- Pus at incision sites
- Heavy bleeding from your Vagina
- Abnormal vaginal discharge
- Feeling like you can not empty your bladder
- Blood in urine (this can be common and temporary if a catheter was used)
- Increase spasming pain after attempting to empty bladder
- Vomiting
- Nausea which doesn't go away within 1 - 2 days
- Increased pain at the site of incisions

If you experience any of the above at any point after your surgery you should contact your surgeon/ hospital / emergency number you were given when discharged ASAP.

Also, avoid lifting, pushing, or pulling heavy objects during the first few weeks of recovery to reduce the risk of a hernia.



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.

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.

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!

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!

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.

THE
FANNY
DIARIES

FOLLOW UP APPOINTMENT

I have put an E-Book together for your follow up surgery appointment with a list of questions to possibly ask. Follow up appointments are a chance to gather all the information you need and to ask all the questions you want to ask however, from what I am hearing now it doesn't even seem to be the standard to be offered a follow up appointment which is so disappointing.

Some people are also given theirs as a phone call and not in person.

Mine was face to face 6 weeks after surgery, it wasn't very helpful and I didn't find out much information which is why I wish I would have been more prepared and knew what questions to ask.

Love you xxx



USEFUL PRODUCTS



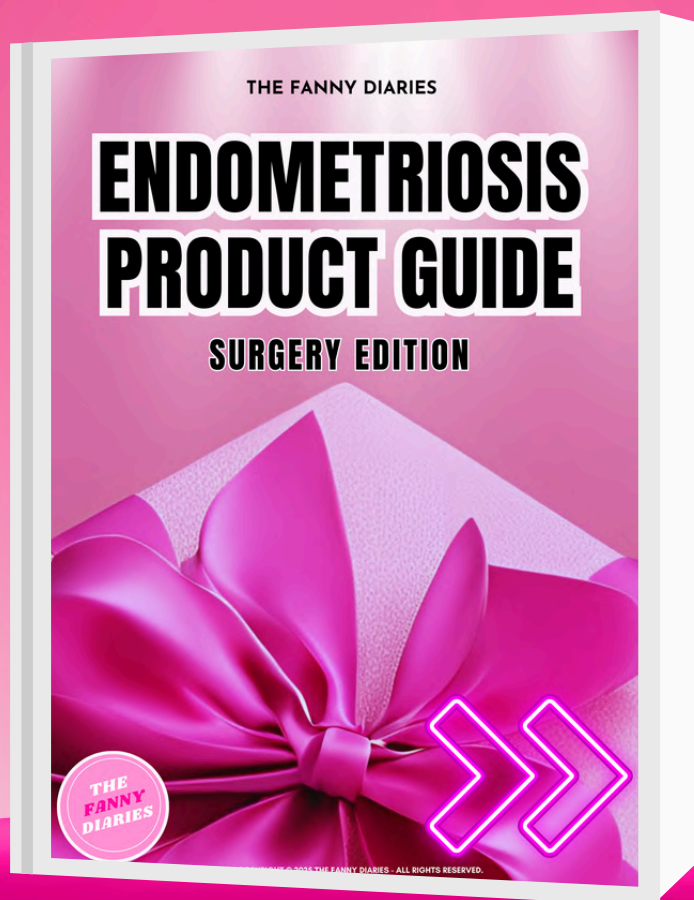
TAMANU BALM
all-in-one skin saviour



PRODUCT GUIDE

SURGERY EDITION

I have also just put together an E-book about where to find all the products I have talked about in the packing list and for recovery and they are all linked. I have covered both the UK & the USA. I hope you find it helpful! Let me know if you think anything is missing and I can add it in.





Sending you a huge hug

I know this is such a nerve wracking time for you, full of uncertainty and probably a lot of stress. You're likely feeling sick to your stomach, wondering if you should cancel, convincing yourself that maybe it's not that bad, and second-guessing if you really need to go through with it. You might be worried they won't find anything or that you won't be believed. But let me tell you this: your symptoms are real, and so is your pain. I believe you.

It's tough, I know, but try to focus on one small step at a time instead of all the "what ifs." I can't tell you what the right answer is (I wish I could), but I hope you know just how brave you are. I really hope you have some supportive people around you during this time. If not, know that this Fanny Queen is cheering for you every step of the way.

I hope that by reading this, you feel a little more prepared. If you ever need anything or have more questions, please reach out.

Since my Endometriosis diagnosis and surgery, my life has changed in so many ways. I felt so isolated, not knowing where to turn or who to talk to. I knew I couldn't be the only one feeling this way, so I channeled everything into creating The Fanny Diaries. It's honestly been such a source of joy and building this beautiful community has kept me going on some of my darkest days. It's given me strength and purpose in the fight for the change we all deserve.

I've been so lucky to meet so many incredible people, and seeing connections form between amazing babes in my Instagram community has been one of the most heartwarming experiences. I'm so grateful to each and every one of you, and I can only dream of what we'll continue to build together.

Being an advocate for Endometriosis can be challenging, and it's scary to put yourself out there in the online world, but I've never been more passionate about anything. I promise you I won't stop until there's better care, better aftercare after surgery, better vetting for surgeons, and better guidelines. I will keep fighting for all of us, and I will never stop fighting for our Fannys!

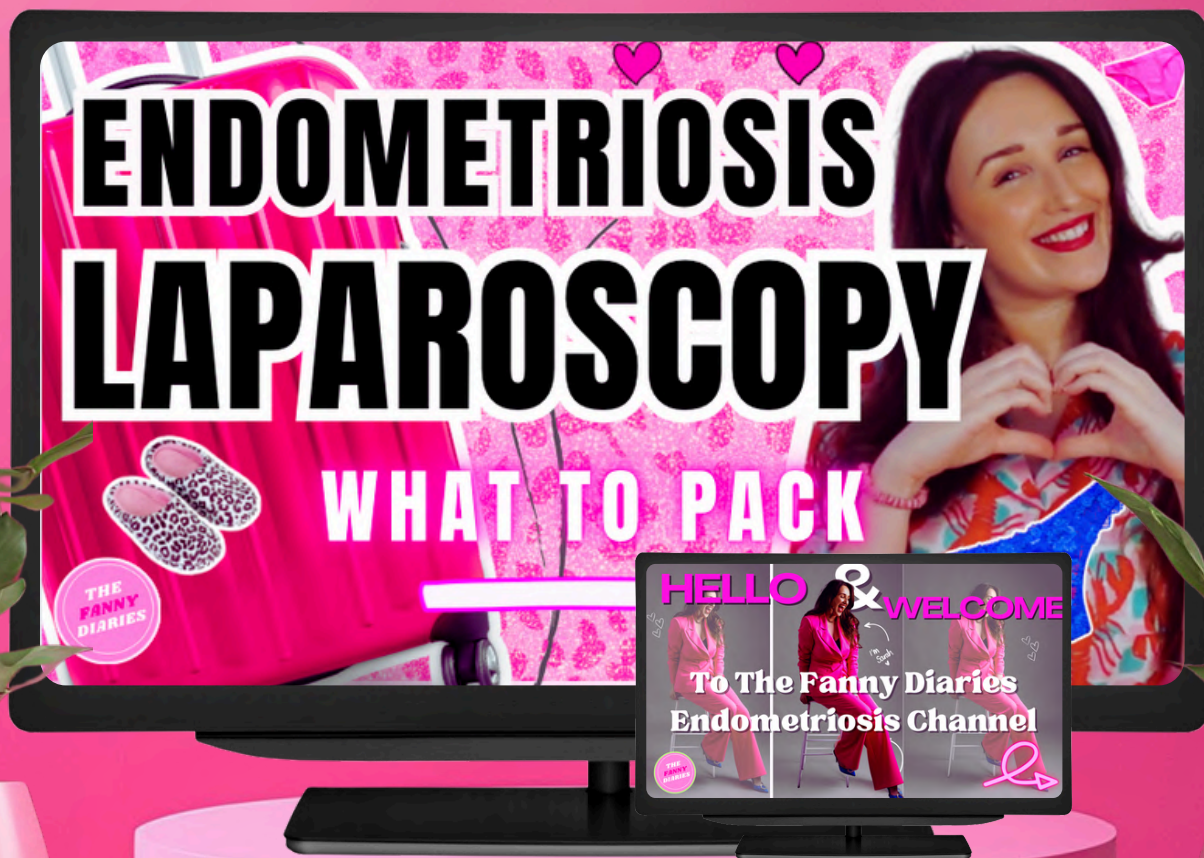
I truly hope you'll stick around, I'd love to meet you one day and be a part of your journey.

All my love & a huge hug.

Sarah Victoria x

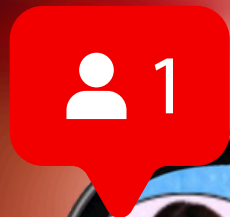


YOUTUBE



COME SAY HELLO ON YOUTUBE,
MY BRAND NEW CHANNEL DEDICATED TO
ENDOMETRIOSIS! WATCH THE WHAT TO
PACK FOR SURGERY VIDEO BY CLICKING THE
BUTTON BELOW





Come join The Fanny Family

SOCIAL MEDIA &
CONTACT LINKED



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*Stay fabulous and
always Fight For Your
Fanny!*



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