



AFTER SURGERY FOLLOW UP APPOINTMENT QUESTIONS.

All the things I wish I had asked in my follow up appointment, after my Laparoscopy Surgery.
If Endometriosis WAS found.

W W W . F A N N Y D I A R I E S . C O M



@ T H E F A N N Y D I A R I E S

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**THE FANNY DIARIES & A CLOSED
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FIND ON THE FANNY DIARIES PAGE**



Email -

SARAH@FANNYDIARIES.COM

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Sarah Victoria
xoxo

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JUST A QUICK NOTE...

All my downloadable E- books and everything that I write on my website and blog are from a patient (myself) point of view, not a medical one and all views are my own.

I am not a medical professional, I can never, nor will I ever give medical advice. This is created from someone who has been through the entire Endometriosis diagnosis and surgery journey and has recognised the lack of information and guidance out there. I have created all of these so people can be as informed as possible and I am slowly creating the things that I wish I had. This is not to be confused for medical advice, Please always consult with your doctor.

This e- book bundle is not to be confused for Medical Advice, I am not a medical professional, this is based on my own personal experience. Please always consult with your doctor.



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IF ENDOMETRIOSIS WAS FOUND.

It is such a bitter sweet moment getting welcomed to the Endometriosis club. You are relieved because your pain and symptoms are finally validated. You finally have an explanation after probably years of being fobbed off, just offered the pill and told that your pain is all in your head. Your gut feeling was right, which you should always trust by the way.

However, now is a new journey. A journey of more challenges, more advocating for yourself, uncertainty, confusion, loneliness and grieving your old self.

It is so important to allow yourself to feel every single emotion. I cried in bed for weeks after my surgery and my diagnosis. This was followed by months of confusion, loss, grief and loneliness that no one would ever start to understand.

But you are not alone, there is an entire group of incredible Endo Warriors on multiple platforms across social media ready to be your friend and my inbox and email are always open. Stay strong my fanny queen, you are far more fabulous than you think!

Sending you all the love,
Sarah xx

If Endometriosis was not found please download the other E-Book for my top tips on how to navigate that situation.

This e- book bundle is not to be confused for Medical Advice, I am not a medical professional, this is based on my own personal experience. Please always consult with your doctor.



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WHAT EVEN IS ENDOMETRIOSIS?

If you are like me, you woke up from surgery, were told that you had Endometriosis and kicked out to fend for yourself without so much as an explanation or any information, then this will probably help.

Endometriosis is a Chronic lifelong all over body disease defined as the endometrium- like- tissue/ cells growing outside the uterine cavity. It is not the Endometrium which is often what it is incorrectly described as.

Endometriosis is currently classed as the second most common gynecological condition. It is one of the most common causes of infertility and chronic pelvic pain and affects 1 in 10 people. However, it is an all over body disease which has been found on every organ in the body.. even the brain. - With it being so common you would think that there would be far better recourses, knowledge and care right?

Unfortunately there is no current cure for Endometriosis.

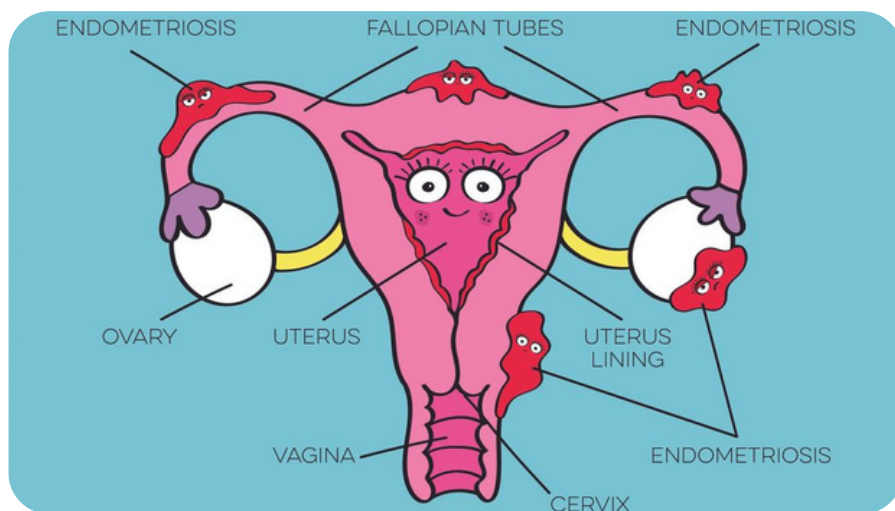


image by @trutherus. Image taken from my website.



YOUR FOLLOW UP APPOINTMENT...

Can be intense, nerve-wracking and scary but you have got this my Fanny Queen! It can be overwhelming, you are navigating a brand new diagnosis.

I have put together this little document to help you with questions to ask at your follow up.

I was so underprepared for mine and I wish I was more prepared so I hope this helps. This is from my own personal experience and is not to be confused for medical advice.



DON'T FORGET TO...

keep a note of any new symptoms that you are experiencing so you can ask your surgeon about.

Call your doctor ASAP if you feel like something is wrong/ you have an infection. If in doubt always check in with your surgeon, its far better to be safe!

Don't forget to keep resting and allowing your body to heal.



ASKING QUESTIONS CAN...

be daunting and advocating for yourself is super hard but you have to remember that this is YOUR health and health is priceless.

You deserve to get the best out of your appointment and you deserve answers to questions for yourself.

You can do it babes! I used to just sit and nod and never ask any questions now I ask loads, teehee.

Questions.

ENDOMETRIOSIS LAPAROSCOPY SURGERY FOLLOW UP APPOINTMENT

1. DID YOU FIND ANY ENDOMETRIOSIS, IF SO WHERE WAS IT?
2. WAS ANY ENDOMETRIOSIS LEFT BEHIND, IF SO WHERE?
3. WHAT TYPE OF SURGERY DID YOU PERFORM? EXCISION OR ABLATION?
4. DID YOU CHECK ELSEWHERE IN THE BODY/ ANY OTHER ORGANS FOR ANY ENDOMETRIOSIS?
5. DID YOU SEE ANY SIGNS OF ADENOMYOSIS?
6. DID YOU FIND ANY ADHESIONS/ FIBROIDS OR POLYPS?
7. DID YOU TAKE ANY BIOPSY'S AND SEND THEM OFF TO BE TESTED/ IF SO WHAT ARE THE RESULTS?
8. DID YOU CHECK THAT MY OVARIES ARE WORKING CORRECTLY AND EVERYTHING ELSE LOOKS OK?
9. DID YOU TAKE ANY PHOTOS/ VIDEOS OF MY SURGERY IF SO WOULD I BE ABLE TO PLEASE HAVE A COPY?
10. HOW WOULD I GAIN ACCESS TO ALL OF MY SURGERY NOTES/ GET A HARDCOPY OF THEM?
11. WHAT HAPPENS NOW MOVING FORWARD?
12. WHEN CAN I RETURN TO WORK/DAILY ACTIVITIES/EXERCISE/ SEX ETC.
13. HOW WOULD I GET REFERRED TO A PAIN MANAGEMENT CLINIC?
14. HOW WOULD I GET REFERRED TO A PELVIC THERAPIST IF THIS IS SOMETHING I WOULD LIKE?
15. HOW WILL I KNOW IF IT HAS GROWN BACK? IS THERE ANYTHING THAT CAN BE DONE TO MONITOR THIS?

Questions.

ENDOMETRIOSIS LAPAROSCOPY SURGERY FOLLOW UP APPOINTMENT

DID YOU FIND ENDOMETRIOSIS, IF SO WHERE WAS IT?

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WAS THERE ANY ENDOMETRIOSIS LEFT BEHIND? IF SO
WHERE & WHY ?

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DID YOU PERFORM ABLATION OR EXCISION?

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DID YOU CHECK ELSEWHERE IN THE BODY/ ANY OTHER
ORGANS FOR ENDOMETRIOSIS?

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DID YOU SEE ANY SIGNS OF ADENOMYOSIS?

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Questions.

ENDOMETRIOSIS LAPAROSCOPY SURGERY FOLLOW UP APPOINTMENT

DID YOU FIND ANY ADHESIONS, FIBROIDS OR POLYPS?

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DID YOU TAKE ANY BIOPSY'S AND SEND THEM FOR TESTING?
IF SO WHAT ARE THE RESULTS?

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DID YOU CHECK THAT MY OVARIES ARE WORKING AND
EVERYTHING ELSE LOOKS OK?

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DID YOU TAKE ANY PHOTOS/VIDEOS OF MY SURGERY IF SO
PLEASE CAN I HAVE A COPY?

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HOW WOULD I GET A COPY OF ALL MY SURGERY NOTES?

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ENDOMETRIOSIS
LAPAROSCOPY SURGERY
FOLLOW UP APPOINTMENT

WHAT HAPPENS NOW MOVING FORWARD?

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WHEN CAN I RETURN TO NORMAL ACTIVITIES, EXERCISE,
WORK, SEX ETC.

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HOW WOULD I GET A REFERRAL TO A PAIN MANAGEMENT
CLINIC?

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HOW WOULD I GET A REFERRAL TO A PELVIC THERAPIST
SHOULD I WANT TO EXPLORE THIS OPTION?

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HOW WILL I KNOW IF IT HAS GROWN BACK? CAN ANYTHING
BE DONE TO MONITOR THIS?

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Questions.

ENDOMETRIOSIS LAPAROSCOPY SURGERY FOLLOW UP APPOINTMENT

ANY OF YOUR OWN QUESTIONS/ NOTES/ SYMPTOMS SINCE SURGERY.

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Questions.

ENDOMETRIOSIS
LAPAROSCOPY SURGERY
FOLLOW UP APPOINTMENT

ANY OF YOUR OWN QUESTIONS/ NOTES/ SYMPTOMS SINCE SURGERY.

WHAT COULD BE SUGGESTED MOVING FORWARD.

It is worth noting that Endometriosis is not a one size fits all disease. What works for you, might not work for someone else and vice versa. You have to do what is best for you moving forward with regards to "treatment" options. Treatments aim to ease symptoms, they do not cure Endometriosis.

There is currently no cure for Endometriosis, below is listed the more generic things that you are likely to be offered as treatment options for your Endometriosis.

Treatment Options

You may be offered -

- Hormone contraceptive Pill - Combined or Progesterone only Pill.
- The Mirena Coil
- Lupron
- Orlistat
- Depo Provera
- Advised to take nothing.

Always consult with your doctor/ surgeon and always do your research so you understand what it is you will be taking, what it does and the full side effects involved.

Always make a decision based on what is best for YOU. You are your own best advocate and you know your body better than anyone.

FAB PRODUCTS!

THESE ARE NOT SPONSORED PRODUCTS, THESE ARE PRODUCTS THAT I GENUINELY USE THAT HELPS ME IN DAILY LIFE WITH ENDOMETRIOSIS. I THOUGHT IT WOULD BE USEFUL TO INCLUDE THESE.

TOTM PADS

These are the most amazing Pads, like a mattress for your Vulva. They are organic cotton and have other amazing products. Available online or in most supermarkets.

£2.66+

WWW.TOTM.COM



CHEEKY WIPES/PANTS PERIOD PANTS

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.

£12.49+

WWW.CHEEKYWIPES.COM

BEYOU PATCHES

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.

I have written in depth all about them on my blog!

Use discount code - FANNYDIARIES1 for 10% off!

£7.99

WWW.BEYOUONLINE.CO.UK



#AFF

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FAB PRODUCTS!

THESE ARE NOT SPONSORED PRODUCTS, THESE ARE PRODUCTS THAT I GENUINELY USE THAT HELPS ME IN DAILY LIFE WITH ENDOMETRIOSIS. I THOUGHT IT WOULD BE USEFUL TO INCLUDE THESE.

OVIRA

The Noha is a mini Tens machine. I have tried 2 others from Amazon previously and I found them super painful and too strong. This has been created by someone with Endometriosis specifically for placement on the ovaries so it is a bit more gentle.

I have written a full detailed blog post on it - www.fannydiaries.com

£100+/ \$139

WWW.OVIRA.COM



SAVE MY KNICKERS

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!

£14.99

WWW.SAVE-MY-KNICKERS.COM



MY OBI

My Obi is a fab little portable heating/vibrating belt for on the go! I was super skeptical at first as I didn't think it would work for me but I genuinely love it.

I have worked with them in the past but this is no obligation to mention and not sponsored.

£60/\$79

WWW.MYOBISTORE.COM



SOURCES

<https://centerforendo.com/endometriosis-understanding-a-complex-disease>

www.fannydiaries.com

www.nhs.uk

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<https://www.healthline.com/health/endometriosis>
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Updated on July 2, 2019

<https://www.nhs.uk/conditions/endometriosis/>

<https://endometriosis-uk.org/understanding-endometriosis>

<https://endometriosis.net/clinical/excision-ablation/>

<https://www.nhs.uk/conditions/laparoscopy/>

<https://www.sciencedirect.com/science/article/abs/pii/S1047279797000173?via%3Dihub>