

# 5 Top Secrets Women Need To Know After Hysterectomy



Empower Your Recovery Journey  
and Feel Confident Again!

*Written by Dr. Dawn Andalon*



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## About the Author

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Whether you've come looking for advice after surgery or you don't agree with the "just rest, wait and wonder" option... or you're VERY health conscious and ready to take action on your recovery, then you are about to ENJOY the same transformation in your health as thousands of other women!



*“My name is Dr. Dawn D. Andalon, and I’m not your average women’s health coach.”*

Every week, for more than 20 years, thousands of women all over the country have consulted with Dr. Dawn, looking for answers to their concerning questions about their physical health. With her specialty in women’s health and pelvic floor therapy, she is passionate about helping women at all stages of their life. After 20 years of consulting and working with active women, she has teamed up with her husband and co-founded LEVEL4 PT & Pilates, which is now the fastest growing and most trusted health advisor to women in the San Diego area and now around the world. They help and educate women, allowing them to return to their active lifestyles.

Furthermore, Dr. Dawn has worked as a physical therapist at the Nike World Headquarters, advising athletes on injury recovery and prevention. She has completed intensive women’s health training through Herman and Wallace Pelvic Institute and a manual therapy certification through the University of St. Augustine and Health Sciences. She is also a Certified Pilates Instructor through Polestar Pilates.

Dr. Andalon is also a trusted health advisor for a nationwide women’s fitness company and has a popular podcast and YouTube channel.

In her free time, Dr. Dawn enjoys spending time with her husband and two daughters at the beach. She enjoys weight lifting, running, yoga, Pilates, dance, and cooking.

# Introduction

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In this special guide on post hysterectomy care, we share with you 5 things that you may not realize might be a part of your post hysterectomy experience.

They're in no particular order, and they all have only one thing in common: They all will help you feel prepared and ready for the changes that can happen with surgery to ensure your best recovery.

It's often the simplest advice that wins in the end. Truth is, without knowing about your full history or type of hysterectomy or surgery that you had, we cannot tell you which of these may or may not happen to you. The key is being prepared and understanding your own body, which can be the biggest difference to help you return to 100%.

This guide will help give you the confidence and the clarity to understand what could occur with your body after hysterectomy-- and how best to start treating it without delay. Over the last decade, I've been able to narrow down what really does and doesn't work when it comes to easing issues that occur after hysterectomy.

We think you'll be pleasantly surprised by how much more empowered you feel knowing that you are not alone in your journey, and that there are experts that can help you along the way.

# ***5 Secrets Women Need to Know After a Hysterectomy ...So They Can Heal Successfully!***

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## **1. Six Weeks May Not Be Enough Time to Feel “Normal” Again**

Often after surgery, including a hysterectomy, we are provided by our surgeon a “6 week timeline” for recovery when it is safe to resume previous activities. Unfortunately, this approach is not “one size fits all”. What defines normal activity or job duties are for you, may be different to another person.

Despite the fact that a hysterectomy is viewed as a routine, common surgery, it is still seen by your body as a physical trauma that it must heal from. It is important to discuss with your surgeon at your post operative visits what full recovery means to you, and plan accordingly that you might require more time off from work, sex or exercise to fully heal.

## **2. You Might Have Urinary Leakage or Changes in Urinary Frequency.**

After recovering from a hysterectomy, many women are surprised and embarrassed to find that they are now experiencing urinary incontinence with activities that never bothered them before, such as coughing, exercise, or laughing.

When the uterus and other organs are removed from our body, the pressure and support that was placed on the bladder and urethra (the tube that urine comes out of ) changes. With more free space in the abdominal cavity, changes in force that occur during certain body movements now push directly on the bladder, causing you to be more likely to leak urine with activity.

The good news is that despite having a hysterectomy, you do not have to be doomed with leakage. The pelvic floor muscles that support the bladder and urethra can be trained to assist with and prevent leakage. It is recommended that after surgery you consult with an experienced pelvic floor specialist or work on specific exercises to ensure that they are doing their job (this is not always about Kegels!)

### **3. Sex Might Feel Different ( Or Be Painful)**

Despite the necessity of having a hysterectomy due to various reasons, our body still finds the surgical removal of the organ ( or organs) to be very traumatizing. For this reason, many times after surgery, when a woman is healed and able to resume her sex life, she notices that there are changes in the sensations that she experiences during intercourse.

Sometimes, women simply are experiencing dryness due to changes in hormone levels that happen after removal of the uterus. Unfortunately, many women also note discomfort or pain that they previously did not experience with their partner. This is usually caused by overactivity of the pelvic floor muscles that become tight and restricted in an effort to protect the pelvic area after surgery.

However, this can be problematic as this tightness in the pelvic floor does not go away on its own, and can affect your sex life and relationship.

### **4. You Could Develop Prolapse of Your Bladder**

A prolapse is a condition where the uterus, rectum or bladder push on the vaginal wall, causing a feeling of fullness or heaviness in the vagina. Sometimes this bulge can be seen or felt by the woman or her partner.

After a surgery that results in removal of the uterus, there is less natural support to the colon, cervix and bladder. This can result in these tissues “falling” downward, causing increased pressure against the vaginal wall.

While prolapse can be very scary after hysterectomy, it is important to note that it can be prevented or avoided with the help of a pelvic floor specialist. You will need to learn how to use your core and pelvic floor muscles to help lift, exercise and move correctly without the risk of damage and prolapse of the pelvic organs.

### **5. Scar Tissue Massage/Mobilization Is Necessary for Healing**

If you had an abdominal incision or even small portal sites in the abdominal region, learning how to massage your scar will not only help with pain relief in that area, but will improve your ability to access your abdominal muscles for activity again. About 20% of women have a transvaginal hysterectomy, but if you had an incision at your abdominal region instead (and you have been cleared by your surgeon) then there are techniques to help get the benefits of healing

You want to make sure that your incision has no signs of infection (so after the surgeon has cleared you), then you can massage the scar or portal sites by using two fingers on the scar and massaging it in a perpendicular motion to get the benefits. You can watch a video on my YouTube channel about abdominal surgery scar recovery for a detailed description too.

## ***Bonus Section:***

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# **Post Surgical Tips To Help You Recover, Faster**

## **1. Post-Surgical Breathing:**

Soon after your surgery, you will most likely be instructed to take deep breaths several times per day to prevent pneumonia or other post-surgical complications. To practice this (unless your doctor specified otherwise), lay on your back with your knees bent or wherever you are most comfortable, and place a hand on your abdomen and chest. Inhale through your nose, focusing on gently expanding your ribs and abdomen, exhale out your mouth and everything “comes in”. Perform this 10x morning, noon, and night focusing on staying relaxed and pain-free.

## **2. Rolling in Bed:**

Even with minimally invasive surgeries that have minimal stitches or “downtime”, moving your body after surgery can be painful. Moving and getting comfortable in bed can be one of the most difficult things! To combat this, when you want to roll in bed, perform a log roll. Start by laying on your back, and one at a time, bend both knees to place your feet closer to your buttocks (you may also want to put a pillow between your knees, or potentially hold a pillow to your abdomen if you have stitches.) As you exhale, roll your head, shoulders, hips and knees to their desired side as a unit at the same time. To sit up in bed, simply press down with your top hand on the bed to lift your torso as your legs come off of the bed at the same time.

Check out my Hysterectomy Recovery Program you can do in the comfort of your own home: **Feel Like Yourself Again After a Hysterectomy!**

**Click here for more info about this expert recovery program:**

<https://drdawnandalon.com/hysterectomy-recovery/>

## Conclusion

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So, there you have it: 5 Top Secrets Women Need to Know After Hysterectomy (and 2 bonus tips to recover quicker with less pain.)

Through this guide, I wanted to prove to you that there ARE many things you can do to prevent changes in your health and ensure your best recovery post-hysterectomy. By choosing to work with a Hysterectomy recovery specialist, you will be able to get the ROOT CAUSE of the issues you may experience after surgery and stop it before it stops you! AND knowing that you don't have to accept quitting the activities you want to do, or feel embarrassed or alone!

In the weeks ahead I'll be sending you even more tips and advice on how to restore your active and healthy lifestyle - and will share with you how we could possibly make a huge difference to your life.

I hope this is the beginning of a great, long-term relationship where you can become the source of leading-edge health advice for you (and your partner) and make a real difference to the quality and enjoyment of your life.

Dedicated to Restoring Your Health,

Dr. Dawn D. Andalon, DPT, MTC, CSCS, CPI  
**Leading Hysterectomy Recovery Specialist**

Visit <https://www.drdawnandalon.com> for more information about how to get help today!

Check out my Hysterectomy Recovery Program you can do in the comfort of your own home: **Feel Like Yourself Again After a Hysterectomy!**

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## Health Advice Disclaimer

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We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our women's wellness center. The information given is not intended as a representation of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physical therapy advice, and various other physical factors.

As with any medical condition, it is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise, the advice given for the management of an injury cannot be deemed fully accurate in the absence of this examination from one of the health coaches at Dr. Dawn Andalon, LLC.

By reading this publication you agree that following any advice herein is at your own risk and agree to hold harmless Dr. Dawn Andalon, LLC, its owners, and its employees. We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this guide.