

So How'd It Go?

Overall, so much better than my fears were telling me it would go. I had my second cesarean section on Friday, October 7. Boy was I nervous beforehand! I figured I would write out the details, just in case we decide to do this again I can look back at it and know what to expect. So I warn you, if you're squeamish about medical procedures or just plain not interested, then skip the post. But if I can make just one person feel more at ease about their impending cesarean, even if it's future me, then it's worth writing this all out and sharing the details.

The day of my scheduled cesarean, the hospital told me to arrive at 5:30 AM. Hubby and I set the alarm for 4:30 and got there a little early so we could visit the hospital chapel and pray together. Thankfully, Grandma had arrived in town the night before and had our 4 kids at her hotel. The first nurse we asked did not know where the chapel was in the hospital, which I found strange, but then again, our local hospital is undergoing major expansion and renovation, so I guess that's the excuse I'll let them have for the fact that their chapel (when we finally found someone who knew where it was) was just an empty room. No matter because God listens where ever you are, so we prayed together and went back to the maternity ward where they began to prep me for my surgery. They put an IV in, which didn't go very well. Seems I have great veins in my arms for drawing blood (the blood techs always ooh and ahh over me and my veins, which makes them weird in my book), but in my hands, not so much. Getting IVs is always very painful for me, and it bruises up my whole hand. This day was no exception. It hurt a lot, and they had to give me 2 holes before they got it right. Then the nurse comes and tells me that because of the combination of it being my 5th baby and the fact that I had to have a blood transfusion last time that they were going to have to give me a back-up port in my other

hand just in case. So they start doing that, and that one hurts even more. Next thing I know, I have a golf ball sized lump in my hand – “The vein blew” the nurse told me. I don’t ever want to hear anyone tell me that something carrying blood throughout my body “blew”, and I still haven’t googled that one to see what it is because it sounds so nasty. And at this point, I’m near tears thinking that if things are going wrong already, what will happen when they cut me open? But they finally got my second IV port in, and then after the insertion of the catheter (not a big deal and I will spare the details), I was ready to be wheeled off to the surgery room in a wheelchair.

Luckily I had taken the c-section class at the hospital, so the cold sterility of the operating room did not alarm me, and I also knew that my Hubby had to wait outside until certain preparations were made. On our way into the operating room, I saw the backup doctor, and he was talking to himself in the hallway in kind of a strange way. He is known for being a bit different, so it didn’t really worry me, especially since I knew my regular doctor would be there also. Besides, Dr. Strange delivered my 3rd child, and she was the easiest delivery I had. I will spare details for what happened next; it’s a bit personal – if you really need to know how they prep a patient for a c-section then take a class at your local hospital. Then the anesthesiologist came in, and my heart sank when I realized it was the same lady who gave me my epidural during the birth of baby #4 – the epidural that never worked. She gave me my spinal, and it pinched a little, but much less than an epidural, not really a big deal at all. My legs started to get tingly, and I was really starting to panic big time. I kept asking the anesthesiologist if everything I was feeling was normal, and she was so nice and reassuring. They had a blood pressure cuff on my arm which kept going off every few minutes, and they also gave me oxygen in my nose – I felt very well cared for. They let Hubby in, and he and the anesthesiologist (so tired of typing that word, think I’ll

just call her Dr. Drug from now on) sat by my head the whole time. Dr. Drug said that they would test me to make sure that I was numb before they did anything, but guess what – they didn't. I brought this up to someone after it was over, and they had a good point – they probably tested my numbness but didn't even tell me about it. Since it was working, I didn't feel the test, so they proceeded. Duh. It's just that I was so nervous about the numbing not working after what happened with my epidural; you can't blame me for being concerned.

The next thing I remember is the tugging and pulling, which is also something for which the c-section class prepared me. But it was actually much less unpleasant than I had panicked it would be. It's just that it seemed to take forever. They said it would take about 1-2 minutes and according to Hubby, it took 4 minutes. If you ask me, I would say it took 15 minutes. The whole time I could hear the doctors talking and I kept asking Hubby what they were saying because I was panicking about the health of the baby and the fact that I was lying there sliced open on the table. He said they were just discussing their techniques. My Hubby kept looking down there, past the curtain, and I kept wondering how he could do that – if it were him lying on a table sliced open, I don't know that I could look. But then again, I don't think it was like surgery looks on tv – I was picturing a completely open body cavity, but that's a different kind of surgery. I guess that's why there was all that tugging and pulling. So anyway, finally Hubby says that the baby is out, but I don't hear crying, so I begin to panic even more (notice a trend here? I am a worrywart, in case you haven't noticed). But both people seated at my head tell me everything is fine, and then I hear the baby (Luke James) cry. I feel so relieved, and I can't believe it's over. Except it's not. They clean up the baby, and they hold him up in front of my face for about a millisecond, and then they take him out of the room along with my husband and probably about half the staff that was on hand. At some point, I don't remember when, but I'm pretty

sure it was after the baby was born, Dr. Drug held up a little vial and says, "I'm going to give you this." She puts it in my IV, and I find out later that it was Duramorph, a form of morphine. I'm wondering now if this is something they give all their c-section patients (those who are not opposed to medications), or if I got the "panicking patient" special. At any rate, after the morphine, my memory gets fuzzy, but I do remember lying there getting sewed up (still not feeling a thing below my chest). My complaint was that it seemed to take FOREVER because I had nothing to do but lie there, and all I could think about was seeing my baby. I even got envious of my poor husband, because here I had just gone through this surgery and now HE was getting to spend all this time with the baby and I hadn't even barely gotten a look at him. They should really think about putting a tv in there or something... or would that distract the doctors? Best not to think about it, I guess. I had to keep talking myself out of looking at the ceiling because it was reflective, and I could see a little of me and a lot of red there – they ought to fix that too; I would bet that no one wants to see themselves getting surgery. But finally they were finished, and a few of the staff people worked together to lift my helpless body onto the gurney for the transport back to my room.

When I got there, there was Hubby with the baby, all excited to see me, and then I finally got to hold our new son. And he was (is) so incredibly beautiful. The rest of the day was wonderful. Slowly my legs began to work again, and I could not believe it that I had absolutely no pain! It did not resonate with me that I was on drugs. I did feel kind of loopy, but I didn't really think much of it and enjoyed the euphoria of having a new healthy baby and the relief that the worst part was over. Weather-wise it ended up being a terrible weekend to be stuck in the hospital – it was 80 degrees out and sunny, and the grandmas took my kids to the zoo on Saturday, so I had to miss that, but at least they got to go. When I was released from the hospital on Monday, it

was still very nice out for a few days, but I didn't feel up to going outside and by the time I did, Northern Ohio fall weather was in full swing and I've been cold ever since. Oh well, such is life, and my Hubby had perfect advice when I was bummed about missing the beautiful fall colors (it was amazing how different our neighborhood looked with all the leaves on the ground after just 3 days!). He said, "There will be plenty more color-changing seasons, but there are only so many baby seasons." What a wise, wonderful man!

Back to my recovery in the hospital, it went fairly smoothly, although I did have a lot of pain starting Saturday once the morphine wore off. The baby was up all night on Friday, but I didn't mind at all because I just wanted to be with him. I haven't watched tv in years, but over the weekend, I watched countless episodes of 3's Company, Roseanne (forgot about the one where Becky gets into the liquor cabinet, haha!), and Everybody Loves Raymond – you know, shows from when tv was actually good. I learned about the Prohibition era from PBS, and I also learned that there are conspiracy theorists who believe that there really isn't gold in Fort Knox – hmm, that's something to think about I guess. Luke slept a full 5 hours on Saturday night from 1:30-6:30, and so did I since no one came for my blood until 6:30. Last time I was in the hospital, I seem to remember them coming for blood every hour on the hour which made it really hard to sleep, but then again I had a lot of complications last time including the need for an emergency cesarean and a blood transfusion. Sunday night, little Luke decided he wasn't going to sleep again, and I woke up from my 45 minute nap that night feeling terrible – achy and lots of other pain, and chills because of a fever I was running. Not only that, but there was a mean nurse who informed me in a not-so-nice way that I was over my limit of acetaminophen, which meant I was not allowed any pain medicine. That really ticked me off; partly because of the way she said it, and partly because no one had given me any indication that this was a problem. Had they warned me that I

was getting near the limit, I would have declined some of the meds offered to me to avoid this. Actually, all of the other nurses had been telling me that I should stay ahead of the pain. They specifically said not to wait until the pain was really bad to take the meds otherwise they wouldn't work. The staff must have known I was upset because at 11pm Sunday night, my doctor called my bedside phone personally and reassured me. And my doctor is the one I credit with my smooth delivery and quick recovery – she has been 1000% better than my previous doctors in every way throughout this process, and for that, I am so thankful.

Since I've been home, I've been resting (probably not as much as I should have, but I have 5 kids now, who can rest with 5 kids in the house??). Hubby has been *amazing* at taking care of me AND things around the house, but he also started a new job 2 days after the baby was born, which leaves him with 2 jobs, taking care of the 4 kids and me AND waking with the new baby at night as he likes to do. My mother did a ton of laundry while she was here, and I'm just now starting to do laundry again a week and a half later, so that helped a lot too. People from church have been wonderful about sending meals for our family, and that has been incredible. Not only that, but we also have frozen meals that people sent and that my husband's mother made while she was visiting for when our meal delivery runs out. It's been crazy, but we are managing, and a week and half later, I've been out and about and back in the real world. I still have pain, but nothing extreme, and my 600mg ibuprofen works pretty well for that. There are 2 complications I had that I was not expecting; one is worthy of a blog post all its own and I'll get to it next time. The other is the return of my backaches. I've had a sore back since high school; I worked fast food and had to pop a Doan's before every shift to make it through. There are various things that I think caused it, but what does that matter now. The strange thing is that during my pregnancy, my backaches disappeared. Most women find new backaches during pregnancy,

and mine disappeared. I didn't think much of it until I get home from the hospital and experience my back pain again. This is discouraging because I know the incision pain will go away with time, but the backaches seem to be getting worse, and I have no guarantee that my back will ever feel better. I guess it's something to talk to my wonder doc about in my 6-week follow-up. I already had my 1 week follow-up with the doctor, and she said my incision looks really great and my body is healing well – for that I am thankful.

Baby's healthy, 4 big sisters and brother are healthy, I'm getting healthy, and Hubby is healthy (even if he needs much more sleep – praying for that to come soon) – what more can we ask for! Life is good; God is great!

And oh yeah... everywhere little Luke goes, he has a constant crowd of admirers. If it wasn't so sweet, it would be annoying because hey, when is it MY turn to hold the baby?!?

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Luke James

Our 5th bundle of joy arrived on October 7, 2011. His name is Luke James, and he was born at exactly 8 am, weighed 7 lbs 11

oz and was 19.5 inches long. He is healthy and a very happy easy-going baby. He seems to have his days and nights mixed up though, which I suspected based on his movements when he was still in the womb. We are enjoying him immensely, and so are his 3 sisters and his brother. I am recovering from the c-section pretty well, and I will write more about Luke's first days at home when it doesn't hurt to sit in a chair for longer than 10 minutes. I would love to put up a hundred pictures of gorgeous little Luke, but my bunny chewed my camera cord, and I can't get any pictures off my camera. I hope to have this situation remedied soon, but I depend on Hubby for all my tech-related needs, and Hubby is exhausted staying up with the baby at night, taking care of me and the kids during the day while also keeping up with his responsibilities at both of his jobs. It just seems mean and commanding of me to place more demands on him now, so I will have to somehow be patient about the picture taking and sharing. I wonder how long I can last; Luke is one of the cutest babies I've ever seen!!!

****UPDATE****

Hubby devised a way to transfer my pictures using my ebook reader – genius! So anyway, here is a picture of swaddled Luke at 1 day old:



One Foot Out The Door...

Changes abound! So many things happening that I can't keep up writing about them on my blog. It seems like every time I sit down to relax, I'm doing something with the kids – playing board games, homeschooling, doing puzzles, cuddling while we watch home videos together... Mommy and kid time is so much more important than blogging, of course, so I'm not losing sleep over it... but I do miss blogging, and I know I will miss having a chronicle of these days for future reading. I was just looking back at my blogs from the past; looking to see how I felt after my cesarean 3 years ago, hoping to maybe find some tips for recovery this time around. It was so nice to read about what was going on in our lives at that point, the challenges we were enduring, how the kids were growing, what they were doing, that kind of thing. But these days, if I have a kid in my lap, there is NO extra room to have a laptop nearby! As of Friday September 16, I am 36 weeks pregnant – home stretch for sure! While my belly is not bulging nearly as much as it did with my previous 4 pregnancies (I've actually LOST weight since July, but dr said baby is growing fine and that's what matters), I am looming large these days, and the seemingly most mundane of tasks is an effort on my part and seems to take me forever. I am blessed with an awesome Hubby who has really stepped up around the house to keep us running despite the craziness and challenges that a 4-kid household brings. Very Honorable Mention goes to my oldest daughter who has also been amazing lately with her willingness to help. She has gone above and beyond, not only doing everything that is asked of her but also coming up with her own ideas to pamper pregnant mom, following through with these ideas, and also excelling in our newly designed homeschooling program. A few weeks ago, Taylor surprised me

with a manicure/pedicure, and she even kept going outside to check on the little ones while Mom's nails were drying. The other day, she came up with the idea and made me breakfast in bed. Her emotional and spiritual growth lately has been amazing to see, and hopefully I will have the time to blog about the lesson in forgiveness that she taught our whole family.

So how is the homeschooling going for us? If you remember, we began homeschooling our two eldest this year – 6th and 2nd grades. Many people have asked how it's going, so it's time for a formal update on the blog... It's going GREAT! Thanks for asking! We began with a very planned out schedule, but we've found it necessary to be more flexible. We've also tweaked our planned curriculum here and there and attended our first homeschooling book sale and picked up some things to supplement our curriculum. All normal and necessary parts of the process, and we've seen the kids become closer with each other and us their parents, all while getting to watch them learn new things up close. I can't wait to jump in as a full time homeschool teacher, but my patience is being tested since I have to wait until I recover from my planned cesarean in October.

Now for the big news: a few blog posts ago, I wrote about many doors opening for our family. We were still determining at that time which paths to explore, and our prayers have been answered; the paths whittled down to an almost definite road. Loonnnng story made very short is this: my husband was offered a job as a pastor at a local church, and he accepted. This means that we will be, in effect, switching churches. Talk about something that came out of the blue! There is nothing about our current church that I don't like, and I had planned on going there for years to come and raising our kids among our church community. But, as we all too often learn, God has plans for us. And who am I to argue? I KNOW His plans are so much better than any road map I could have drafted for myself

and my family. So now comes the transition to the new church. It's a much smaller church, so among my husband's and my first duties will be to acclimate ourselves into the new church environment and create a children's ministry. It will be challenging but also extremely exciting. My husband has one final meeting with the regional governing board of the church to finish out the interview process, but everything we've been told by the elders of the church is that this is just procedure. So, last Tuesday, I sadly gave my notice to my friend and mentor that oversees my 2nd/3rd grade girls Sunday school class. Oh, how I will miss those kids! I've known them and watched them grow for a year and a half now, ever since I had them as 1st grade students last year. But as I said, who am I to challenge God's plan? While this all happened so suddenly in our lives, the chain of events and circumstances that led up to my husband being chosen to lead this church was so obviously orchestrated by God that there is no need to doubt whether it was meant to be, nor is there need to go into detail about exactly how it happened. I will just say how much we KNOW that it was meant to happen, and that will guide me in the future if I ever begin to have fears or doubts in my own abilities to fulfill His work for me.

October 7 is when I am scheduled to have the baby, and 2 days later (while I'm still in the hospital) is when my husband is to spend his first Sunday at our new church. As soon as I feel up to it, I will join him there, and our kids will follow as soon as we set up our children's ministry. That leaves me 2 Sundays to teach my current Sunday school students, or possibly just one if I decide to go and meet more of the congregation at the new church before I go into the hospital. I may have one foot out the door, but I'm walking into a whole new world. Because it is the world that God has designed for me at this point in my life, I could not be more excited!!!