

The Surgical Menopause Plan

Six differences from natural menopause, and what to do in the first month

✓ **Verified against published guidance** from Cleveland Clinic, Mayo Clinic and the National Institute on Aging · sources below

Cleveland Clinic says to contact your provider immediately after an oophorectomy if you see swelling or redness at the incision, leaking fluid or pus, pelvic pain, swelling or pain in your legs, nausea or vomiting, fever or chills, painful urination, or foul smelling vaginal discharge. Mayo Clinic says to tell your healthcare team before surgery about every medicine, vitamin or supplement you take.



Do This

Start the log on day one

- Menopause starts the same day
- Bring the page to the follow up
- Note each symptom and its date

COACH'S TIP Cleveland Clinic: it begins immediately.

Ask about hormone therapy

- Ask before symptoms peak
- Write the answer down
- Ask what your own risk is

COACH'S TIP Mayo Clinic: low dose until about age 50.

Book bone and heart checks

- Put bone density on the list
- Ask for the timing in writing
- Blood pressure and cholesterol too

COACH'S TIP NIA: more vulnerable after menopause.

Keep the basics going

- Stay active, walking counts
- Eat a healthy diet
- Enough calcium and vitamin D

COACH'S TIP NIA names these three for bone health.

Know the recovery clock

- Most go home the same day
- Longer after an open incision
- Full activity in 2 to 4 weeks

COACH'S TIP Mayo Clinic: 2 to 4 weeks is typical.

Separate uterus from ovaries

- A hysterectomy alone may not do it
- Ovaries do not grow back
- One ovary left means periods stay

COACH'S TIP Cleveland Clinic and Mayo Clinic, both.



Do Not

Do not wait it out

- There is no perimenopause first
- Silence is not a plan
- Symptoms can start at once

COACH'S TIP NIA: symptoms may begin immediately.

Do not assume HRT is automatic

- It carries risks of its own
- Yes and no both need a reason
- The reason for surgery matters

COACH'S TIP Mayo Clinic says so in plain words.

Do not skip incision checks

- Look at it daily for two weeks
- Leg swelling or pain
- Redness, pus or leaking fluid

COACH'S TIP Cleveland Clinic: call immediately.

Do not lift or drive too soon

- No heavy lifting
- No driving on strong pain medicine
- Showers, not baths

COACH'S TIP Cleveland Clinic: two weeks minimum.

Do not ignore your age

- Before 45 raises the risk
- Say your age in the conversation
- The US average is 52

COACH'S TIP Mayo Clinic flags the under 45 group.

Do not leave fertility late

- Ask before the date is set
- Ask for the referral early
- Egg freezing is a before option

COACH'S TIP Cleveland Clinic: see a specialist first.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

52 Average age of menopause in the US (NIA)

Before 45 The age Mayo Clinic flags for higher risk

2 to 4 weeks Typical return to full activity (Mayo Clinic)

Sources: Cleveland Clinic, Oophorectomy (2022). Mayo Clinic, Oophorectomy, ovary removal surgery (2024). National Institute on Aging, What Is Menopause? (2024). **Educational content, not medical advice.** Talk with your doctor.

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