

The Living Experiment

Figuring out life one educated guess at a time

3 month update (SRS +84)

So election day in the US. And 3 months post SRS. Interesting day to say the least. I'll skip the politics though and just jump into the SRS stuff right away. First off, I was looking forward to this point as I could drop down to 2 dilations a day. The only thing with that is I've been doing only 2 a day for a few weeks now. That said, I do think sometimes I should go back up to 3/day as things are tight. Soooo that's not really new or a change from the past few weeks. But here's where things stand:

1. Sex – This is likely one of the things that is higher up on the list for a lot of us. The clinic said we could start after the 2nd month, but not before then. And having now had sex (with a partner who wasn't massive down there) at 3 months, I'm going "this sucks... I should wait longer." And to clarify the reason it was bad wasn't because of the sex itself, the partner, my mental state, etc. But instead it was simply a lot of discomfort and pain to a point down there. Things were moving/rubbing/etc in ways they aren't ready to move yet. That said, psychologically speaking it was awesome. I didn't feel like I was an "imposter" or something. And felt like I was a chick... finally. That was worth it. I only hope one day I can orgasm and enjoy sex again (or hell masturbation... speaking of...)
2. Masturbation – I've tried a few times to play with myself. I played with the labia in the bath one night 3 weeks ago or so which felt really good, but couldn't get off and stopped as I could tell things were getting to be too much. I tried using a vibrator (magic wand). Don't do this. At least not before 3 months, would definitely not recommend. While it felt somewhat good it also hurt. I had an ex finger me which was amazingly enjoyable (although to be fair it likely had to do with the emotions involved to a large degree) where I almost got off but we had to stop as I started bleeding. All in all, it's been pretty pointless even though

sexually I've got a stronger drive there than I've had in years. Which sucks more so because the person I wanted to enjoy that with isn't there anymore.

3. Dilation – So from a practical perspective this is absolutely gotten easier. That said, it's kind of like running downhill in mountains. The general trajectory is down and easier, but you have points where you climb back up again before continuing your descent. That's similar to dilation for me. Most weeks are better than the week before, however some days (or even a week or two) things get a bit harder again before easing back up. Right now is one of those hills I'm climbing back up where it's been harder to get to depth. That is likely my fault as I've been a lot more active the past two weeks or so.
4. Coconut Oil as lube – So I bought 6 months of QC in Thailand and brought it back with me. This is half gone. However this week I started attempting to use coconut oil. This could be part of the reason for it being harder to dilate, I'm unsure. Next week I'll be on a work trip and doing QC the whole week so we'll see what that's like. I also noticed yesterday, and this might've not been related to the coconut oil, that down there was smelling a bit. I'm unsure if this was related, but it was there. Overall it's meh as lube and for dilation. It seems to be a little better if you mix it with QC although this gets messy real quick (and is why I still use gloves, the tarp, and disposable pads on top of the tarp).
5. Leaking – So I still need to use pads through the day, and expect this to be the norm for at least the next 6 months. It is not as bad as it used to be where I'd go through a thicker panty liner 2 times a day (3 initially). Now I change it 2x/day just because I prefer to keep things from getting gross down there, but they are thinner pads and I can go a lot longer before I *have* to change it.
6. Pain/feeling – So things are still sore down there most of the day. Although there are points I don't feel it directly and can kind of "forget" about the pain as it's not super intense. I get shooting pains from the outside sometimes, but those go away in a few minutes. Dilation pain is there, but once I get to depth and do initial stretching of things with stirring, then it's totally fine. It's just the initial getting to depth part that is painful.
7. Stitches – These have almost all come out. The one that was at the top of my clit partially came out yesterday/today where the exterior knot broke off at some point. There is still the plastic "U" shape that connected to the knot in there, but that should work out soon enough. I haven't examined between the majora and

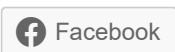
minora folds or in between the minora lips much, although I'm guessing those are mostly gone at this point as well.

8. Exercise – I went for a run a few days ago. The run wasn't too bad in and of itself. Actually pretty enjoyable to do again as it's been 3 months. The downside was that the next two dilations were a lot tighter and more uncomfortable all around. I haven't run again since, but will give that another few weeks and then start going more I think. I miss exercise a lot.
9. Hormone levels – I haven't gotten these checked, but for the past month or so I've felt like "me" and how I felt before SRS. I haven't had the mood swings I was having for the first 2 months, and even when my relationships ended I was able to handle that pretty well. I had the breakup itself be rough, and cried a lot of the rest of that day but I don't think that is different from what would've happened if they ended before SRS. And while the one was almost a month ago now and the other was only about 2 weeks, so while they are still "fresh" and I'm sad about both (especially the second one... I thought I would build a life with her) I am not at an emotional or mental bad place. It's normal grieving that happens when you lose something or somebody close to you. So while I am still down about a lot of stuff, I am not depressed to a point it's concerning. All in all, I seem to be back to the fairly stable person I was pre-SRS. And that's good.
10. Sitting and daily activities – I'm beginning to get my life back. Sure dilation takes up a lot of time/energy, and things are painful or uncomfortable. But I can sit in chairs without a pillow just fine. I can do most of my day without being totally wiped out. I can cook again without being in pain the rest of the night. I can go hiking (my stamina is shot and needs rebuilt though). I can begin to return to a lot of what my life was before SRS. Just in a better place.

So where do I stand at 3 months? As far as SRS is concerned, it's a pretty good place. I am looking forward to 6 months/1 dilation a day, and the enjoyment of sexual things again (individually, with partners, or groups). But those will come with time. For now though I don't wonder "how the hell will I get to 3, 6, 9, 12 months or more?" Instead it's a "ugh this is an annoying headache but should be on the second half of the main healing period" which makes it a lot easier to do.

And SRS has been one of the best things I've done for myself. I can't wait to have the life and body I always wished I had. Give me some more time and I'll get there.

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