

# The Living Experiment

Figuring out life one educated guess at a time

## SRS +2 years

So [two years ago](#) I had SRS with Dr. Suporn. I did a post [a year ago](#) for my first year of post-SRS life. I also That post was one where I was heavily looking back at where I'd been. At that point in time I was stuck in the turmoil of the first year after SRS (which the first few months were about 50% related to SRS and the other 50% around various other things happening, from 6-12 months it was much more so around non-SRS related things). So what's happened in another year? Where am I now? What's good and bad now that things are settled in the healing process?

Note – I am largely focusing on where things are now and have skipped over a lot from the first year post-srs post.

## Dialating

At the 1 year mark I was doing it about 2x/week at that point in time. I have largely dropped that down to once every week to ten days on average. This is primarily because I wasn't having much sex so I had the feeling of why bother. Additionally depth has stabilized around 6.5 inches (I could do 7 if I really tried post-op) and I just need to stretch the floor muscles more than anything. As long as I do that day of sex I'm usually fine, albeit tighter than I'd like. I don't really have any issues otherwise though even with that lower schedule. Otherwise read the 1 year post for more details as not much has changed since that point in time.

It's become even more minimized as a part of my life accordingly. Like it is not a thing at all anymore. Oh, and I still have like 3-4 six-packs of QC lube left. Yeah... I bought way too much.

## Aesthetics

Well, it looks like a pussy. Having been with men and women over the past few years, there haven't been any issues/complaints. I haven't gotten compliments either, but I haven't complimented women before I've been with either. So I think it's basically totally fine. The only issue I have, that's diminishing with time, is the inner labia is a bit bigger than I might like as there was more tissue than I'd have preferred there. But that's a really really really minor concern that is entirely in my own head.

The scar lines I had at one year have heavily faded. They are still there if you really look, and there is a clearer line between skin coloration that the scar lines delineate but they aren't obvious scar lines. It really does look damn good.

## Sex

Well, sex is sex. I've started to have a little bit more natural lube, although not enough to have sex without lube of some form. It's not a huge deal and I've learned how to work on getting more comfortable with incorporating it as a part of sex. Unlike where I was a year ago, my sex drive has come back. It might not be as prevalent as it was in my teens and early twenties, but it's definitely there. As a result I've got to experience sex much more enjoyably than I did a year ago.

While I still haven't gotten off from sex with men or women or romantic partners, I have come close on more than one occasion. I suspect that once I figure out how to do it with a partner it'll become a lot easier to do moving forward. I have been able to enjoy intimacy with partners even if they aren't a romantic partner. All in all though, definitely better than the first year. Other than being a little tight, which larger dilators would likely help with, it's a good time.

## Hair

I haven't done anything about the hair I have. I might end up getting electrolysis, but right now BA is next on the list. Along with finishing up electrolysis. Yes, start that as soon as you can. It takes for freaking ever.

## Thoughts on a revision

Suporn probably has one of the higher revision surgeries, but that's also probably because up until recently he offered a lifetime revision policy that meant outside of travel expenses you had no surgical costs for a revision. Unfortunately that policy has ended for new SRS patients and is being [sunset](#) for those who had SRS prior to that announcement. This means that for me, having had it prior to Jan 1 2017, I'd have had to have a revision this year. Since I have not, it is likely I won't have a revision as there are very few things I'd elect to change.

There really isn't a \*need\* for a revision, but if it was something for "free" (minus travel costs of course) then I would've considered it. I might reach out to the clinic to see about getting a reduced cost revision if I ever felt I needed it. But I really don't, and BA is more important to me now.

## Some random Q&A's from Reddit

| *Would you do it again knowing what you know now?*

Absolutely. And I wouldn't change the surgeon I used either. There are things I might've done differently that I've talked about in previous posts on here but none of that really was able to be changed or known prior to going over to Thailand.

| *Have you struggled with depression since SRS?*

Yes. [Post surgical depression](#) is a common side effect of anesthesia. Coupled with the physical pain, all the other shit going on at the time, etc I fell into a fairly bad place for the first year and a half post-SRS. I go through periods where I battle depression though so I was aware of it and just made my goal getting through the day which

helped. This year though I made some larger changes in my life and am at a really good place now.

Be prepared for getting hit hard emotionally/psychologically after SRS. While it certainly might not happen to you, and I hope it doesn't, just be aware it's possible and ensure you take care of yourself accordingly. As I said on Reddit, SRS won't fix emotional or psychological issues you struggle with pre-SRS with the possible exception around if those struggles are directly tied to physical anatomy. However, in my experience it's extremely rare that it would be tied *\*entirely\** on physical anatomy and instead is rooted in some other issues that reveal themselves post-SRS. Additionally SRS might bring new issues to bear that you didn't deal with before.

This isn't meant to discourage anybody, as SRS has been an amazingly positive change in my life and was definitely very worthwhile to go through. I do believe that it's critically important for people to be aware of things going into SRS because it isn't something to take as lightly as perhaps I did.

*Do you have to douche post-sex with guys if they don't use a condom?  
(i.e. clean out the cum)*

I haven't had that experience yet, however I would not douche or otherwise do anything different than any other cis woman would do. Wipe away whatever leaks out, go pee (helps prevent UTI's... also... I usually have to pee after sex lol), and go on with my day/go to sleep/etc.

*How does vaginal sex compare to anal?*

Vaginal sex is easier. I don't have to do any prep-work, and I'm rarely having a situation where it's painful from it not starting correctly as I do with anal (i.e. partners not easing into it as slowly as they should). Sensations are different between them as well. I probably could get off from anal with a partner though, which has proven elusive for vaginal sex. Both have their place though IMO.

*How do you handle disclosure with partners?*

Well I've done longer posts on dating ([here](#) and [v2](#)) that elaborate on this more, however it's probably time for a v3 of it as some experiences over the past year have slightly changed this. I've had sex with a few partners in that time where I haven't told. Now these were partners who were more on the one night stand or likely would never see again realm, so I didn't feel the need to disclose. Previously I would disclose to any partner before sex. It's become harder for me to even remember the "before" transition self as more time elapses, so it becomes less and less of a point of my daily life. Because of that, I don't always disclose as I'm fortunate in having "passing privilege" to a large degree. Although I've also stopped caring as I'm just living my life and I don't really care if people suspect or something.

When I disclose though usually I do it in a jovial way, or otherwise make it not a big deal. If I don't make it a big deal then it doesn't usually seem to be for partners either, unless they'd have issues anyways. I also think it's situational. In other words, if I am really interested in this person and want to pursue a romantic relationship with them I'm more likely to disclose earlier on. There is an understandable feeling of betrayal that people can experience if you disclose post-sex or later on in a relationship. That you "hid" something pretty major and if you can hide that then what else can you hide. So I still believe that disclosing earlier on is important, I don't personally always disclose prior to sex anymore. It's been a positive move for me.

*How did it affect you emotionally? Both on a small-scale level in day-to-day life, and your long-term outlook on life.*

Well, during transition I had a lot of anxiety around anatomy "outing" me. I didn't want to do a lot of sports because of the risk of people finding out I'm trans. Or want to go dancing where I might be closely touching others. Or any of that kind of stuff. That anxiety is gone. Now I just go to the beach in a bikini. Or go play sand volleyball in spandex volleyball shorts and sports bra. Or go to the club and don't worry about it. So on the day to day stuff it's removed a lot of stresses I had. Keep in mind that SRS for me was not about hating the body I had, but instead about aligning the physical anatomy with the rest of my psyche and external world as a woman.

Longer term there are a lot of fears around dating and finding a long term romantic partner as a trans woman. Dating post-transition has been much harder than pre-transition. Now that could be for many reasons not related to being trans, one of the biggest being my locale is a bit more conservative than someplace like San Francisco or NYC. When I travel I don't have a ton of issues meeting people and can find people interesting to date/hang out with easily. But locally I seem to have tapped things out here, or otherwise fall outside the "norm." And that's fine as I travel enough and find enough local things to enjoy it doesn't really matter. I also have largely finally healed emotionally from that quad collapsing so I'm kind of content without a romantic partner right now.

Simple version is both long term and day to day it's been a great thing that has made post-transition life enjoyable in a way I don't think it could be without SRS. Just throwing on shorts to go hang out with friends or something and not worrying about tucking is such a weight removed that it alone would've made SRS worthwhile for me.

## **Hormones**

I dropped spiro almost a year ago now. I mainly just take estrogen (2 mg tablets twice a day) and progesterone (200 mg capsule) once or twice a week. I think this has been very good to do for me as progesterone seems to have a stronger correlation with depression for me than when I reduce the dosage to 1-2x/wk at most. Unfortunately, this is so highly variable by person and there is no easy way to find empirical evidence for what you *\*should\** have your dose at, you'll likely need to experiment a bit. Cis women have a lot of hormonal issues with birth control which is very analogous to trans women taking estrogen. It'll take time to adjust and dial in your levels. Don't be too afraid of trial and error (with medical supervision ideally), as it does seem that we are largely on our own to figure out what "works" for us.

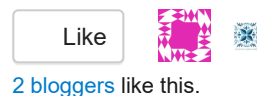
## **Final thoughts at 2 years**

Honestly, SRS has been a great thing for me 2 years later. It certainly was not the easiest road, but I caused a lot of that myself. All in all it has definitely been worth it and I am looking forward to the subsequent years I have with the wonderful results from Dr. Suporn. Sure, it might not be a perfect natal vagina, but it's really good. Now off to enjoy the rest of the weekend.

One final note, if you have any other questions about my experiences around SRS please feel free to comment and I'll respond as I can.

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