

The Living Experiment

Figuring out life one educated guess at a time

Recovering from SRS is weird... (SRS +4 months)

So, it's been 4 months. It's been an adventure this far, and holy crap it's been 4 months already? Wow time flies it seems. This is going to just be a pretty short update as nothing too crazy or drastically new happening. The last externally visible stitch came out about a week ago. Sex seems to be pointless still (once again, this is very likely due to relationships ending and working through those emotions more so than anything about recovery... Sex is very much a mental thing now and mentally I'm just not there with it).

But, one thing is that the last day I was in Dallas last week all of a sudden dilation became really easy (at least the initial insertion through the pelvic floor). Quite literally it was one dilation was still hard to get through like it has been for a few weeks now, then the next one was past the floor muscles in a minute or two. And they weren't painful. Getting to depth still took some time, but that's to be expected. And even there I was able to get done in <45 minutes. This has remained true since I've been back too. Which is awesome. I also waited a few days before posting anything about it due to trying to see if it was short term or not. You never quite know what the next dilation will bring lol.

This definitely crested a mini hill and have returned to descending down my recovery mountain to the pain-free fields of bliss below.

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