

The Living Experiment

Figuring out life one educated guess at a time

Back at the hotel! (SRS +6.5)

For those of you who read this, sorry for the delay. It's been pretty busy since getting out of the hospital and back to the hotel. The day I got back to the hotel I just relaxed until one of Dr Suporn's staff came by around 3 PM or so to help dilate on my own. I'll post a more in depth dilation specific post in a day or two with pics. But she staged things I'd need on the nightstand, got the bed part ready, and walked me through each step of the process. She couldn't have been more helpful or great at going through everything. It felt like a lot of info, but it's really no different than any other thing you have to do in life that has an order of operations that needs to be followed. For those curious the general process is:

1. Move bed covers to other side of the bed, lay down the plastic tarp they provided, put down an absorbent pad, set the dilator on the pad, get the blue strap set in the middle, and finally build a pillow back support (3-4 pillows, 1 horizontal as a base then two in an upside down V and if I use a 4th its on top for neck/head support).
2. Shower and wash with the provided red soap (hibiscus scrub), then dry off
3. Find a comfortable laying position and start a 40-60 minute episode of something
4. Put latex glove on one hand, put the condom on the dilator, squirt a ton of lube on the dilator as I hold it in my gloved hand
5. Rub the lube around the dilator so it's evenly distributed, additionally add a glob to my vagina itself
6. Use my index finger to orient myself with where things are again, push it in, and use it to try and push a bit on the pelvic floor/canal opening muscles to stretch them a bit
7. Slowly start pushing the dilator in at a slow and steady pace that's not super painful

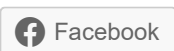
8. Once about 1 cm or so away from depth pull the blue strap up, and pull that in the rest of the way. I have a lot of resistance internally so it ends up being easier to use the strap than forearm muscles to pull that last bit in.
9. Start the 30 minute timer

During this process I'll move my legs a few inches left/right and rotate my ankle, and mostly just try to relax. I'll get some sharp pains for a few seconds usually about 20 minutes in, but it goes away quickly. When the time is up:

1. I slowly start to remove the dilator until the last 5-7 cm (i.e. where the taper starts), then move quicker to just get it out (as the sutures that are internal move again and hurt)
2. Lay there for a minute to recover as it taxes me to dilate, plus there usually is only a few minutes left on the show
3. Take the blue strap+dilator into the bathroom, throw away the condom, then use a hand pump soap (this has been amazing and would highly recommend buying pump soap when you get here... ideally foaming style) on the dilator. Then move to the strap and hang it to dry on the towel rack.
4. Use bottled water to fill about 300 ml of water in the provided tub thing (it's better to use more than less)
5. Pull 50 ml into the provided syringe, insert tip into vaginal canal area, and slowly but steadily squirt in. Repeat with water again. The third time draw 50 ml water, but pull 5 ml betadine with it (the clinic staff used one of the hotel glasses, and put the coaster over top to prevent evaporation which is ingeniously simple and an awesome idea).
6. Quick rinse in shower of my legs, ass, etc to get the betadine off
7. Put betadine in the container by the bed for the cotton ball
8. Lay down on the absorbent pad, soak cotton ball in betadine tub, grab mirror
9. Using the tweezers apply betadine in one swab bottom to top along external suture line (outer labia), and one to the inner labia stitch line
10. Apply a glob of silvex cream along the central vaginal line from bottom to top (don't spread)
11. Lay for a few minutes to allow to absorb before putting boxers (or some other non-contact bottom) on. Glad I kept these old ratty boxers now lol

That finished about 5 PM and then got room service and just relaxed the rest of the night messing around on the laptop and watching TV shows. Then going to bed pretty early as I found out the beach house trip was the next day.

Share this:



Like

Be the first to like this.

Related

[Sex in a post-SRS life \(SRS +196 days/7 months\)](#)

March 1, 2017

In "Dating"

[I has a pussy! \(SRS -0, pic of bandages at bottom\)](#)


August 17, 2016

In "Suporn SRS"

[OMG I'm leaving tomorrow! \(SRS +18 part 2\)](#)

September 5, 2016

In "Suporn SRS"

 lifesexperimentblog / August 27, 2016 / Suporn SRS / Dr. Suporn, Gender Reassignment Surgery, GRS, male to female, MTF, SRS, Suporn, Thailand, Trans

The Living Experiment / Blog at WordPress.com. Do Not Sell My Personal Information