

The Living Experiment

Figuring out life one educated guess at a time

One year ago... (SRS +1 year)

One year ago I was me. But not the me of today. I had relationships. But not those of today. I got ready for work or dates or just hanging out with friends. But not in the same way I do today. I had sex. But not as I do today. The person I was then could never have imagined the world she lives in today. I am somebody who analyzes. Plans. Evaluates options. Thinks critically about every possible scenario, their outcomes, and how to mitigate the risks or negative potential results from those outcomes. I constantly try to take a critical look at myself to figure out how to improve myself. And in all of that analysis, I could never have imagined the world I exist in today. I will forever be grateful to those who helped me get to, and through, SRS which has allowed me to be who I am today. I don't think I can ever repay them or show them how thankful I am for their support and help through one of the hardest things I've ever done.

This is a post of reflection. One where I take stock of where I am today, what I've learned, how things have healed, and attempting to encapsulate the past year into a post of cumbersome, and imprecise, words. I'll start with the easy stuff. I had many [fears](#) and [anxiety](#) going into SRS. I thought of some ways I'd have [done differently](#) in retrospect to help avoid as many as I could. Well, I've had a year since then to live and experience life now. I can say now that while I understood why I held those fears, they were not ones that ever manifested themselves thankfully. Not to say they were unwarranted or irrational, because they certainly weren't. There was no way to know where I'd be today, and I'd be lying if I said otherwise. I still have fears. I still have issues. I still have concerns and things I need to work through, but... this is better. It's worth everything I went through to be where I am today. To those of you reading this blog thinking about SRS and if it's right for you... I obviously cannot answer that for you. I can tell you that there are so many things

that I worried/stressed about that I no longer do. I don't have to worry about tucking. I don't have to worry about what I'm wearing (well outside of "is it cute" lol). I can go swimming, jet skiing, to the beach, etc and not worry about it. An immeasurable weight is gone from my daily life. A close friend recently had SRS herself and is very much in the healing process (I'll likely post a 3rd party account summarizing her experience as she went to a different doc here in the US), but she has found similar to be true already even though she is very much still in the healing process. What about the rest? Well...

Dilating

Dilating is pretty easy anymore. I do it once every 3-4 days and still have depth. It takes me about ~30 minutes if I'm taking my time and doing it while reading a book, or about 20 or so if I'm just trying to get it done. If I attempt to masturbate this is tacked on at the end of the process and usually is about 30 minutes. I'll talk more about that part in the orgasming section though. I still have a shit ton of lube. I ended up buying what I thought would be a 6 month supply. There are 37 tubes remaining out of the original 180 I bought. I use about a 50/50 mix of the QC lube from Thailand and coconut oil. The mixture really is the best of both worlds and approaches silicone levels of longevity/slickness. The oil keeps it from drying out, while the QC gives it a the water lube level of slickness. After 3 months I highly recommend doing this.

The way I do it is I grab about an oz of coconut oil, and just rub it all around my pussy and in between the labia folds. Then I take another oz and put it on the dilator. From there I squeeze a bit of QC on the dilator (another oz roughly), and slide my hand all over it to mix it. Note, I keep my left hand on the flat side of the dilator where there is no lube to keep my left hand un-lubed and usable. I'm right handed FWIW.

From there I'll insert the medium one and it can sometimes be uncomfortable (as I'm likely pushing how long I should go between sessions) initially, but then eases up. I get to depth in maybe 2-3 minutes. I use the medium for about 5-10 minutes, then switch to the large using the same method to lube the dilator as before. The

large one is pretty mild now. It is a little tight at first, but nothing nearly as bad as dilating was initially. I'll get to depth with this one in another 2-3 minutes, and hold this one for about 10 minutes.

My mornings used to be wake up at 630 to dilate for 90 minutes to then get ready for work and get to the office a little after 9. Now, I get up at 730-745, get ready, make breakfast, and end up leaving about the same time. Mornings I dilate I'll get up at like 715 to start and hit the rest of my morning timing without issue (unless I masturbate lol). All in all, it's pretty minimal in my life anymore. I still have it on my mind at times thinking about when I need to do it next. But doing it twice a week is easy compared to 3x/day.

Aesthetics

It looks like a pussy. Looking from external in it fits well within the [range of "normal" vaginas](#). There are things I'd change of course, but that's because I'm kinda a perfectionist lol. I've thought about looking into a revision since I can get it done for just a flight over and the stay. So what would I change?

- Inner labia is a bit more pronounced than I'd like
- See if something can be done to help orgasming
- See if outer labia can be reduced in size
- Really just smoothing things out

The scar lines on the outer labia are still there. They are visible if you know what they are. If you're not aware of what they are though, it just looks like a line that marks different coloration in skin. Which can happen in cis women as well (maybe not as pronounced, but even then it's not super pronounced and keeps fading over time).

Overall I'm pretty happy with how it looks. One thing I need to work with is to get more comfortable with others seeing it. I am extremely self-conscious and protective of who I share it with. I'm afraid it will "out" me, or will be judged for it. I think that's the fear. I also want to be very protective of it now that I have it.

Sexual intercourse

Ugh. Sex. I am a very sexual person. I'm involved in [various kinky](#) events, and have explored sex with [men](#) and [women](#) over the past year. I've not been sexual with many partners since SRS. Generally because of the prior section where I talk about my reticence around letting just anybody see my vagina or have sex with them. I don't want sex to just have sex. I want sex that has meaning behind it or, at minimum, looks to be memorable or otherwise enjoyable. But I need more than just a physical connection for it that enjoyment to be had. Some of the partners have simply been just sexual in nature. I don't regret or wish I hadn't had that with them at all. Doing that showed me that it's not really worth it just for the sake of sex.

Perhaps this is a flaw in my thought process or my approach. Maybe I need to accept that the point of sex isn't orgasming with everybody or every time, but instead to share that physical intimacy with somebody. I can say that just having sex can feel really good. Sex with men is what I've always wanted sex with men to be like. I feel like a woman. Instead of just imagining I was one. There is really nothing in it where I see myself in any way other than as a girl having sex with a guy. I enjoy being seen with guys romantically as well. I might not "get off" from it, but the fact the rest of it can happen is pretty incredible in and of itself.

What about with women? Well, there have only been two I've been with. One was just a FWB situation. The other is my current gf. In both cases it was more "intimate" than with guys (well... except the guy in NC where sex is very much similar to with my current gf and ex's). The first girl was older and had a lot of experience with women. There wasn't an emotional connection there though. With the gf there definitely is. So while I haven't gotten off with her, I could see it happening with time as there are emotions there already which I expect to develop more over time.

So what's sex like? Well, non-penetrative sex doesn't do a ton it would seem. Although fingering my clit and the secondary spot (basically the area between the clit and vaginal opening) are how I get myself off. It needs to be light with plenty of lube though. It's more about the movement than pressure. I haven't enjoyed receiving oral much in any of the times I've received oral. Part of it is being worried

about smell/taste which I don't think is an issue, but one of the things I'm really self conscious about. But beyond that is it's usually too much. It is like fingering with too much pressure. I don't know what would need done differently with oral to make that get me off. I'm sure that'll get explored with the gf over time though.

In the penetrative sex realm it's generally enjoyable. Provided enough lube is used and after easing into it as it's still "tight" (if I dilated more I'm sure that would be better). After that it becomes an emotional thing. If I feel disconnected from the person and thus sex with them, then it's simply going through the motions. Which feels good, don't get me wrong. But it's also not relaxing and what I enjoy about sex. This is largely tied to my own psychology and emotions internally than anything regarding the results themselves.

Sex as an act is physically enjoyable with the parts I now have. My next goal is to get it to be emotionally and mentally enjoyable as well, which it is when it's with people I have those connections with. Maybe I'll keep from getting comfortable with it casually. To be determined I suppose.

Orgasming

Meh. This one is depressing for me. I have gotten off from masturbation but never with a partner. I have come (pun intended) close with my gf, as well as with a rope partner who used a hitachi wand on me for about 45 minutes. The hitachi will be another post though talking about sex toys. Unfortunately I have not been able to with another person. Well, save the time with the ex where bleeding ended up ruining it... I'd have cum then. I've been close with the current gf as well, but hasn't happened quite yet.

Since I know for a fact I can cum (albeit not easily) I have tried to suss out what the issue is with other people. I obviously haven't found the answer yet as I'm still having issues being able to orgasm with a partner. I can say it's very much a mental game/exercise for me. I think what it ultimately boils down to is trust and being able to emotionally let go and be vulnerable to that other person I'm with. Who knows.

This is probably the thing I'm working on hardest in regards to anatomy and post-op "issues" so to speak.

Masturbating on my own is hit or miss. Sometimes I get off, sometimes I can't. Everytime I've gotten off it's been through reading stories on [Literotica](#) or occasionally a fun reddit post in their version of NSFW sexual stories. It's also been using my fingers with a dilator in me, not from a vibrator. Although I've not tried vibrators a ton yet.

Perhaps one issue around it is that I know orgasming releases the chemical oxytocin which has a strong relationship with the feelings of "love" and is referenced as the "[love drug](#)" because of this. I am extremely scared of falling in love and getting hurt again like I was last year. That hurt for a long time and still does in many ways. I'm afraid of getting hurt like that again, so shy away from risking "falling" for people. It took the better part of this past year to get back to a healthy mental and emotional place after those ended. I could see this being in part why I can't "relax" or get "there" mentally with orgasming with partners. But that's a best guess and would likely need a lot of therapist appointments to figure out if that's the reason or not.

"Wetness"

Up until this past week I didn't think I really got wet. Maybe a small bit until I orgasmed. Even the orgasm amount was not much. However, I had a situation happen where I got super wet. Now because of the specifics I don't know if it was natural wetness or from some kind of physical trauma (it was involving a hitachi). This is very much an unknown.

That said, I need lube. I have started to use [Sliquid Organics](#) for sex and found it very good. I'll use coconut oil with some toys and in some circumstances but keep in mind that it cannot be used with condoms and may present [other issues](#) for some people. I will also use a [lube injector](#) sometimes so lube is up there already. It helps prolong sex without requiring more lube applications during sex.

There are plenty of other options out there for lube choices, and there are girls who get more wet than I do from what I've read on the Facebook Suporn group. So I may or may not be normal, but it's certainly not a major issue. Keep in mind that many cis women don't naturally get wet. Here is a link to some [Google results](#) for your perusal (didn't want a single source). I even had a comment posted yesterday on a [previous post](#) from a cis woman who doesn't produce her own lube either. Point is, this is not a problem! If you don't get wet, get some lube, and have fun. Just make a point to carry it with you. They sell small amounts for exactly this reason.

Hair and hair removal

So while Suporn does remove all hair during the operation, but removes some. He also [doesn't require electrolysis](#). So, yes I have a hairy vagina if I let it go. I can shave, although that's super awkward for me. I could go and get it waxed/lasered off, or electrolysis if I want to remove it permanently. I will likely do this down the road, but for the time being it gets shaved if I care. Otherwise it just grows for a bit until it annoys me lol. Just like many other women out there.

I do have hair on the pelvic mound before you get down to the actual vagina itself, then on the outer labia, as well as the fold between outer and inner labias (note, this is the area I dislike the most because I don't want to nick myself shaving it and it's really awkward getting to). There isn't any I've found inside the vagina itself, although around the opening there is some.

If you're not a fan of hair, you'll probably want to look into waxing or laser post healing. Check out Groupon and such for deals on both as usually it's not too expensive by me. I can do 6 laser sessions in the brazilian area for ~\$250 or so, then get it with a different company for the other 6. I can also do 3 brazilian waxes for about \$60 or so that way. Just a matter of what you like and want to do. Smaller areas (i.e. bikini area) are cheaper usually.

Dating

I've talked [extensively](#) about [dating](#) before. I'm still conflicted in many ways how to handle it. However, the way I now handle it is largely a byproduct of my personality. I am one to be pretty direct and up front with that kind of thing and if you're still interested/around after then you are worth my continued time. If not, no big deal I'll find somebody who is.

It does create issues, problems, anxiety, and some depression at times. So to help mitigate those I am pretty blase about dates until I get to a point where I think they are worth continuing to talk to, and from there tell them. If they're still around then I'll open up more and go from there. This seems to be the best approach for me personally at this point. Will I still do it this way in another year? Or a decade? Who knows, but I'll figure it out then.

One of the parts that really seems to bother me is that up until I tell people they see me as a woman and depending on the person/scenario want to have sex with me. Then I tell them, and it changes everything. They usually fall into one of two camps. Either the "well I've never been with a trans woman, so now I'm curious" or the "I can't get past you were a guy" (sometimes this also has the bs of them wishing they were better people or know that it shouldn't matter with it). They rarely say this directly, but things they do say essentially fall into one of those two schools of thoughts.

I get it too. I can see why those two reactions happen. I would like to think I wouldn't react that way, but if I'm being honest with myself and you the reader (thanks for reading btw!) then I can't say I'd react differently if I were cis. I'd like to think I would. But I can't say for certain since I'm not in that situation. If you're cis and reading this blog though, I'd strongly encourage you to do some introspection to figure out why you're uncomfortable with it or feel that way. To question what really matters to you in a partner, because I'd be willing to bet that being born with a vagina really doesn't matter. You just want a partner with a vagina (if you're into women with vaginas anyways).

For those of you who are pre-op or non-op, don't go through SRS just to try to make dating/relationships easier. Do it because it's the right thing for you. SRS isn't for the feint of heart. It's an intensive surgery and having gone through it myself then

seeing my friend go through it now, I would strongly encourage you to ensure it's the right thing for you. If it isn't, then it isn't. That's totally fine, and be who you are. Own who you are. You'll find people who love you for it, so be proud of who you are. Confidence is sexy.

Hormones

I stayed with the same dose (200 mg spiro, 4 mg estrogen, 200 mg progesterone daily) through the past year for the most part. I have not had blood work done since SRS though so I don't know if this is still appropriate. That said a month or so ago I dropped to 100 mg spiro and have felt better. I'm going to go to the endo in the next month or so to get blood work done to see how this has changed.

Overall thoughts/results

I'd say if 10 was a natal vagina and a 0 was a totally botched procedure that left me with no useful sexual organs at all, I'm generally around a 7 or so in satisfaction of SRS with Suporn. If I figure out some things (like sex/orgasming) and things keep getting better (like scar lines fading/natural lubrication) then it would probably go to an 8 or so. I would absolutely do it again and have no regrets about doing it with Suporn. He did an excellent job and I'd recommend him to anybody else who wants SRS.

SRS and transitioning are not overnight things or a short term goal/process. Both take years to get through. I was extremely fortunate in that I was able to do it quickly, but that also presented its own set of issues that I'm now kinda working through. Either way, you have to work through a lot of stuff. If you go into SRS expecting to be back to normal in a month or two, you're very mistaken. My friend is looking like she is going to be similar to myself and take 3-4 months to get back to ~80-90% of normal, and 6+ months to get back to 100%. I'd also wager that she will end up going through a lot of self discovery in the next year or two now that she is post-op. She transitioned a few years ago too.

I can say that I feel more comfortable with myself, my body, and the life I lead than I ever did before transition/SRS. There is a lot more to go, but I don't believe I'll ever be done working on self improvement. It's kinda the point of self-improvement after all. This first year has been one hell of a road. It's been very traumatic for me mentally, emotionally, and physically. I got through it though, and every day is better than the day before it. I'll run into rough patches in the future as well I know, but some of the internal ones are now behind me. I now meet and date and socialize and interact with people who never knew the person I was. That person is an abstract concept to them. They will never meet that person, and for that I'm thankful. I love who I am today. The body I'm in today. Flaws, imperfections, differences, and all of the other things that make me, well me.

I'll be doing a reddit AMA on [r/AskTransgender](https://www.reddit.com/r/AskTransgender) if you want to ask questions about my experiences. Thanks for reading and cheers! Time to go celebrate a bit 😊

Also, as a final note, there are other posts I'm working on as well. I will continue to update this blog over time and may have some guest posts in the future from other people.

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