

The Living Experiment

Figuring out life one educated guess at a time

Ohhhh I'm over halfway through the hardest part, I hope... (SRS +49 days)

So, I'm now 7 weeks post op. Fun stuff. Since the necrotic skin has fallen off, I've bled just about every time I sit on a toilet. But since it's only on the toilet, bright red, stops quickly, no blood on pads, etc I'm going with "eh... it's annoying but NBD." It's not really any different than the past 2-3 weeks where it usually would happen once a day or so. Now it's just most days. Which isn't exactly fun, but hey it's better than some other points in the past month and a half.

A weird thing has started to happen though since the necrotic skin fell off. In the last post I talked about how I played with myself a little in the bath even though I shouldn't? Yeah, well now when I shower before/after dilation and rub soap over it, things feel semi-good. Also this week things haven't hurt nearly as much at work or sitting as a general rule. Nor have I had as many random shooting pains as I was having the past few weeks. And dilation is getting easier it seems (maybe I'm just so far in it's nothing new and my mind goes into an auto-pilot mode while doing it). I can get to depth a bit faster than before, and have even increased depth where on the large dilator I can almost hit 18 cm (I was 16 in surgery and 17 when it was measured after packing got removed) most sessions with 17 being doable almost every time with the large. That said, I have a lot of initial pain around the entrance to the vaginal canal and I have to work to open the pelvic floor muscles up to about 8-10 cm. Once I get past that though it's really easy to get to 15. Then the last 2-3 become rough again where I'm pushing against the end and my body is going "STOP FUCKING SHOVING HARD POINTY THINGS INTO A HEALING WOUND!"

I have found that one thing that really helps with it is to lube the dilator (after working the opening up with fingers) and insert it until you feel a lot of pressure. Then, for me and my body, I push it left, down, and right (i.e. towards the hips on each side and butt). I don't do the "stirring" motion they teach you at this point as my bed is a bit squishy and it kind of puts me in a V shape. Not that extreme but my vagina is pointing into the bed at like a 25-30 degree angle which, surprisingly, hasn't hindered dilation. Anyways, after I do that a few times I pull the dilator out and use my hand to redistribute the lube to the tip due to the pelvic muscles acting like a squeegee and pushing it down. Then I re-insert and usually gain a cm or so initially and push a little more. The whole process to get past the floor muscles usually is 10-15 minutes with the medium, or 20-25 minutes with the large (if I skip the medium).

The last few cm this process helps as well where you pull it out, add lube to the tip, re-insert. But once I hit 14-15 cm I'll start stirring as well as doing the pushing left, right, and down on the dilator. I don't push up towards my abs because my urethra is that way and it already doesn't seem to have much between the dilator and bone. Soooo let's not bleed more, mmmkkkkkkkayyyy? Then once depth is hit I might re-lube midway through. Generally I know I need lube by pain levels. Less lube = more pain.

I also will be traveling for work in about a month (actually I'll hit 3 months post-op on the trip if it happens the week it's tentatively scheduled for pending construction-y things). I'm likely going to get a bit nervous for that due to checking a bag so I don't lose my dilators to the TSA. I'll also have to do some research into that to figure out if it's "medical equipment" and how to handle that. Upside is I have pre-check so I can get into the faster security line with less people if I were to attempt to go through without checking my bag (which is my preferred way to travel). I'm also slightly nervous to travel as there will be a lot of work that needs done, including a not insignificant amount of lifting. While I think I'll be okay, there is a concern there. I'll have a coworker with me but some of the gear is absolutely a team lift kind of thing. Upside is we shouldn't have to lift stuff *that* much. I hope. I'm also concerned about being on my feet for many hours at a time. Hmmm, now that I'm thinking about this more the more I'm going "yeah... ummm... this might not be the best idea..."

Oh, and a final note for those who have cared/read about the poly/releationship-y things. While I don't like the situation I'm in, I think and hope after some talks recently things have been turned around. In poly everybody needs to communicate openly, fairly, and feel they can do so safely (i.e. not get attacked for what is said). And that's not always easy to do. There are also times where there is no middle ground, and one of you will have to capitulate and suck it up if you want it to work. And this has been one of those times for me. There is no "right" way out of the situation my partners and I found ourselves in. So we had to talk through a lot of crap and it involved a "this is how I feel/felt" and trying to understand how my actions/inactions caused an undesirable outcome and *why* that happened. But, after a few emotional breakdowns, a lot of talking, and us wanting to work to change the less than enjoyable month for all of us into getting back to where we were pre-SRS and a place where we just are happy and loving the relationships we're in. I hope that a lot of the stress points are now behind us as there were a lot that hit all at once. And it was really trying for our relationship(s). But we're still together, have made some changes, and things are better than they were.

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