

The Living Experiment

Figuring out life one educated guess at a time

First week at home, working from home (SRS +26 days)

Okay so it's been an interesting week since I've been back. A lot has happened personally in my relationships that hasn't made it the easiest week. My hormones are still screwed up and are working on getting back to normal, although who knows what "normal" is now though. Lose some hormone producing parts, body likely overcompensates and produces an excess, and I'm only about a week of being back on them. Couple that with a few other factors (pain, stress, timing of some stuff, etc) and it just makes it a less than ideal week emotionally speaking. But you'll have that.

The upside though, is that dilation and healing has gotten drastically better! So first with the bad. I have a lot of various spots that have pain. It feels like it's a micro-tear or little cut in that things sting. Then there is the constipation issues as my body hasn't figured out how to do that normally again yet (and no I'm not taking pain killers which cause that to happen). Add in that my urethra now I can feel when dilating (not just the end, but way further up) which is weird and not enjoyable. Oh and things are swollen. I also have this weird thing running down my left leg sometimes that is a very strange feeling. Then there are the random shooting pains during dilation. And I think I now see why they say dilate 3x/day, as today I only did 2x due to how things fell (1 PM which was 14 hours after finishing up the one prior, and second at 11 PM which was 10 hours later) today logistically. And things were tight both times. Although, that said I was able to hit depth and it wasn't a problem, just took a little longer. Also things now seem to be contracting stronger (at least today) which either means my body is in "month 2 and 3" style healing, or it's because I waited. Either case, I need to make sure to go back to 3x/day. The

showering is killing my body. It's drying out my skin something fierce. Lotion helps, but still 6x showers/day is rough.

So what's good then? That's a pretty long list of bad right? Well it is. But, these are more minor gripes/annoyances than "holy crap I don't know how I'm going to get through this dilation... let alone another 1-2 today, and another 60+ days of it... FML why did I do this again?" Granted that only really happened 2-3 times when I was still in Thailand (and then remembered why I did this or see myself in the mirror naked and am happy about what I see). Moving on though, this is actually a better place than where things were just a week ago. I've had 5-7 stitches fall out, including the lowest one on my urethra that I could feel during dilation. I've had some other ones along the minora also fall out with more loosening up. This is about when Dr. Suporn said they would, so yay! This just is one of the reasons things sting. When a new stitch falls out, it usually makes the next dilation or two sting there. But because they have been falling out it's made it less painful. I took two laxatives the night before that the clinic gives, and today I think just about everything is back to normal there. Well we'll see about constipation tomorrow/next day, but at least tonight I wasn't competing for space internally while dilating. I can also go right to the large if I want, although it's about the same amount of total time as it takes longer to get to depth. I also have my routine pretty well set, I can sit for extended periods, I can drive my manual car (although not super enjoyable), I caught up on a lot of work I needed to do during this time out of the office, and swelling (while still there) has gone down immensely. I can also sit without a cushion, provided I put one leg under the other in a chair.

So things are moving along. It's still a long and tedious process of recovery. And I don't enjoy dilation and don't see how that could be sexual at some point, but I'm sure it will be. All in all a lot has happened just in the week since I got back as far as the healing process. And while it's not totally healed, pain-free, I can have enjoyable sex, and dilate every so often (or substitute sex to some extent) it's so much better than it was. During static dilation I had no idea how I would get through 3 months of that pain. It hurt so much. Moving to dynamic wasn't as painful as I expected, but adding in a 3rd session really sucks. Upside is 3 months is election day here in the US, which means I just have to get to the point where I find out if I should've just stayed in Thailand or not lol. When I think of how long the primary season was

(almost 6 months) and how that dragged but still was quick due to me watching it and reading about it a ton, I think that it'll be here before I know it. And until then, throw on some music (Spotify discover weekly playlist), get comfortable, and dilate 3x/day. This might not be too bad *knock on wood*

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