

# The Living Experiment

Figuring out life one educated guess at a time

## Four weeks post op! (SRS +28 days)

Four weeks ago (technically last night at this time) I was knocked out having my insides moved a bit to fit a new hole. And I got to spend it hanging out at work! YAY! Oh... wait. No that's not a yay. It actually pretty much sucked. I've got a ton of tears and things which made it really hurt. So work has been really painful. Today was worse than yesterday. Tomorrow I expect to be worse honestly, as today was worse than yesterday and things I don't think will heal overnight.

I did get to feel what Tramadol does to me while working. While it killed the pain pretty well, I was otherwise kind of useless and it was really hard to be as focused as I normally am. I hope I don't have to do that daily. But we'll see. I'll do what I have to so I can get through this part. Honestly I think a big factor is just having the movement+weight for that long. Prior to this week it would be maybe 2-4 hours or maybe a bit longer, but then I'd not do much the following day. Oh and I'd get like 8-10 hours sleep. Now I'm getting 7ish.

On the bright side, I only am in the office 4 days a week so at least there is that which is nice. But this still sucks.

On a bit more positive note, my first 4 weeks since surgery are done! I don't know if you count weeks or numerical months to signify the "one month" thing, but if it's on a week basis of 4 weeks per month then I'm one month post-op. Which is pretty cool. It also means I've been back in the states for over a week, returned to work, and been doing dynamic dilation successfully with minimal (in the grand scheme of things anyways) issues for 2 solid weeks now. That said it still feels "new" to me. Likely because the week after surgery and the first week in the hotel were both pretty busy and I was knocked out of it or otherwise distracted. But I'm 1/3 of the

way through the hardest part. As a marathon runner, I'll say I'm at about mile 8. Which means these next 8-9 are the slog parts. Where you just grit your teeth and get through it. Not "fun", not "miserable" but the post-start high has worn off, you've settled into your rhythm, and try to not think about how much longer is left but instead on just ticking off the miles/days.

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