

## *THE GOOD, THE BAD AND THE UGLY.*

07-01-2010

One of our friends went to Thailand for her Sex Affirmation Surgery, which she had on Christmas Eve. That is the GOOD!

In this instance, there is no BAD, so we move straight to the UGLY. Another friend was raped before Christmas.

Both of these stories are attached, with names removed. They show the breadth of our emotions and problems. From outright elation, to outright despair with the hope that the rapists will be punished to the full extent of the law, and not a slap on the wrist.

Well another follow up to my SRS with Chet, covering Monday Night, Tuesday, and Wednesday.

I am trying to keep this like a diary entry, showing the good and the bad as how it affects me.

On Monday night they finally gave me some luke warm toast to eat with butter and strawberry jam. I did not believe cold toast would taste so good after 7 days of a liquid only diet, but I was told I was to be released on schedule on Tuesday.

Tuesday morning saw breakfast consisting of the normal soup, but with toast and yoghurt as well, so it was much more satisfying.

Afterwards I did receive a phone call from the kitchen asking that since I was being released today, did I want lunch and dinner. Since I did not know what time I would be released I ordered lunch but did not order dinner.

Chet did not come in to the hospital for my release, instead one of his nurses, plus his driver/assistant, who checked me out carefully and took several photos which were sent to Chet for him to evaluate.

Everything was fin so they got the go ahead to give me the mirror so I could observe the steps they took, The mirror they gave me was mine to keep, and I could use it when doing dilations later on, Chet must have a sense of humour since he gives his girls Hello Kitty Mirrors :)

SO I observed all the tape coming off, then the vaginal packing coming out. Then the nurse examined the new vagina with a specularum (I think that is the right name for the tool - and yes it was cold and clammy), and pronounced everything was very good inside.

Also all the outside construction that Chet originally expressed some doubt to me about because of my lack of penis length to construct the outer bits was also nicely holding together with no problems.

The next step was to observe the depth of the vagina, so they pulled out one of his stents \*while I had mine with my in my overnight bag, they had their own which they

covered in a condom and covered in KY Jelly. The depth was 7 inches which is terrific so I should be pretty accommodating providing I keep up my dilation schedule. They did leave the catheter in instead of unhooking it at the hospital saying they will unhook it in the next couple of days, but they did remove the epidural link.

After that, it was into the wheelchair for the trip down to the car, and then for the drive back to the hotel. During the drive back to the hotel I was sick, but the nurse and driver were expecting that, and had some sort of smelling salts to help, plus a double lined plastic bag to hold all the nasty material.

Check in at the hotel was fast, and easy again, and the hotel even had a wheelchair waiting for me when I arrived. Likewise my bag which I stored in hotel security came out at the same time with nothing missing.

I was then escorted back up to my new hotel room, and I was told there was another girl staying here who had her op on the 18th, and would be willing to meet me which was good (and she popped by after Chet's staff had left).

The nurse left me 4 different sets of medication, antibiotics, anti-swelling pills, and tramadol for any pain along with plenty of Panadol.

(I do not plan on taking much tramadol unless absolutely necessary, because I brought with me 80 tablets of Panadine Forte).

The nurse also made an appointment with me for 9am the next day to start dilations, they prefer to start the dilation themselves to teach us how to do it properly.

After the nurse left me, she knocked on Sara's door to check on her, and let her know I was down the hall and in what room number, so she came around afterwards to introduce herself, and was grateful for another English speaker who was there. There are three other girls here who are French and do not speak any English (at least to anyone who is English which includes Sara and probably myself).

After breakfast the next morning, the nurse turned up, she left her phone number for me to call her if there were to be any problems, then proceeded with checking everything out before continuing.

Then came the first dilation, showing me to use generous amounts of KY Jelly on the dilator, and then the actual insertion which I watched through the hello kitty mirror.

Towards the end, she made me guide it in with my hands until I reached maximum depth of 7 inches and to hold it there for 15 minutes.

After it was removed, she told me what to do to clean it up for afterwards.

She then checked the catheter, and to my surprise she decided to remove it that morning, so I took some tramadol, and braved the situation as it was removed.

She also gave me 3 pills one to be taken straight away, one at lunch and one at dinner to help promote urination.

She also said the first urination would be bloody but that would be normal.

After that she said she would see me again on Thursday at 9am.

So without the catheter I got dressed, remember there is still a lot of discharge and mess from the surgery results you do need to wear heavy duty pads preferably with wings, Chet's team will supply two pads, one for your knickers when you are discharged, and there is a spare but it is best to bring your own (I am using maternity winged pads myself in my knickers, otherwise be prepared to dispose of lots of bloody knickers).

So I finally got dressed and got my makeup on for the first time in over a week and did my names, and free from all medical devices, and hobbled downstairs to the lobby to mingle and read a paper. I only lasted 45 minutes before heading back to the room to lay down exhausted because I have been laid flat on my back for over a week.

Around 1pm, Sara knocked on the door and we went down to the Japanese restaurant here in the hotel for lunch before deciding I was fit enough (and had my walking stick to help me) to go explore Seacon square - I have been through it already before I had the surgery, but Sara had not had the chance to explore, besides we both had to pick up some supplies from Tops (supermarket) or Tesxco Lotus) so we wandered over there, and by the time we got back it was just after 5pm, it is a big centre and we got what we needed including a Christmas and birthday present for my brother and bits and pieces to save buying dinner at the hotel.

That amount of walking really tired me out.

But it shows, 1 day out of hospital and I am already pretty mobile, though easily tired, so having some sort of mobility aid with you like a walking stick is highly useful - without it I would have had to retire back to the hotel very early on.

I had drunk enough water so that I have urinated and have finally got a steady stream, it seems to be pointing backwards a fraction, hopefully that is just some front swelling forcing the stream backwards against me, so as the swelling goes down I hope the stream improves it direction - again one of the pitfalls of SRS with the swelling in the initial stages, at least it is spraying out in all directions.

Tomorrow morning the nurse will be back at 9am for my next dilation, and I will let her know how the stream flowed, and she may check to see if it is just swelling, or a correction is needed (if so Chet will probably do it at his clinic in the week before I leave probably).

Hi all

This is just a follow-up to my earlier email regarding my SRS procedure in Thailand, well this is my 5th day post op and it all feels terrific.

They are keeping me up on the liquid only diet while I am in hospital, but it has changed to creamy soups with more substance to them which has been terrific, food with decent taste, so hopefully upon discharge tomorrow if everything goes well I can start on solid food, if not earlier depending on my schedule.

There is no pain whatsoever, and while it may be down to the pain pills I am taking every 4-6 hours I feel like things are good.

obs are good, no fever, and blood pressure is 110/70 (they did my obs when I was writing this).

my bowels are working, as I have been passing wind, and it was a bit embarrassing when the two nurses cam in this morning to wash me, and when I turned onto my side, I let go :)

I didn't see Chet Sunday night as he has that night off, but he said I should see him this afternoon/evening which will be good, as I do want to ask him a couple of small questions about what happens next, in terms of discharge, and how did he deal with the excess fat I had down there (A little bit of genital lipo would be nice :) ).

so apart from watching TW, being on line, reading books, all I have to do is sleep and that feels good, I have not have this much e=rest since I was last in hospital 12 years ago with my broken leg.

Hi all

Well it has been two days now since I have had SRS with Chet here in Bangkok, and the experience here has been terrific.

His staff has been very courteous and kind, and have been a big help during all of this.

I elected to stay at the Dusit princess hotel, and it has been terrific, and right next door to Secon square.

The initial consult with Chet took very little time, and he was quite pleased to go ahead with the surgery on me.

I arrived late Sunday night, and Monday morning I started the low residue diet as recommended by Chet. Tuesday and Wednesday was a liquid only diet in preparation for the surgery, along with the course of laxatives and enema on the Tuesday night, followed by the swift solution Wednesday morning and afternoon, followed by nil by mouth from midnight before the surgery.

The hospital is excellent, and check in didn't take too long to perform. I was given an ID card for my stay, and the hospital bracelet also has my photo on it.

I did have some difficulties explaining my allergy to penicillin, since they wanted to know what sort of reaction I have to it, but my case is a family history which has resulted in my grandmother and mother being placed in ICU and nearly dying after taking penicillin - so I have been told never to touch/take it at all (not even a test patch).

My Veins caused some difficulties as usual, and it took 2 nurses 3 attempts to get a canula into one of my veins, before heading down to theatre where there was a crowd of people waiting.

I woke up in ICU and was told everything went ok, and spent the night there, being transferred back to my room on the 10th floor at 8am the next morning.

To help reduce swelling, I have had constant icepacks placed between my legs.

Last night Chet came by to see me to tell me more about the results. It looks like I will have good depth (6-7 inches). but some of the exterior construction may have some issues because of the lack of good donor material on the actual penis (very small, though it was not circumcised so there was some more tissue (but thin for Chet to work with).

Chet did say he had some difficulties with excess fat, I know when I was big I build up a lot of fatty tissue around my genitals, and this made it a bit harder for Chet, since I lst a lot of weight, the fat didn't want to leave that spot, but Chet does think the results will be good.

I am now stuck in bed until Tuesday when the packing is removed, and Chet can evaluate how it is all healing before I get discharged from the hospital and get taken back to my hotel.

As for pain, no pain, just some mild discomfort.

December 22<sup>nd</sup> 2009

I am going to Mental Health today, I thought I was able to make a fresh start without their help but it seems not, they will probably up my medication which I have fought hard to get down to a minimum. Still, I hope now they drug me up to the max, I really don't care for much else now anyway. Tomorrow I have an appointment with Sexual Assault Services for counselling but I really don't know what help anyone can be for me. I am going to try to find out what happened to the guys as they were to go to court yesterday. I'll let you know when I find out. Thx again for your support.

Hi all, I wish this was a happy subject but it just isn't. Last Friday night I got raped and bashed by two men. I just can't believe how bad my life has become over the past 4 years, it's like all life's troubles have come all at once. I have on going anxiety now where my heart pounds as if it is trying to flee from the pain. I spend a lot of the day crying and just wishing I could crawl into a hole somewhere and just forget everything. I keep telling myself that life has to get better and I really hope so cause I just don't know how much more I can take. Please don't ask me about the rape, I don't want to think about it, just so you know the bastards have been taken into custody and charged with 2 counts of rape, 1 of attempted rape, 1 of causing grievous bodily harm and 1 of deprivation of liberty. I intend to go to court and ensure they go to jail, they are the worst kind of person there is, I hope they feel real bad.