

her sparkpage: Ha -- that is a funny question about dental appointment. This past week, I called and cancelled my dental appointment coming up in a few weeks telling them I literally can't open my mouth because of surgery. So, good observation :).

I'm still taking it easy and can tell this was a major surgery. Last weekend my wife took me out to lunch at a tasty cajun creole restaurant and then we stopped at the mall to pickup some items. By the time we returned home, I thought, "whew, I'm wiped out."

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Edit: I have had surgery once before in my life: for a minor hernia when I was 18. That was out-patient surgery and everyone said it was a super-easy surgery. It still took a month before I could do just about anything other than walk. I learned that anytime a surgeon cuts open some part of your body, this is a significant trauma. So, I know it might take a while to fully recover from this. If you have never had surgery, use this as a motivator to avoid it if possible (not if you need it, haha). In technical medical terms, surgery really puts the whammy on you :).

So I continue taking it easy and having a "sparkguy-sitter" take me out for walks around the neighborhood along with Flash. Today I might try to stretch for the first time.

I can report to all of you that even my dog Flash can tell that I'm healing (he has been a great protector as I discussed in my last blog). He now realizes he doesn't need to be quite as protective, but he still keeps an eye on me. And now he wants to play-fight more because he knows I can handle it. I can tell this because he brings a toy over to me and then uses his wet nose to get my attention.

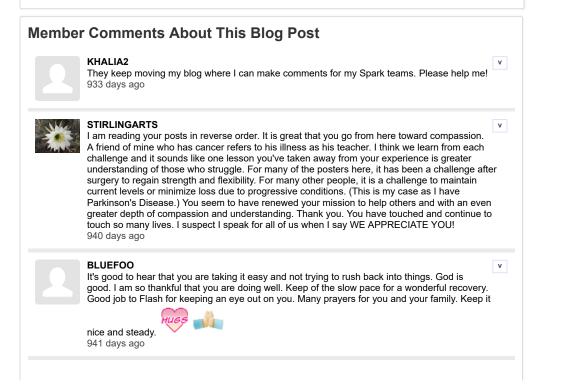
I was able to dig in to some email projects last week. After coming home from the hospital, I had over 1,000 emails in my inbox. But I stayed calm and just did small amounts of work each day, but now starting to get back to normal (in some ways even better than normal). But, I'm still taking it as it comes and not over-extending myself.

How was your week?

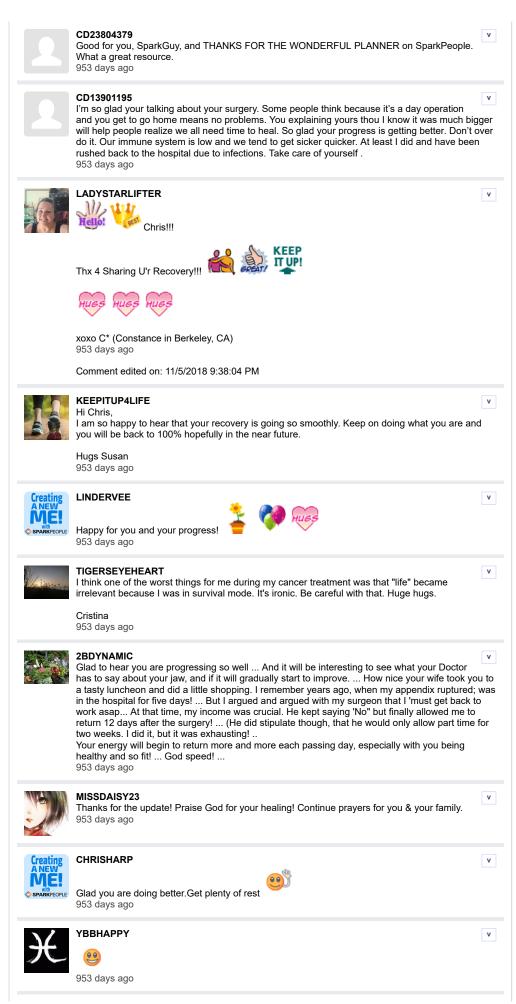
Chris/SparkGuy

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| | BELLKATE Keep up the good work positive thoughts winging your way 942 days ago | v |
|--|--|-----------|
| 10 Year SparkVersary | PICKIE98 Daily improvements will show soon. Patience is the hardest part of healing. 945 days ago | V |
| | INCH_BY_INCH Sector For Annual Sector Secto | v |
| | NANHBH 1887 947 days ago | v |
| | TERRIJ7 You are being very wise to take things slowly and not allow yourself to become overwhelmed. Work will wait while you heal. 949 days ago | v |
| | IMPROVINGME Continued prayers and best wishes for a complete recovery. You are an inspiration to us all! 951 days ago | V |
| | KITTYHAWK1949 thanks for update. sad week as older dog died 951 days ago | v |
| | CD23266885 YAY! I am so happy to read you are recovering wellII appreciate what you wrote about working to keep fit to help prepare with life's stresses. Health stresses here and we are working improving fitness to help us win the battle. Sincere thanks for sharing your story. It inspires. Wishing you the BEST with your recovery. 952 days ago | v g on |
| | LILIWHEELER So glad to hear that your recovery is going well! It was a major surgery so be gentle with yourself and rest when you need to! 952 days ago | V |
| Part of the second seco | DUSTIER58 Having had multiple surgeries, most recently (6 years ago!) for a kidney transplant, the best advice I can offer is: be patient with yourself! Recovery takes time. 952 days ago | V |
| Living Healthier | KYCAROL Thank you for sharing your story and your update. I am currently mobility challenged due to issues with my ankles/feet. I am facing surgery in the near future and will be unable to place weight on the foot for about 3 months. Hearing your story helps me realize that I will need to be patient and and let it heal so I can get back to normal. May God be with you. You are an inspire to all. 952 days ago | |
| | KAROLLEEONE Glad to hear your recovery is going so well, Prayers for you that it continues and you will be back to 100% in no time. | V |
| 0 | WENDYK I pray for continued healing for you! 953 days ago | V |





BLUEEYESCANADA

it is good that you know how much you can and cannot do at this time and are giving your body the time to heal.



PACEKA1

I have been kind of busy these last few days but wanted to save your blog post to read once I had a minute. I have to tell you how much I appreciate your sharing this experience with all of us. I think it's wonderful that you are paying attention to all the details of your healing process and taking things slow. My youngest daughter had a baby about the same time as your surgery - and she ended up having an emergency C-Section. She's never been one to be very patient with things so when she got home she started doing all the things that needed doing (mostly related to caring for the baby) while not taking care of herself. Her husband didn't seem to understand that she had just had surgery either because he wasn't helping much. I spent several days there telling her over and over that she just needed to be patient and let her body heal!

You are such an inspiration to all of us. Thank you so much for what you do! And as an aside - I absolutely LOVE LOVE the new Spark Coach! I've gotten through the 28 days and now I'm going to start reading the messages from the beginning all over again. I'm trying to get my husband to join Spark just to have access to Spark Coach. He doesn't really have a weight problem but certainly could use the motivation encouragement! 953 davs ado



KRISKECK

So glad you're recovering well! I will continue to keep you in my prayers! 953 days ado

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AIYANASMAMA

Glad your recovery is going well. Sending well wishes to you still! 953 davs ado



LADYBUG1943

v I enjoy so much you talking about your dog. We got a Border Collie last January, a risky move since my husband and I are both in our 70s. What a difference she's made! I knew she'd be a motivator to get me outside, but she's improved both of us in our physical capabilities. Better balance, better ease of movement in all ways better off physically. As happens when you no longer have children at home, a dog becomes a substitute child, and we love talking about her... and hearing people like you talking about their furry creatures. Thank you, and I'm so happy you're recovering so well. Yes, your leadership during this tough time has been good for all of us.

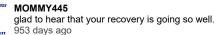


Yvonne 953 days ago

MAIZIEPAIGE



953 days ago





Take your time, don't rush it! I just had a pacemaker put in 5 weeks, I am 57. Still do not have the energy back. Going to cardiac rehad 3 times a week. They tell me not to overdo it and give my body time to heal! So you do the same! Take care!!! 954 days ago

I'm happy to hear that you're on the road to recovery and that you're keeping a positive attitude. Wishing you well!



WALLAHALLA KEEP IT UP!

954 days ago JANCARD Glad to hear things are going well 954 days ago

v



| 6 | DIROB57 So happy and relieved that all is going well with you! | v |
|----------------------|--|---------|
| | You have helped so many people through the Sparkpeople community and continue to be an inspiration to us all! 954 days ago Comment edited on: 11/5/2018 7:42:56 AM | |
| | MSLZZY So glad your are healing. Any surgery is a big deal. I am recovering from open heart surgery and even 4 months after the fact, I am not up to full speed yet. 954 days ago | V |
| | GRAMPIAN Great to hear your recovery is going so well. | V |
| | PAMBACH I am so glad Spark Coach encouraged me to read a blog and comment on it. By the way, I want to comment not just because it was suggested. I was just saying yesterday to my husband that I hoped you were doing well and recovering and wondering how I could find out without bein intrusive. Clicked and here you were. I love it that you have such a great sense of humor about this very big deal! What a lesson in the power of positive thinking and the indomitable human spirit. It lifts my heart to hear you are doin so well! 954 days ago | ng e |
| ONE Sup At & Tuue | JANIEWWJD God bless you, and may you continue to recover more and more each day!!! HUES HUES HUES 954 days ago | V |
| | CHANGINGHORSES Glad to hear that you are doing so well! It sounds like you had a great week, all things considered. Your healing time can hold great lessons and it sounds like you will use them well. | V |
| | CD3501043 Hues 954 days ago | V |
| | JACKIEF288 I'm happy to hear your recovery is going well. Sending positive thoughts and prayers. 954 days ago | V |
| C | _CYNDY55_ Fues A fues ago | V |
| | SKIRUNNER1 I think you'll be able to get your mouth open wide - I'be had two surgeries where range of motion was affected, one a thumb and one an ACL (knee) and both returned to pre-surgery ranges. Glad you're good! 954 days ago | v |
| | | |

| | Soon 954 days ago | | | |
|----------------------|---|---|---|---|
| * 1 | noticing the little t thankful for. I well improvements and One suggestion for scar tissue and he | recovery is going well. It's great hings. That can help guide quest remember the slow return of er d changes helped me to be mor or you: try gently massaging alo elp you open your mouth easier. ery continues to go well! | tions for your doc and remin lergy after surgery and focus e aware of the progress I wa ng the surgery scar with you | d you of things t sing on the small is making. |
| | attitude is a big fa pain. After my kne | recovery is going good so far. I ictor in healing. I have had both ee replacement surgery, that wa ik, but at the end of three month | hips replaced and my goal w s my same goal. With my kn s I felt less pain and had mo | vas to walk witho ee, I don't see re movement. At |
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