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Update: What in the world just happened?! :)

*Saturday, November 03, 2018***Voted Featured Blog Post**
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Happy Saturday, SparkPeople!

This was a great week for me. I hope you had a good one too?

I sent this out as my weekly email: if anyone missed my original story about the surgery, here it is:

www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=6533532

I continue recovering my energy levels from the surgery. I can't believe it's been a month since this all happened.

This sounds crazy, but my brain continues to work better and better as I gain strength. It's fun to see this happen.

I think last weekend it started hitting me a bit just what happened in this experience. Since this all happened so fast and was completely out of my control, it was literally an exercise in just surviving and making it to the next step.

I will forever have even more of an emphasis talking to anyone who will listen about focusing mostly on being a Fit & Healthy Leader and not just on losing weight -- since this will better prepare you to handle the stresses of these types of events if they happen to you or someone you love.

One interesting point I noticed last weekend: for the surgery, apparently my arms were in a weird position for about 6 hours straight. You know how if you hold your arm in one position a long time, it will hurt the next day? Well apparently if your arms are in a weird position for 6 hours, then they can still hurt 3 weeks later!!

This pain was an interesting psychological element of this experience. For those first 3 weeks, that pain was so inconsequential compared to the main issue that it almost didn't even register as an issue. It hurt some at night when going to sleep, but overall I was so happy and grateful to be sleeping in my bed that the pain didn't matter.

Finally after 3 weeks, I thought, "ok, I need to fix this." So I did some things to fix the pain (including using magnesium oil spray that is my favorite way to help with sore muscles other than icing) and now this is about back to normal.

The only other pain I have is an interesting one: because of where they cut into my head starting near the jawbone, my mouth only opens about 60% of the way and it hurts to open more. But this is slowly improving and is functional. It will be interesting to see if this ever goes back to normal. That will be a question for my doc next time I see him :).

**

Edit: someone asked in the comments if I have any dental appointments and I just put this comment on

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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."

**

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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Member Comments About This Blog Post



KHALIA2

They keep moving my blog where I can make comments for my Spark teams. Please help me!

933 days ago



STIRLINGARTS

I am reading your posts in reverse order. It is great that you go from here toward compassion. A friend of mine who has cancer refers to his illness as his teacher. I think we learn from each challenge and it sounds like one lesson you've taken away from your experience is greater understanding of those who struggle. For many of the posters here, it has been a challenge after surgery to regain strength and flexibility. For many other people, it is a challenge to maintain current levels or minimize loss due to progressive conditions. (This is my case as I have Parkinson's Disease.) You seem to have renewed your mission to help others and with an even greater depth of compassion and understanding. Thank you. You have touched and continue to touch so many lives. I suspect I speak for all of us when I say WE APPRECIATE YOU!

940 days ago



BLUEFOO

It's good to hear that you are taking it easy and not trying to rush back into things. God is good. I am so thankful that you are doing well. Keep of the slow pace for a wonderful recovery. Good job to Flash for keeping an eye out on you. Many prayers for you and your family. Keep it

nice and steady.

941 days ago





BELLKATE

Keep up the good work positive thoughts winging your way
942 days ago

v



PICKIE98

Daily improvements will show soon. Patience is the hardest part of healing.
945 days ago

v



INCH_BY_INCH

KEEP PUSHING! Get Well Soon HUGS SANDY HUGS KEEP IT UP! KEEP SPARKING!
946 days ago

v



NANHBH

H88!
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 well. .I appreciate what you wrote about working to keep fit to help prepare with life's stresses. Health stresses here and we are working on 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



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



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



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 inspiration

to all.
952 days ago



v



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.
953 days ago



v



WENDYK

I pray for continued healing for you!
953 days ago

v



CD23804379

Good for you, SparkGuy, and THANKS FOR THE WONDERFUL PLANNER on SparkPeople.
What a great resource.
953 days ago



CD13901195

I'm so glad your talking about your surgery. Some people think because it's a day operation and you get to go home means no problems. You explaining yours thou I know it was much bigger will help people realize we all need time to heal. So glad your progress is getting better. Don't over do it. Our immune system is low and we tend to get sicker quicker. At least I did and have been rushed back to the hospital due to infections. Take care of yourself .
953 days ago



LADYSTARLIFTER

  Chris!!!



Thx 4 Sharing U'r Recovery!!!



xoxo C* (Constance in Berkeley, CA)
953 days ago

Comment edited on: 11/5/2018 9:38:04 PM



KEEPIUP4LIFE

Hi Chris,
I am so happy to hear that your recovery is going so smoothly. Keep on doing what you are and you will be back to 100% hopefully in the near future.



Hugs Susan
953 days ago



LINDERVEE

Happy for you and your progress!
953 days ago



TIGERSEYEHEART

I think one of the worst things for me during my cancer treatment was that "life" became irrelevant because I was in survival mode. It's ironic. Be careful with that. Huge hugs.



Cristina
953 days ago



2BDYNAMIC

Glad to hear you are progressing so well ... And it will be interesting to see what your Doctor has to say about your jaw, and if it will gradually start to improve. ... How nice your wife took you to a tasty luncheon and did a little shopping. I remember years ago, when my appendix ruptured; was in the hospital for five days! ... But I argued and argued with my surgeon that I 'must get back to work asap... At that time, my income was crucial. He kept saying 'No' but finally allowed me to return 12 days after the surgery! ... (He did stipulate though, that he would only allow part time for two weeks. I did it, but it was exhausting! ..
Your energy will begin to return more and more each passing day, especially with you being healthy and so fit! ... God speed! ...
953 days ago



MISSDAISY23

Thanks for the update! Praise God for your healing! Continue prayers for you & your family.
953 days ago




CHRISHARP

Glad you are doing better. Get plenty of rest
953 days ago



YBBHAPPY


953 days ago





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.



953 days ago

v



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 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 days ago

v



KRISKECK

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

953 days ago

v



AIYANASMAMA

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

953 days ago

v



LADYBUG1943

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

v



MAIZIEPAIGE

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

953 days ago

v



MOMMY445

glad to hear that your recovery is going so well.

953 days ago

v



MUMS17

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 rehab 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

v



WALLAHALLA



954 days ago

v



JANCARD

Glad to hear things are going well!



954 days ago

v

v



1GR8FULGAL

Thoughts and prayers for continued recovery.
954 days ago



DIROB57

So happy and relieved that all is going well with you!



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



GRAMPIAN

Great to hear your recovery is going so well.
954 days ago



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 being 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 doing so well!
954 days ago



JANIEWWJD

God bless you, and may you continue to recover more and more each day!!!



954 days ago



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.



954 days ago



CD3501043



954 days ago



JACKIEF288

I'm happy to hear your recovery is going well. Sending positive thoughts and prayers.
954 days ago



CYNDY55



954 days ago



SKIRUNNER1

I think you'll be able to get your mouth open wide - I've 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



MINDYJ1



954 days ago



HEARTMEND

Glad to hear your recovery is going well. It's great that you are in tune with your body and noticing the little things. That can help guide questions for your doc and remind you of things to be thankful for. I well remember the slow return of energy after surgery and focusing on the small improvements and changes helped me to be more aware of the progress I was making. One suggestion for you: try gently massaging along the surgery scar with your fingertips to loosen scar tissue and help you open your mouth easier.

I pray your recovery continues to go well!

954 days ago



LAH1222

So glad that your recovery is going good so far. I have found after each of my surgeries that attitude is a big factor in healing. I have had both hips replaced and my goal was to walk without pain. After my knee replacement surgery, that was my same goal. With my knee, I don't see change each week, but at the end of three months I felt less pain and had more movement. At six months I felt so much better. They say that healing takes up to a time least 12 months and could be longer.

954 days ago

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