

There is only one sex... A man and a woman are so entirely the same thing that one can scarcely understand the subtle reasons for sex distinction with which our minds are filled.

2/14/14

Friday

Valentine's Day

—GEORGE SAND (1804-1876)
French writer

Day 8

The first thing I thought about this morning was how happy I am to have Mike as my husband. It was 15 years ago today that he asked me to marry him. I truly feel fortunate to have found my soul mate. I love him more than words can describe. I get sad thinking about leaving him prematurely but I just hang onto the joy I feel having found someone to love so deeply. So many people never experience this in their lifetime so I consider myself one of the lucky few to know what this feels like.

I had my pre-op appointments today. Nothing too unexpected. I did get the green light to continue exercising up until surgery. Unfortunately I won't be able to ride or do anything other than walk for the first few weeks post op.

I also was surprised to hear that they will not shave my entire head for surgery. Dr Crawford just shaves as much hair as necessary and the actual incision is not going to be as big as I was anticipating. So that probably means less pain as well. Apparently they do put a "Aldo-like" brace on to stabilize my head and the nurse said that most of my pain will likely be from the 4 prongs in my head.