

A true post-operative day – in bed

Although I was feeling very good for the most part of yesterday, it was another story when the local anaesthetics stopped working. The Surgeon told me that the pain would return after nine o'clock last evening and sure enough it did.

The only solution is to take refuge in bed and find the least uncomfortable position and let Mother Nature get on with it. I don't even have the energy to read or listen to the radio never mind watching TV. That's the way it works in the animal kingdom. When an animal has been injured, it retreats by itself and regains its strength so I am not doing anything unnatural.

It is very frustrating because I want to crack on with my Extinction Rebellion site or should I say my anti-Extinction Rebellion site.

I think that's about all I can manage in what must be my shortest daily diary ever since I started in October 2016. 159 words no less.