# Patient Education



# **Preventive Vaginal Dilator Therapy Instructions**

(For maintaining vaginal elasticity and preventing vaginal stenosis after radiation)

# **Purpose:**

The goal of preventive vaginal dilator therapy is to help maintain vaginal elasticity and prevent the formation of vaginal stenosis (narrowing of the vaginal canal) following radiation therapy. This is a gentle routine that does not require movement or stretching.

# **Frequency:**

- Three times per week
- Duration: 10 minutes per session

#### Instructions:

- 1. Preparation:
  - Choose a comfortable, private space where you can relax.
  - Use a water-based lubricant or coconut oil on the dilator and the vaginal opening.
  - Position yourself lying down with your legs supported and relaxed.
- 2. Insertion:
  - Gently insert the dilator **to a comfortable depth** as recommended by your provider.
  - There is **no need to move, wiggle, or stretch** the dilator—simply let it rest in place.

#### 3. Relaxation & Breathing:

- Keep the dilator in place for **10 minutes** while focusing on relaxed breathing.
- Avoid tensing your pelvic floor, buttocks, or abdominal muscles.

#### 4. Completion:

- After 10 minutes, gently remove the dilator.
- Wash it with warm, soapy water and dry with a clean towel.

# **General Tips:**

- Try to **stick to a schedule** and use the dilator regularly.
- If you experience discomfort, try using more lubricant or starting with a smaller size dilator.
- If you notice **bleeding or significant pain**, stop use and consult your provider.

Preventive Vaginal Dilator Therapy Instructions. BMDA Patient Education, Reviewed 2/11/2025.