

Therapeutic Vaginal Dilator Therapy Instructions

(For treating vaginal stenosis, tightness, or pelvic floor dysfunction)

Purpose:

This therapy helps improve vaginal elasticity, increase comfort during pelvic exams, and reduce pain or discomfort from vaginal stenosis or pelvic floor dysfunction.

Frequency:

- **3-5 times per week** (as recommended by your provider)
- **Duration: 10 minutes per session**

Instructions:

1. Preparation:

- Find a **comfortable, private** space where you can relax.
- Apply a **water-based lubricant** or **coconut oil** to the dilator and vaginal opening.
- Position yourself **lying down** with legs supported.

2. Insertion:

- Gently insert the dilator, **starting with a smaller size** if needed.
- Hold in place for **10 minutes** while focusing on **deep, diaphragmatic breathing**.

3. Stretching & Movement (If Recommended by Your Provider):

- **Rotation:** Slowly rotate the dilator **clockwise and counterclockwise**.
- **Directional stretching:** Apply **gentle pressure** toward **5 o'clock and 7 o'clock** positions first, then progress to **2 o'clock and 10 o'clock** if comfortable.
- **Slow insertion/removal:** If advised by your provider, practice **gentle in-and-out movements** to improve elasticity.

4. Completion:

- After 10 minutes, slowly **remove the dilator**.
- Wash with **warm, soapy water**, dry, and store in a clean place.

General Tips:

- **Stick to a routine**—regular use will yield the best results.
- Increase to a **larger dilator size** when you can fully insert the current size without discomfort.
- If discomfort persists, consult your medical care team.
- **Discuss with your medical care team if use a vaginal moisturizer** on non-dilator days is needed to support tissue health.