

## 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.