

# Dilator Education

To relieve vaginal tightness your therapist may have recommended using a vaginal dilator. Various brands are available for purchase. We recommend products from Intimate Rose (Visit our Amazon Storefront, or the company directly at [www.intimaterose.com](http://www.intimaterose.com)).

## Instructions

- Choose the size of dilator that is appropriate for you, or that your therapist has suggested.
- Find a location and time of day where you can relax uninterrupted for the duration.
- Wash the dilator well with soap and warm water before use.
- Apply an ample amount of water-based lubricant to the dilator and at the entrance to your vagina. We recommend a sterile lubricant such as HR which can be found on our Amazon store.
- Lie on your back in a semi-reclined position, or on your side. You may like to place a pillow under your knees to reduce the tension in your pelvic floor. If laying on your side a pillow can also be placed lengthwise between your knees and ankles.
- Slowly deepen your breathing and relax and soften your pelvic floor.
- Gently insert the dilator into the vagina as you exhale.
- Keep the dilator in place for 10-15 minutes, working with gentle slow breaths throughout.
- If at first you were not able to insert the dilator fully, once you feel your body softening and relaxing, you may try to gently insert it further. Remember to work within your comfort level.
- If you have pain with deeper penetration, you can also press more firmly into the end of the dilator, engaging the areas that are tender or sensitive, holding in each area for at least 2 minutes. Don't forget to breathe.
- You can also move the dilator in a clockwise fashion around the vaginal opening, and press the dilator into any restricted areas. Hold it into the restriction for at least 2 minutes, feeling for a softening or decrease in discomfort. Gradually push it in deeper as you can tolerate it.
- Thoroughly wash the dilator with soap and warm water before storing it away.
- When the current dilator size is no longer feeling effective, it may be time to move up to the next size, again, starting slowly and gently.