

# Dilator Education

To relieve vaginal tightness your therapist may have recommended using a vaginal dilator. Various brands are available for purchase and your therapist may have some personal recommendations. 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.
- Please wash the dilator well with soap and warm water before use.
- Apply an ample amount of water-based lubricant to the dilator and if desired, on the entrance to your vagina. We recommend a sterile lubricant such as HR which can be found on our Amazon store.
- Lie in a supine or semi-reclined position, or on your side. You may like to place pillows under your knees to reduce the tension in your pelvic floor. If laying on your side a pillow can also be placed between your knees and ankles.
- Slowly deepen your breathing and work on relaxing and softening your pelvic floor.
- Gently insert the dilator into the vagina. Inserting with an exhaled breath may be more comfortable.
- 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 with 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, again holding in each area for at least 2 minutes.
- You can also move the dilator in a clockwise fashion around the vaginal opening, or at an appropriate depth, and press the dilator into a restricted area. Hold it into the restriction for at least 2 minutes, feeling for a softening or decrease in discomfort.
- Ensure you 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.