



VAGINAL DILATING INSTRUCTIONS

What is a vaginal dilator?

A vaginal dilator is a device that can be used to widen the vaginal opening (called the introitus) in women with a narrow vaginal opening. Narrowing of the vagina can occur after vaginal surgery, radiation, or can be present from birth.

Dilators can also be used in women with vaginismus, a condition that causes uncontrolled spasm of the vaginal muscles (called the levator muscles). Vaginismus can cause pain, and can make sexual intercourse and pelvic exams difficult or impossible. The purpose of dilators in women with vaginismus is not to stretch the vagina, but to gain control over the muscle spasm.

Vaginal dilators can be purchased online from Soul Source or Intimate Rose. They may be washed with soap and water and dried with a soft cloth.

How long will I use the dilator?

The length of time needed to use the dilator will vary from one woman to the next, depending on individual differences as well as the reason for using the dilator. It is important to be patient and progress slowly. Successful results depend on DAILY use of vaginal dilators for at least 2 to 4 weeks.

How do I use the dilator?

1. Wash your hands thoroughly with soap and water.
2. Apply Astroglide or KY personal lubricant directly to the skin around the vaginal opening. Also apply lubricant to the rounded tip of the vaginal dilator.
3. Beginning with the smallest size dilator, try to insert the dilator approximately 2 to 3 inches into the vagina.
4. There is no one correct way to dilate.
5. One way is to hold the dilator and press inward for a count of 5. Rest for a count of 5. Repeat this exercise 2- 5 times at each session.
6. Video instruction may be found at: <https://www.soulsource.com/pages/videos>
7. The more frequently you dilate the faster you will see results.

If you have been given a set of dilators, proceed with the following:

8. If you feel comfortable, choose the next largest dilator. Follow the above directions for lubrication, insertion, and inward pressure.
9. Start with the smallest dilator each day, and work up to a larger size. Continue to increase the size of the dilator at your own pace or as instructed by your health care provider.