Dilator Instructions

Purpose:

1. Stretch the vaginal tissue
2. Learn pelvic muscle relaxation
3. Practice intercourse

Position:

1. Reclined in a tub of warm water with both knees bent and legs supported.
2. Reclined on the bed with knees bent.

Method:

1. Place a sufficient amount of water soluble lubricant on the tip and sides of the dilator.
2. Separate the labia with one hand and insert the dilator with the other
3. Angle the dilator slightly down toward the table, your health care practitioner will help you locate the correct angle.
4. Keep the pelvic floor muscle relaxed and slowly insert the dilator.
5. Pause if there is significant pain or resistance-allow the muscle to relax.
6. Continue to insert until 2 inches of the dilator is outside the body.
7. If you are unable to insert the dilator to this depth – hold it at the depth you are able to tolerate with slight to moderate pain.
8. Allow the dilator to stay in place for up to 10 minutes – remove before 10 minutes if the pain is severe.
9. Keep the pelvic floor muscle relaxed.

Advancing:

1. When you are able to insert the dilator fully for 10 minutes you should advance to the next size and repeat the process.
2. The time needed to advance is individual. Sometimes, advancement can be made in one interval – sometimes it takes 2 or 3 weeks.
3. Your health care practitioner will assist in deciding when the size should be advanced.
4. Movement can also be introduced – hold onto the end of the dilator and move it slowly and gently in and out.
5. Small dilators can also be used to provide acupressure to the pelvic floor muscle by directing the tip toward the tense. Hold steady for 60 to 120 seconds.

**Points to remember:**

1. You are in control of the dilator; go at your own pace when you are ready.
2. Use adequate lubrication
3. Experiment with different leg and trunk positions as well as angles of insertion to find the best combination.
4. Slow movement is usually best.