



VAGINAL DILATORS

GENERAL INSTRUCTIONS

- Start with the smallest size dilator provided.
- Use lubricant (K-Y jelly) to insert the dilator.
- Leave the dilator in place for 5 to 10 minutes per day while resting. Do not try to get up and move about with the dilator in place.
- You should experience some sense of gentle stretching but not tearing, burning, or sharp pain. You should not have any bleeding from the dilators. If these things occur, please call us.
- Move up to the next size dilator when it becomes completely comfortable to use the smaller one. It may take a month or two to move up to the largest size and become comfortable with it.
- When you are finished with each daily session, remove the dilator and wash it with soap and water. Dry it carefully.