



Advanced Laparoscopy and Pelvic Pain *within the scope*

Instructions for Vaginal TENS Unit:

You may order your vibrator from Evibra.com. The item will be shipped directly to your door in a plain brown wrapper. Care and cleaning instructions should be provided.

How to Use the TENS Unit:

- 1) Use plenty of lubrication; Astro Glide and Crisco Solid Shortening both work well and rarely cause irritation.
- 2) Gently massage area discussed in clinic. Start on the outside for the first minute or so, and as tolerated, gently insert the Evibra into the area of tenderness. If this is uncomfortable, back off and continue to use the vibrator on the outside until gradual insertion is comfortable. Gradually (as tolerated) advance the vibrator to where you feel the pain.
- 3) As tolerated, use vibrator for 5 – 10 minutes daily and before intercourse. If you have any problems call Anne or Tracey at 966-7764.

The ultimate goal of this therapy is the return of sexual functioning. Paramount in this process is that both you and your partner feel comfortable, and are able to maintain intimacy. If you would like to bring your partner into clinic for your next visit, please feel free to do so.

