



*Southern
Urogynecology*

Center for Incontinence and Female Pelvic Medicine

Vaginal Dilator Instructions

Purpose

- Stretch the vaginal tissue
- Learn pelvic muscle relaxation
- Practice intercourse

Position

- Recline in a tub of warm water with both knees bent and legs supported
- Reclined on the bed with knees bent

Method

- Place a sufficient amount of water-soluble lubricant on the tip and sides of the dilator
- Separate the labia with one hand and insert the dilator with the other
- Angle the dilator slightly down toward the table; your health care practitioner will help you locate the correct angle
- Keep the pelvic floor muscle relaxed and slowly insert the dilator
- Pause if there is a significant pain or resistance; allow the muscle time to relax
- Continue to insert until 2 inches of the dilator is outside the body
- 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
- Allow the dilator to stay in place for up to 10 minutes; remove before 10 minutes if the pain is severe
- Keep the pelvic floor muscle relaxed
- It may also be helpful to perform sub maximal PFM contractions to enhance relaxation

Advancing

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

Points to Remember

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