

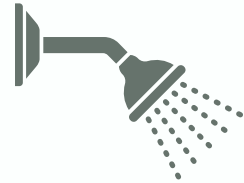
DILATOR USE

Position:

Sitting on toilet



In shower



Lying down



One foot on toilet seat or chair



Apply lubricant as necessary to dilator and vagina.

Initial penetration:

- Perform a pelvic floor contraction (kegel) and release completely to allow for easy penetration. DO NOT FORCE.

Options for use:

- Hold in place 5-10 minutes
- Perform gentle stretch around the vagina “around the clock”
 - Can hold 30 seconds in each position
- Keeping dilator in place, gently kegel and relax for 5-10 repetitions
- Gentle practice of penetration and removal 5-10 times