

Instructions For Healthcare Providers

Indications for Use

Dilators (also referred to as trainers) are devices developed for progressive vaginal dilation therapy in the treatment of vaginismus (muscular spasm of the vagina) and the conditions that result in constriction of the vaginal and rectal orifice. Such conditions may be the result of vaginal and/or rectal reconstruction surgery, radiation therapy, or sexual trauma and abuse.

Contraindications

- Pregnant patients should not use dilators unless deemed appropriate by their pregnancy health care provider.
- Patients suspected of active vaginal infection.



INSTRUCTIONS

- 1.Perform a normal pelvic examination prior to the fitting and introduction of a dilator. A pelvic exam helps determine the appropriate size.
- 2.Wash your hands prior to using dilators.
- 3.Wash the dilator with mild soap and water and rinse thoroughly. If dilator feels cold, hold it under warm tap water and dry it well.
- 4.Apply a generous amount of water-based lubricant such as Intimate Rose Velvet Rose Lubricant to the tip end of the dilator.

5.The length of time a patient should use a vaginal dilator is usually from 5 to 20 minutes per day. The physician may change the frequency and duration of dilator usage as the prescribed therapy proceeds to the larger sizes in the set.

6.Once the starting dilator size is determined, determine which dilator sizes the patient will need to progress through to reach her goal.

7.The starting dilator should be inserted into the vagina carefully and slowly, do not force the dilator into the patient's vagina.

8.The dilator should be large enough for its indication, yet not cause any undue pressure or discomfort.

9.The patient should be instructed to gradually increase the dilator size over a suggested period of time until the patient is comfortable with the insertion of the largest size in the set.

REMOVAL, CLEANING AND SUGGESTED FOLLOW-UP

- 1.To remove a dilator, gently pull away from the patient until the dilator is completely removed.
- 2.After removal, the dilator can be cleaned with mild soap and warm water.
- 3.Discuss the importance of following instructions and the expected length of time for dilator use.
- 4.Within 24 to 48 hours, be sure the patient is not allergic to the dilators. Examine the vagina and ask the patient if there has been any discomfort, irritation, pressure, sensitivity, or unusual vaginal discharge. Also determine if there has been any improvement in her symptoms.
- 5.Schedule follow-up visits to fit the needs of the patient.
- 6.Request the patient to report any discomfort immediately.

Use of Dilators for Pain Associated with Sexual Intercourse

Dilators, when used as instructed, can help overcome pain associated with intercourse. Such pain is often caused, at least in part, by a spasm of the muscles around the vaginal entrance. This muscle tension is called vaginismus.

Use of Dilators Following Reconstructive Vaginal Surgery or Gender Affirming Surgery

Dilators are helpful after reconstructive surgery of the vagina. Dilators, when used as instructed, can help keep the vagina open and the tissue more supple, making intercourse and follow-up examinations more comfortable.

Use of Dilators Following Radiation Treatments

Radiation of vaginal tissue results in a decrease in the blood

supply in that area. This decrease in blood flow helps to shrink or slow the growth of a tumor. A potential side effect of this decreased blood supply is the loss of elasticity normally found in vaginal tissue. There may also be increased tenderness in the area. The use of dilators will help keep the vagina open and the tissue supple, making intercourse and follow-up examinations more comfortable.

Warning: This non-sterile device is designed for single patient use only. It is made with medical grade silicone and includes no latex. Do not use oil or silicone-based lubricants. Use water-based lubricants such as Intimate Rose Velvet Rose Lubricant. Do not force the dilator into the vagina. Use slow, gentle movements when inserting and removing.