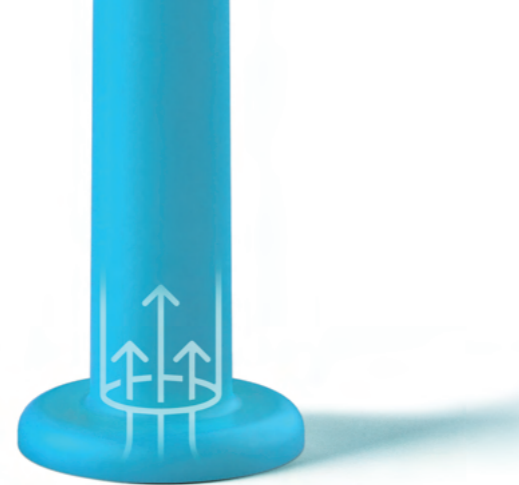


SAFETY GUIDELINES

VWELL Dilator Exerciser Set is not certified as a medical device and is not intended for any clinical or diagnostic use. This exercise tool does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Never ignore professional medical advice in seeking treatment because of something you have read on the brochure or this website. If you think you may have a medical emergency, immediately call your doctor or dial 911.

- Always talk to your doctor prior to using the exerciser set.
- Never force the exerciser beyond the level of personal comfort.
- Keep discomfort to a minimum.
- Use water-based lubricant if needed. NEVER use silicone-based lubricant.
- Avoid using exerciser with active pelvic infection
- Avoid using exerciser immediately following pelvic surgery.
- Never use someone else's exerciser.
- Clean and dry your exerciser thoroughly after each use.
- The goal is to progress exerciser size at a comfortable pace (this varies from weeks to months) so that you are using the largest exerciser you choose without discomfort.



SUCTION

Each VWELL exerciser may be temporarily secured to any smooth surface (such as tile, glass, marble) to facilitate different exercise position.

To ensure strong suction, apply water generously to the base of the exerciser. Then press the exerciser firmly onto any flat surface.

HOW TO CLEAN

Make sure you clean the exercisers each time before and after you use them. We recommend using *IntiMD Hygienic Cleaner*. You may also clean with warm water and soap. Dry thoroughly with clean cloth or air-dry.

Storage: No direct sunlight. Room temperature.



IMPORTANT

Use only water-based personal lubricant moisturizer with VWELL exerciser.



IntiMD Water-Based Lubricant Moisturizer
FDA 510K Cleared



IntiMD Alcohol-Free Hygienic Spray Cleaner

ADDITIONAL TECHNIQUES

Don't rush it, each person is different. For some, it may only take a day or two to progress to next step. For many others, it may take a week or up to several weeks to progress to next step. The key is to take it slow. Here are some techniques to improve your experience:

- Gently push it back and forth to stretch the length of your vaginas
- Gently rotate the dilator in wide circles to stretch the width of your vagina.
- Gradually increasing the depth of dilator penetration
- Maintaining gentle pressure against an area of discomfort for up to 60 seconds
- Progressing the size of the dilator



BODY SAFE



PARABEN FREE



MEDICAL SILICONE



WATERPROOF

intimd®

VWELL™

SILICONE VAGINAL
DILATOR EXERCISER SET

Manufactured for: **intimd®** A California Corporation
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City of Industry, CA 91746

www.intimd.com



INT-VW0005
Made in China



HOW TO GUIDE



VWELL is your first step in the journey to take back control after childbirth/surgery/radiotherapy. Sensibly designed by therapist for women to train the pelvic floor muscles to relax and lengthen as part of a structured exercise.

Exercising the pelvic floor is essential to help to improve the strength, flexibility and control of the pelvic floor muscles. For penetration to be pain free, the pelvic floor muscles need to be able to relax fully. VWELL is here to help you well.

HOW TO USE ▶

1 BEFORE YOU START

Clean the exerciser before first and after every use with warm water and soap or an anti-bacterial cleaner. We recommend **IntiMD Hygienic Cleaner**. Dry thoroughly with clean cloth or air-dry.

To ensure comfort, be sure to use a water-based lubricant such as **IntiMD Water Based Lubricant Moisturizer** with the exerciser.

Never use silicone-based lubricant with VWELL exerciser. *(Because VWELL is a silicone device, silicone-based lubricant will break down the rubber over time)*



2 FITS YOU

Select the smallest size exerciser (STEP 1 or the one that fits you best), gradually progress the size of the exerciser over time as comfort permits.

Select an appropriate time and a warm comfortable place – allow for relaxation and no interruption.

Relax for about 10-15 minutes before starting exercise.

3 FEEL VWELL

Place a small amount of **IntiMD Lubricant Moisturizer** on the tip of the exerciser. Avoid lubricants containing petrochemicals as these can cause pelvic floor tissue irritation and exacerbate pain.

Lie on the bed with knees bent. Hold the exerciser by the base and gradually insert the exerciser to a tolerable depth within your vagina. Keep the level of discomfort minimal and if you feel any discomfort pause for up to a minute at a time, continuing to breathe and relax your pelvic floor.

4 CONTINUED

When discomfort has eased then progress further as tolerated stopping at regular intervals to accommodate your body to the sensation and lengthening of the tissues. Use daily for 5-15 minutes.

When you have finished, gently withdraw the exerciser and allow yourself to rest and recover before getting up.

COMFORTSENSE DESIGN

Proprietary ComfortSense engineering with tapered length-of-the-body (not just tip) and super-smooth finish reduce insertion pressure by up to 70% to ensure absolute comfort during the exercise.

