

## Who should not use dilators

BIEN Australia Silicone Dilators should not be used if you have an active vaginal or pelvic infection, if you have unexplained vaginal bleeding, or if you are pregnant. Always consult your health care provider prior to use.

## General care and maintenance

Wash BIEN dilators in warm soapy water prior to use. Store them in a clean dry place or in the provided bag. Ensure they are cleaned with warm water and soap after each use and dry before storing. Do not use oil or silicone based lubricants on dilators. Only water based lubricants or body safe gels should be used.

## Warnings

This non-sterile device is designed for single person use. It is recommended that dilators are used under the guidance of a health care professional. Dilators can be used until the expiry date listed on the packaging. Spotting after dilator use can be normal. Consult your health care provider if you have heavy bleeding after use. Dilators should not be used for more than an average of 30 minutes per day over a 3 year period.

For further information, educational videos, yoga flows and more, head to [BIEN.com.au](https://BIEN.com.au)

## Technical characteristics

- The device is a system/set of eight soft rubber dilators: diameter 14-39 mm, length 65-165 mm.
- Temperature for storage and transport: -40°C to 70°C
- Air humidity for storage and transport: 8% to 80% (relative), non-condensing
- Ambient temperature during use: 15°C to 30°C
- Component materials: Biocompatible silicone rubber and bound mineral pigment. Does not contain BPA or DEHP.



# BIEN

## Silicone Vaginal Dilators



@bien.aus



info@bien.com.au



BIEN.com.au



## Goals for dilator use

Dilators are one of the tools you can use to assist with pelvic pain. For some individuals they can be useful when vaginal penetration is painful.

Reasons for using dilators may include:

- To successfully have pain-free and enjoyable intercourse
- Decreasing pain with vaginal exams
- Allowing you to insert and use menstrual products
- Decreasing tension in the pelvic floor muscles
- Post-surgery for gender affirming surgery or after radiation treatment

## Tips for making dilator use more effective

- Pick a time and place when you know you won't be disturbed
- Try having a warm bath or shower prior to use
- The goal of using dilators is not to cause yourself pain. This is essential when using dilators so that the pain cycle is not being reinforced
- Discomfort levels need to stay below a 4/10 (where 10 is the worst pain imaginable and 0 is no pain) when using vaginal dilators
- Use plenty of water based gel/lubrication on the dilator as well as on the vulva and vaginal opening.



## How to use dilators

- Wash the dilators with warm soapy water and rinse and dry prior to use
- Select the size of vaginal dilator that looks appropriate for your needs or that has been suggested by your health care provider
- Place water based lubricant or gel on the dilator and on the entrance of the vulva and vagina
- Lying on your back, take five deep breaths focusing on the rise and fall of your chest
- Bring the dilator to the entrance of the vagina and slowly insert the dilator while maintaining deep breathing, keeping pain levels below a 4/10
- Once the dilator is inserted into the vagina, aim to keep your pelvic floor, abdominals and hip muscles as relaxed as possible
- Aim to have the dilator inserted for 15 minutes or as guided by your health care professional
- After 15 minutes, if your pain levels are still less than 4/10, you can start to move the dilator inside the vagina. You might do this by inserting and removing it half way or tilting it to the left and right. You might progress to twisting it in a clockwise and anticlockwise direction. More water based lubrication may be needed as you do this
- Once complete, remove and clean the dilator with warm water and soap and dry prior to storing
- Repeat this process every second day or as guided by your health care professional

Note: dilator therapy works best when paired with a wholistic approach to pelvic pain. Visit our website [www.bien.com.au](http://www.bien.com.au) for more resources and information

Always consult with your health care provider prior to starting a new training program.



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info@bien.com.au



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