



Dilator set

For a progressive pelvic rehabilitation

Presentation

Before beginning pelvic rehabilitation, it is important to understand your role in the success of this process. You are in charge of how to proceed and the speed of progress of this treatment. While the help of a health professional is recommended in some cases, dilators can be used on your own or with the help of your partner.

Benefits

Dilators are recommended by health professionals for women experiencing pain during vaginal exams, insertion of a tampon or during sexual activities. Dilators are also used to help:

- Vaginismus or vaginal stenosis often caused by treatment of radiotherapy / chemotherapy or skin problem;
- Vulvodynia or pudendal neuralgia;
- Vestibulodynia and other dyspareunia;
- Agenesis of the vagina also called Mullerian aplasia;
- Mayer-Rokitansky-Kuster-Hauser Syndrome (MRKH).



*Floravi water-based lubricant is recommended when using the dilators. Note that medical or therapeutic treatment is sometimes necessary.

Use

The results of using dilators vary according to each woman. You choose when to start the exercises, their frequency and the duration. However, note that perseverance and regular training are key elements to a successful pelvic rehabilitation. A higher frequency of exercise will lead to faster progress. Daily exercise is best. If this is not possible, try to use your dilators 2 or 3 times per week. To avoid any stress, it is important to be comfortable with the frequency of the exercises.

There is no set time duration for using your dilator. Every woman should follow her own rhythm. It is normal to feel a slight tingling when you move to a larger diameter. This feeling should diminish and then disappear with further use. If this is not the case, it may be necessary to return to a smaller dilator. It is important that the process be gradual not to risk aggravating any condition.

Insertion

When beginning the exercises, it is important to be in a relaxed state of mind. Taking a bath, listening to relaxing music or heating the room can help create this state of relaxation. Choose a quiet place where you will not be disturbed. For extra comfort, preheat the dilator with warm water. If desired, liberally apply water-based lubricant to the dilator and to the vaginal opening to facilitate insertion as well as to avoid any irritation.

All postures are correct for using dilators. You can be lying on your back, sitting with your legs folded, or standing with your knees slightly bent; it is all a matter of personal comfort. After inserting the dilator, wait until your vagina is accustomed to its presence before any movement.

Breathe deeply and relax. Gradually, as insertion becomes easier, you can massage the opening of your vagina with light circular movements, and then increase the back-and-forth and side-to-side motions. To ensure the best results and to avoid aggravating any condition, it is important to progress at your own pace and to begin each session in a state of full relaxation.

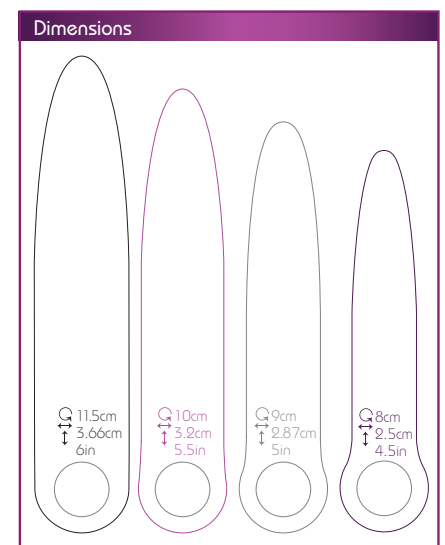
When you are done, remove the dilator gently. If any pain occurs, stop, breathe calmly, and cough slightly.

When you feel ready to move to a larger size, it is important to start the session with the previous dilator that you were comfortable with. That way, your vagina will already be stretched when inserting the larger diameter.

Maintenance

Hygienic practices are essential for maintaining a healthy vaginal flora balance. For best results, disinfect your dilator with Floravi's Steri-clean before and after each use. It is strongly advised not to share your dilators with others.

However, if the share happens, it is essential to use a condom to prevent sexually transmitted diseases: the use of an antibacterial cleaner cleans your dilators but does not sterilize them. Always store your dilators in their original packaging.



- * Use water-based lubricant;
- * Biocompatible with the human body;
- * If you notice bleeding, stop using immediately and consult a health professional;
- * Made of medical-grade silicone.