



# **vaginal dilators** an introduction

## Vaginal dilators

Your practitioner has recommended that you try vaginal dilators, cylinders of graduated sizes. Older vaginas remain strong and comfortable only with use, and dilators are a tool for keeping vaginal tissues elastic, comfortable, and ready for sex. Conditions that may call for the use of dilators include vaginal atrophy, post-radiation adhesions, and vaginismus.

## How do dilators work?

Dilators, which come in a range of sizes starting as small as a half-inch in diameter, are typically provided as a set, along with instructions for exercises. Starting with the smallest dilator, you'll perform those exercises regularly; when the exercises are comfortable with that size dilator, you'll move on to the next-larger size. The dilators and exercises gradually, gently, and comfortably stretch the vaginal opening and depth until you can comfortably accept sexual penetration.

## Where can I buy mine?

Vaginal dilators can be discreetly purchased at [MiddlesexMD.com](http://MiddlesexMD.com) or by calling 888-398-6763. You can also place your order by emailing [Orders@MiddlesexMD.com](mailto:Orders@MiddlesexMD.com).

MiddlesexMD is a safe, comfortable guide to the changes that come with menopause and how those changes can alter the way you experience sex. The site offers advice and products to help you maintain your sexuality for life.

## How are dilators used?

Dilator exercises are typically done once or twice a day in 20- or 30-minute sessions. A warm bath before you begin will help relax and soften your vulva.

1. Apply a small amount of lubricant on the smallest size dilator.
2. Lie on your back with your legs bent (the same position as for a pelvic exam).
3. Release any tension in your pelvic muscles.
4. Using even but gentle pressure slowly push the dilator into your vagina. It may help to pretend that you're putting in a tampon. When the dilator is as deep as you can comfortably get it, hold it in place for 10 to 15 minutes.

When you can painlessly insert a dilator all the way into your vagina, you are ready for the next dilator size.

Once you can comfortably tolerate the size of dilator that works for you and your partner, you may wish to do Kegel exercises with your dilator in place as a maintenance routine. Use your dilator three to four times weekly to maintain your vagina.

Vaginal dilation requires patience. It can take three months or longer for your vagina to expand enough for vaginal intercourse. Frequent, short sessions will give you the best results.

Prices range from \$70 to \$110; see [MiddlesexMD.com](http://MiddlesexMD.com) for details

### Amielle dilators

Easily inserted and sterilized, these dilators range in size from .63" to 1 1/2" for progressive therapy.



### Vaginal dilators, plastic

Easily inserted and sterilized. Small changes in size make progress easier. Includes 1/2", 11/16", 7/8", 1", and 1 1/4".



### Sinclair silicone dilators

Easily inserted and sterilized, this set of silicone dilators includes sizes ranging from 1/2" to 1 1/4" in diameter.

