

## **GETTING STARTED** WITH A DILATOR



- 1 Wash the dilator with warm, soapy water.
- 2 Choose a quiet, comfortable spot in your home for practice.
- Apply a generous amount of water-based lubricant to both 3 the dilator and the vaginal opening.
- Select a suitable vaginal dilator, as recommended by your 4 healthcare provider.
- Lie on your back with knees bent and feet flat, or on your side 5 with knees bent and a pillow between them.
- Start by deep breathing: inhale, expand your belly, exhale, 6 and let your belly fall. This helps naturally open the vagina.
- Gently insert the dilator into the vagina, starting with 1/4 inch, 7 then up to 1-2 inches, depending on comfort. Continue deep breathing.
  - Leave the dilator in place, continuing deep breathing for 15 minutes or as advised by your healthcare provider.
- Use visual imagery to relax pelvic floor muscles. Imagine the 9 vagina as a blooming rose, an opening umbrella, or a flexible elastic band.

specified

number



Use your dilator for [

1 minutes, [

specified

frequency

] times per day.

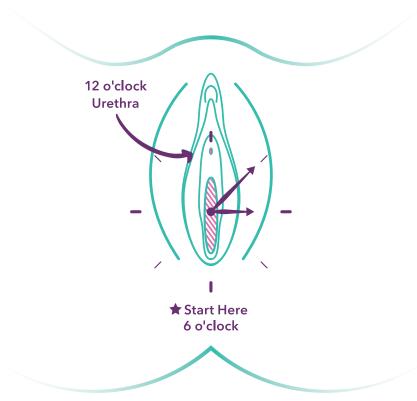
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### The Clock Method

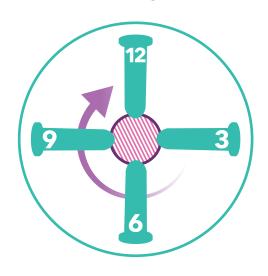
The clock technique aids in transitioning between dilators by conditioning pelvic floor muscles to gradually accept gentle pressure.

### Imagine the vagina as a clock.

- Start by placing the dilator at the 6 o'clock position.
- Gently press and hold for a few seconds.
- Release, then move to the 7 o'clock position.
- Continue this pattern, gently compressing to 8, 9, 10, 11, 12, 1, 2, 3, 4, and 5 o' clock positions.



With 12 o'clock being the urethra, be gentle when applying pressure in this region.



## **Looking for support?**

## CHECK OUT THE DILATOR HUB

Find links to videos, FAQs, helpful tips and even a little inspiration!



#### intimaterose.com/dilator-hub

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