

Dilator Feedback

"... patients who have pelvic floor dysfunction, vaginismus, vulvodynia, and vulvar vestibulitis are very impressed with the design of your dilators ... the tapering of the tip of your design is easier for insertion and the handle component allows for more control."

Pamela Morrison, BA, PT, MS, BCIA-PMDB
Pamela Morrison Center for Physical Therapy
New York, NY

"I like that your dilators are tapered at the end for greater ease of insertion"

Susan Decker, PT
The Rehabilitation and Health Center, Akron, OH

"I am very pleased with your product ... loved the dilators because they have a handle and are easier for patients to use"

Hollis Herman, MS PT OCS BCIA-C-fellow
Healthy Women, Cambridge, MA

"I think your products are great. I recommend them to many of my patients."

Roger Ferland, MD
Providence, RI

"The set comes with a universal handle that easily attaches to the dilator end ... and easily inserted by patients ... effective and priced well."

Beth Shelly, PT BCIA-PMDB
APTA Journal of Women's Health
Physical Therapy (Winter 2005)

"We use the vaginal dilators to assist in lightly stretching the pelvic floor muscles ... Patients are very happy with the results and by giving them the dilators they feel that they are taking an active role in their treatment/recovery. Thank you for your help with these patients."

Amy Stein, MPT
Beyond Basics Physical Therapy
New York, NY

"I was prescribed your dilators ... I used them regularly and found that they were easy to use, clean, and they worked very well for me. Thanks."

D.W.

"My patients suffer from vaginismus, along with vestibulitis, pelvic floor dysfunction, endometriosis, interstitial cystitis, etc. ... Many patients like the idea of the handle, whereas most other dilators do not have this feature."

Linda Mufich, PT
Women's Rehabilitation Services,
Therapy Plus Clinic, Shawnee Mission, KS

"I am very impressed with the price of the product. It is much more affordable than what I have recommended to patients in the past."

Sasha Jackson, MPT
North Bend Medical Center, OR

"I ordered dilators through your website and they're great! I am so glad there is a website like yours, dedicated to helping women like me attain normal sex lives. Keep up the good work and thanks!"

S.T.

Vaginismus.com

Self-help Resources



Self-Help Kits

Complete vaginismus kits with 10 step treatment program books, dilators and video.

Product #K2201 DVD



Vaginal Dilator Set

Medical-grade vaginal dilators with smooth, comfortable design & handle.

Product #T8077



Vaginismus Books

Comprehensive self-help program recommended by specialists.

Product #B5404



Private Forum Pass

Join the private forum at vaginismus.com with an exclusive pass included with every vaginismus kit or book set.



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1-888-426-9900



1-619-449-1200



1-619-449-3200



help@vaginismus.com

Vaginal Dilators

Medical-grade





Dilator Sizes



Dilator	Diameter Range	Length
A	Starts small to .6" (15mm)	3.48" (88mm)
B	Starts small to .88" (22mm)	3.97" (101mm)
C	Starts small to 1.04" (26mm)	4.46" (113mm)
D	Starts small to 1.19" (30mm)	4.95" (126mm)
E	Starts small to 1.35" (34mm)	5.45" (138mm)
F	Starts small to 1.5" (38mm)	5.96" (151mm)

Note: Universal handle fits all dilators

Size, Ease of Entry & Convenience

The dilators are carefully designed with a seamless finish and a silky low-friction texture to allow smooth entry and eliminate sticking.

Each dilator is tapered slightly so that the front diameter just beyond the tip is narrower than the back portion near the handle. This promotes more comfortable transitioning between dilators and increases the versatility of the set.

The universal handle has an easy, comfortable grip that allows for precise control and handling when lining up the insertion angle. It also helps to keep lubricant away from one's hands.

The dilators have been designed to conveniently rest one inside another 'nesting doll' style, forming a single small package inside the soft muslin pouch*, for easy portability and privacy whether traveling or at home. *Note: Pouch may vary.



The universal handle fits each size. Simply line up the two dilator tabs with the corresponding handle openings, firmly press dilator into the handle and twist to lock. To remove, simply twist the other way.

Important Note

This information is not intended to substitute for medical treatment or advice. Spotting, light bleeding, or discomfort may be experienced when using vaginal dilators. If it persists or becomes worse, discontinue using the dilators and consult with a physician. DILATORS ARE FOR INDIVIDUAL USE ONLY.

Care & Use Instructions

Upon receipt, inspect the set for missing or broken product and contact help@vaginismus.com to report any problems. Do not use if broken.

Before using your vaginal dilators for the first time and after every use, clean the dilators and the handle thoroughly. Wash in hot soapy water and be sure to rinse well removing all traces of soap. Dry completely before placing in the storage pouch.

Using Vaginal Dilators**

(1) Find a private place and lie comfortably on your back with your legs bent and spread apart (or stand with one leg raised up onto the side of a bathtub or chair). Beginning with the smallest sized dilator, connect the handle. Holding the dilator by the handle, spread some lubricant around the dilator tip and also the opening of your vagina.

(2) Alternately flexing and relaxing your vaginal muscles, gently insert the dilator upon relaxing as far as is comfortable into your vagina. It may take time and practice to learn to insert the dilator completely. After insertion, leave it in for five minutes and then remove.

(3) Repeat the process with the next size dilator if desired. The initial insertion and progression up in size may take days or weeks to complete comfortably.

**Vaginal dilators are recommended for a number of conditions. See your health-care provider for individualized instructions. For women with vaginismus, insertion exercises and transitioning to sexual intercourse are detailed in the self-help books available through www.vaginismus.com.

Are you experiencing Sexual Pain or Penetration Problems?

Visit www.vaginismus.com for information & resources on vaginismus, dyspareunia, & similar conditions.



Medical-Grade Vaginal Dilators

Product #T8077

We are proud to bring you these medical-grade vaginal dilators. Each set includes six graduated dilators, a universal handle, lubricant, and care instructions all within a soft unbleached muslin pouch*.

To ensure the utmost quality and safety, these dilators are injection molded under high heat from medical-grade, non-toxic materials.

Medical Uses

Physical Therapists, Gynecologists, Sex Therapists, Pelvic Floor Specialists, Psychologists, Nurse Practitioners, Physicians and other professionals recommend vaginal dilators for the following conditions:

- ✓ Vaginismus
- ✓ Vaginal Atrophy
- ✓ Vaginal Agenesis
- ✓ Vaginal Stenosis
- ✓ Dyspareunia
- ✓ Lichen Sclerosus
- ✓ Post-surgical Recovery
- ✓ Other Vaginal Conditions
- ✓ Hymen Conditions