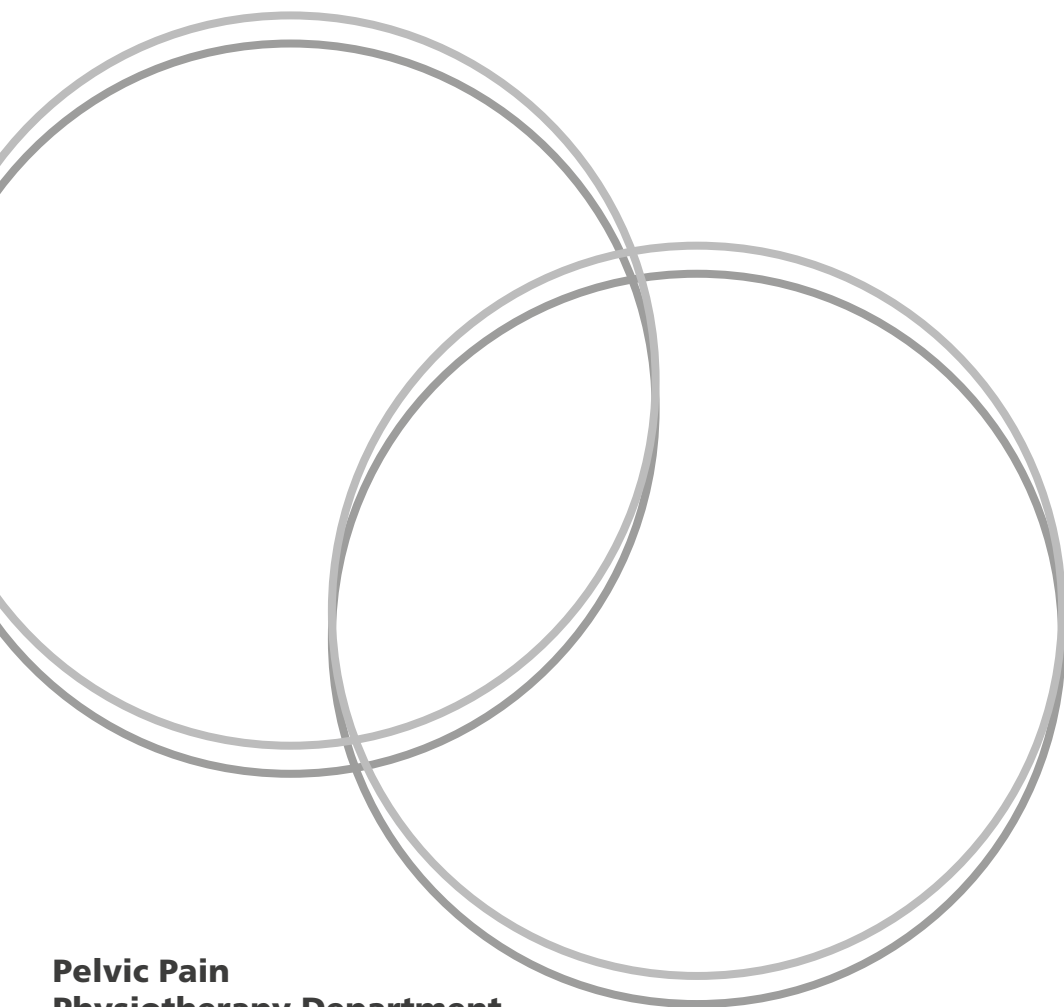


Vaginal dilators

Information for patients



**Pelvic Pain
Physiotherapy Department**

This leaflet is to be used in conjunction with the advice your health Professional will have discussed with you in your appointment and usually will make up part of a wider home exercise program.

If you have any concerns, discuss this with your physiotherapist.

Key principles:

- The goal is not to focus on getting them in, but instead use them to provide feedback about your pelvic floor muscles to help you feel how much they are lengthening
- It is important to remember when using vaginal dilators not to push into pain or pressure
- Use these exercises together with the diaphragmatic breathing exercise
- It is also important not to push into psychological discomfort. If you are feeling anxious or upset, this will understandably impact how your muscles work and make the practice more challenging.

The exercise:

- Lying in a comfortable position, start with the size one dilator. You might want to start with the dilator resting at the entrance to your vagina (you may have done some previous work with your physio to prepare you for this).
- Begin to slowly and deeply breathe into your belly, see if you can notice the sense of your pelvic floor muscles letting go.
- If this feels comfortable, gently insert the dilator into your vagina. If you feel pain or pressure then take the dilator back to a point that is comfortable.
- Once you can insert the size one dilator fully without pain or pressure, then you can progress to the size two dilator.

You may notice some days are easier than others; this is all part of the normal fluctuations you can observe. Are there things you can notice that make it easier/more difficult?

Date	Reflection: e.g How am I feeling, what do I notice in my pelvic floor?	Notes: e.g Tips and tricks for future sessions, other helpful comments.

Notes:

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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