



Your Vaginal Health: Vaginal Dilators

What are vaginal dilators?

Dilators are used to gently stretch out the vaginal tissue over time. They are usually soft, smooth, and come in graduated sizes. Pure Romance's Vaginal Dilator Set comes in six different sizes and is made of silicone.

Why use a vaginal dilators?

Women use vaginal dilators for a number of reasons. Certain medical conditions, treatments, and surgeries can narrow the vagina, decrease the elasticity of the vagina, or cause genital pain.

Using dilators can help make sexual intercourse more comfortable. Some women may need to use dilators to help stretch the vagina to make it easier for health care professionals to examine the vagina and cervix as part of on-going medical care.

Who should use vaginal dilators?

It is important to first talk with a health care provider before using a dilator set. If a woman is experiencing pain during penetration, she should talk to her health care provider about her treatment options, which includes the use of a vaginal dilator set. A health care provider may recommend that a woman use vaginal dilators for other reasons as well.

How do you use a vaginal dilator?

The purpose of a vaginal dilator set is to gently stretch the vagina; dilators are not used for sexual pleasure or masturbation. A health care provider will likely recommend starting with the smallest dilator in the set, even if you think you could use a larger size.

It is best to find a private place where you feel comfortable and relaxed. For some women, the bath or shower works well; other women prefer their bedroom. You can use a dilator alone or with a partner. Choose a comfortable position, such as lying down on your back with your knees slightly apart and bent, or while sitting on your bed or sofa. Gently insert the dilator into the vagina (it is recommended to use with a water-based lubricant) and leave in for the amount of time recommended by your health care provider. To remove, slowly rotate clockwise or counterclockwise.

How often do I use a vaginal dilator?

Frequency of use will be determined by you and your health care provider, based on your needs and your health. Sometimes women use vaginal dilators once a week or longer; other health care providers recommend using three or more times a week. Sometimes women are asked to use dilators over a period of weeks or months; other times it is necessary to use dilators with some regularity for the rest of a woman's life.





Are vaginal dilators used for masturbation?

Using a vaginal dilator is not the same as masturbation. The purpose of vaginal dilators is to gently stretch your vagina over time, whereas the purpose of masturbation is sexual pleasure. Sometimes women find it pleasurable to use dilators and may incorporate them as part of masturbation. Other times, women view vaginal dilators for treatment purposes only, and they seek sexual pleasure in other ways. Women can use a vaginal dilator as part of their healthcare treatment plan even if they do not feel comfortable masturbating.

How do I clean my vaginal dilator?

You can clean your vaginal dilators using Pure Romance's product cleaner, Come Clean, which is gentle on both the dilator set and your vaginal tissue. Thoroughly spray your dilator before and after each use with Come Clean, rinse with warm water, and pat dry with a clean towel. Store your dilator set in an air-tight plastic bag or storage container in a cool, dry environment. It is important to store your vaginal dilators separately (either in their box or in small plastic bags) to maintain their longevity and to prevent any damage to the product. It is best to not use soap and water to clean your dilator set because soap may be too harsh on the dilators and might cause the material to break down or cause irritation in your vagina.

Where can I get a vaginal dilator set?

You can visit www.pureromance.com for more information about Pure Romance's Vaginal Dilator Set, or you can talk to your Pure Romance Consultant.

