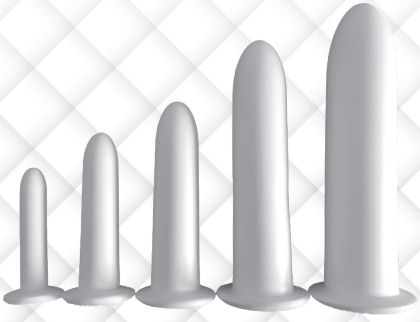
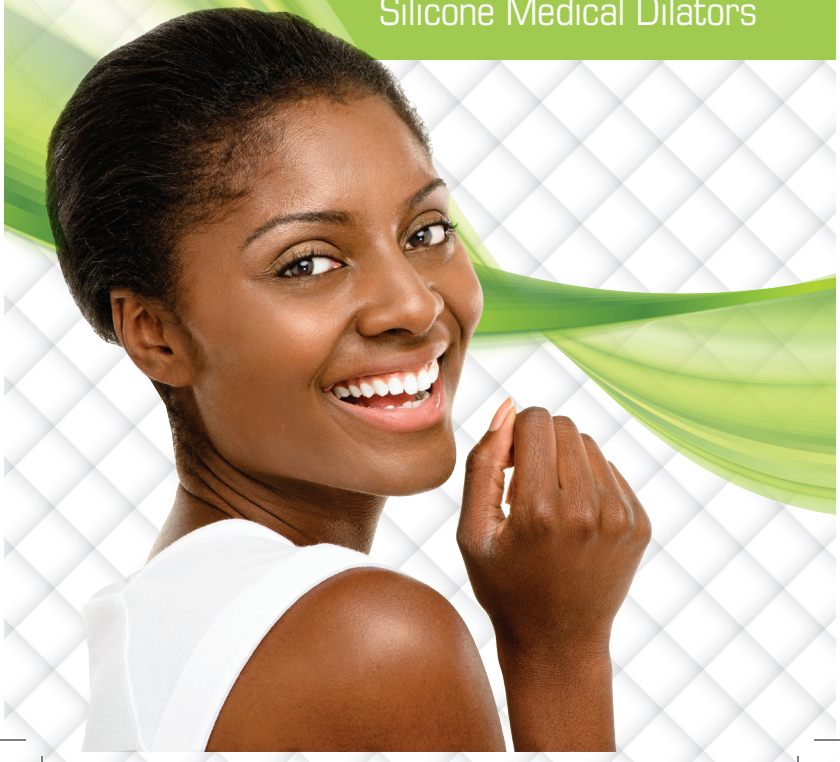
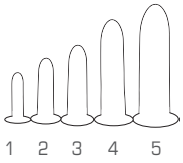
mysexualhealthShop.co.za

love life with confidence



Silicone Medical Dilators





	Girth	Length	Diameter
Nr 1:	5cm	6.5cm	1,6cm
Nr 2:	7cm	8.5cm	2.2cm
Nr 3:	8cm	10cm	2.6cm
Nr 4:	10cm	13.5cm	3.2cm
Nr 5:	12cm	15.5cm	3.8cm

ABOUT THE MSH SILICONE DILATORS

Thank you for purchasing My Sexual Health (MSH) dilators! Your dilators have been individually sterilised and packed according to your specific needs. Please note that we have a whole range of different dilators that you can try out until you have been able to progress to pain free penetration.

These dilators have been custom-made in South Africa and have all been individually casted, not mass produced. We have sold thousands of units without any comebacks, but if you are unhappy with the quality of your dilators, please let us know immediately!

For your convenience, your dilators have been packed in an unmarked white box to allow for discreet storage.

You will appreciate the soft tip of our dilators, the fact that the medical grade silicone does not harbour infections like other surfaces might do and the way that you can heat up our dilators with hot water.

Apart from our standard set of dilators (number one to five, with most men being between a size four and five), we also have up to a number seven standard dilator and stub dilators from size three to size eight. The stub dilators are the same girth as standard dilators, but shorter with an oval flange making it more comfortable to use for prolonged periods. The stubs also have an oval flange that feels more comfortable between your legs.

Your silicone dilators can be cleaned with normal fragrance-free soap or any soap from a female hygiene range like FEMAGENE. If you have been using silicone lube, you might need to use a stronger soap like dish-washing soap and use very hot water. Rinse your dilators thoroughly, getting rid of all soap to avoid irritation.

Before you use your dilators, please read through the instructions carefully and plan your dilating sessions thoroughly. If you are uncertain, you can see one of the MSH doctors or even just arrange a telephonic consultation through **www.mysexualhealthSHOP.co.za.**

HOW TO USE YOUR MSH SILICONE DILATORS

- Select an appropriate time and a private, warm and comfortable place. Make sure you can relax and have no interruptions.
- Lay down on your back with your legs bent. You can place pillows under your turned-out thighs to allow your leg muscles to relax completely.
- If you want to, you can warm the dilator and lubrication before using it by putting it in hot water for 5-10 minutes before using it. During this time you can do breathing and relaxation exercises to prepare yourself for dilating.

Step One: Lubrication

Most people will need a good lubricant to use with their dilators. Water based lubes are easier to wash off your dilators, but silicone-based lubes are much more effective and last much longer. We recommend Pjur Woman, available from www.mysexualhealthSHOP.co.za. If you have seen an MSH doctor, you can also use your prescribed cream as a lubricant to dilate with. It works better if you apply it about ten minutes before dilating and rub it in for two minutes.

Avoid lubricants containing petrochemicals, colorants and flavourings. These can cause pelvic floor irritation or infection and exacerbate pain. Even natural oils can disturb the natural balance of your vagina and contribute to painful intercourse.

Apply the lubricant on the tip of the dilator, around the opening of the vagina and even inside the vagina if you need to.

Step Two: Breathe

Focus on your breathing by using a series of slow, deep breaths. Try to breathe with relaxed, deep breaths so that your belly rises when breathing in and falls when breathing out. This is called diaphragmatic breathing and its purpose is to switch on your parasympathetic nervous system, which makes you feel safe and relaxed, and switch off your fight and flight reaction, which is often over-active in people with vaginismus or painful intercourse.

Count while you are breathing. If you take four counts to inhale, try to take eight counts to exhale. Most people will need to do deep diaphragmatic breathing for five to ten minutes at the outset of the session.

Step Three: Scanning

While you are doing your breathing, scan your body for any area of muscle tension. Notice any tension around your eyes, jaw, throat, shoulders,

arms, abdomen, buttocks and legs. Mentally encourage each area to relax and loosen with each exhalation. As you exhale, let the pelvic area soften with each breath. Visualise or imagine this area in a state of softness, relaxing further with every exhalation.

Step Four: Insert the Dilator

- Start with the smallest size dilator and gradually progress to a larger size as comfort permits.
- Rest the narrow end of the dilator against the opening whilst continuing relaxed diaphragmatic breathing.
- Gently insert the end of the dilator into the entrance when you feel ready to do so.
- Gradually insert the dilator to a tolerable depth. Keep the level of discomfort minimal – if you feel any discomfort, pause for up to a minute at a time, continuing to breathe and relax your pelvic floor.
- When discomfort has eased, progress further while stopping at regular intervals to get your body accustomed to the sensation
- Try to keep the dilator in for 30 minutes at a time.
- If you find that the dilator goes in easily, it is time to progress to the next size. Some people will start the session with a smaller dilator, leave it in for a few minutes and then feel ready to progress to a larger dilator.
- Never force the dilator beyond a level of personal comfort.

Step Five: Dilator Withdrawal

After your session, gently withdraw the dilator and allow yourself to rest and recover before getting up. Make sure you are completely relaxed before withdrawing the dilator. The pelvic floor will often contract as a reflex reaction when you start to withdraw. Just give your body time to relax.

It is normal to feel a burning sensation after dilating. This is due to the stretched muscles that irritated the nerves. If you are an MSH patient, you can use the cream your doctor prescribed after dilating again. You can also use the FEMAGENE Soothing Gel after dilating.

Wash the dilator with warm soapy water, allow to dry and store in a cool place. No need to wash or wipe the cream or lubricant from your genital area – it will only irritate the area more.

FREQUENCY AND TIMING OF DILATOR THERAPY

Aim to use your dilator for 30 minutes during each session. However, when starting out, thirty minutes might be too long. Do what you can. We recommend that you dilate daily. Many of our patients are eventually comfortable enough to sleep with their dilators a few hours every night. You can purchase the the stub dilators and even walk around with them during the day! Just wear leggings to keep them in.

Once you have established pain-free intercourse, we recommend that you maintain the relaxation of the pelvic floor muscles by either dilating, having sex or having physiotherapy three times a week (i.e. if you are having pain-free sex three times a week, there is probably no need to keep on dilating, but if you are having sex only once per week, you will need some regular dilating to maintain the relaxation of the pelvic floor.

THE MSH TREATMENT PROCESS

Thousands of women around the world have threated their vaginismus by just using dilators on their own. If you however have another medical condition or the cause for your vaginismus has not been diagnosed, you might want to see one of the MSH doctors. We use a compounded medicinal cream to address the hormonal and nerve problems you may have, as well as treatment for infections or to prevent infections, muscle relaxants and medication to help you cope with anxiety. The treatment for each patient is customised based on their specific diagnosis and needs.

MSH patients see a specialist pelvic function physiotherapist to teach them breathing and positioning techniques, evaluate their pelvic floor muscles, show them how to actively relax their pelvic floor muscles, demonstrate to them how to use the dilators and progress to the bigger sizes. They also help with trouble shooting when the patients get stuck. Specialist pelvic function physiotherapists also attempt to find and treat the cause for tight pelvic floor muscles, rather than just addressing the symptoms. You can find a MSH physiotherapist at www.mysexualhealth.co.za/about-us/.

We also recommend that you use the medication for about ten (10) days before visiting the physiotherapist and preferably first see the physiotherapist before you attempt to use the dilators.

Some patients experience painful intercourse due solely to medical reasons. If, however, you expect that there may also be a psychological component (especially if you were victim to childhood sexual abuse or traumatic sexual experiences), we strongly recommend that you also see one of the specialist psychologists or trained hypnotherapists on our team.

WHAT IS THE SUCCESS RATE OF THE MSH DILATORS?

According to statistics from the MSH doctors, patients who take the prescribed medication and see a physiotherapist, progress to the number four or five dilator within four weeks. Those who do not progress might need Botox, a partial hymenectomy (small surgical procedure) or psychological intervention.

Our dilators have been shown to work particularly well not only for the treatment of vaginismus, but for a host of other conditions too. Pelvic surgery, radiation for genital and rectal cancers, transgender patients with neo-vaginas or any other intersex condition where a vagina had to be constructed or stretched, women who cannot use tampons, women who find intercourse difficult due to a long period of abstinence, menopause setting in or due to skin conditions like lichen sclerosis and lichen planus, after childbirth, and for painful anal intercourse.

ADDITIONAL DILATOR THERAPY TECHNIQUES

• Gradually increasing the depth of dilator penetration • Massaging in a circular motion • Moving the dilator diagonally i.e. forwards and backwards, and left to right • Moving the dilator in and out of the vagina while maintaining gentle pressure against the vaginal wall • Maintaining gentle pressure against an area of discomfort for up to 60 seconds • Involving your partner in dilator therapy.

IMPORTANT PRECAUTIONS TO TAKE WHILE USING DILATORS

- Keep discomfort to a minimum. You should not feel physical or psychological discomfort when you are dilating. Of course, you will need to push yourself a little to progress to the next size, but if you feel overly anxious or uncomfortable, first speak to your doctor, your physiotherapist or psychologist about it.
- Avoid using a dilator with active pelvic infection and see/contact your doctor if you think that you might have an infection.
- Avoid using a dilator immediately after any pelvic surgery. Always be guided by your doctor's recommendations. You don't want to wait too long either. As soon as the sutures have dissolved, you should be able to begin with dilator therapy.

- Dilating should never lead to bleeding – if you are bleeding, you MUST see a doctor. It may be due to infection or extreme thinning of the outer layer of your vagina.
- Never use someone else's dilator if it has not been medically sterilised.

HOW TO PROGRESS TO INTERCOURSE

Once you can insert the number five (5) dilator without physical or emotional discomfort, we recommend that you involve your partner in the process. First show them how you do it and then let them put their hand onto yours when you insert a much smaller one. They need to get an idea of the angel, pressure and pace that you use to do it. When you are comfortable, you can guide their hand to insert it and eventually let them insert without guidance.

Only when your partner can insert the number five (5) dilator without causing discomfort, you can progress to attempt penetration. We recommend that you attempt this very much like a dilating session. Do whatever you usually do when you dilate. Start with the dilator you usually start with and then when the number five (5) is comfortable, progress to inserting him as if he is a dilator. For vaginal penetration, we recommend that you actually do this when you are on top of him and can lower yourself onto him, but if you cant insert the dilator in this position, rather do it on your back, drawing him into you. We find that it is better if you take the first few attempts at penetration very slowly and then progress to normal intercourse when you are comfortable with penetration.

WHAT IF I GET STUCK AND CANT MOVE TO THE NEXT SIZE?

If you are not already seeing an MSH doctor or pelvic function physiotherapist, make an appointment with one (www.mysexualhealth.co.z/about-us) or at least arrange a telephonic consultation (www.mysexualhealthSHOP.co.za). You can also try to sleep with your dilator in or to wear it for a few hours during the day. Prolonged periods of dilating often help to relax the muscle enough to go up to the next size. If fear is holding you back, see somebody who is qualified to help you with the psychological aspects. We also offer Botox injections for patients who cannot progress.

mysexualhealthShop.co.za

love life with confidence

Johannesburg: 011 568 4844

Pretoria: 012 816-8240

Cape Town: 083 472 9025

For product enquiries: shop@mysexualhealth.co.za

For appointments: reception@mysexualhealth.co.za

www.mysexualhealth.co.za