

Self Treatment: Dilator Program

Tools:

1. Dilator kit
2. Personal lubricant + towel
3. Comfortable environment



Dilator Use:

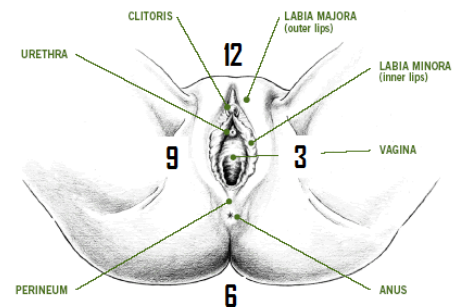
1. Begin with the smallest dilator and progress to the larger sizes as your body adjusts
2. Use a sequence of breathe - insert - release - direct pressure - shift (BIRDS)
3. Begin with the superficial layer of pelvic floor tissues and progress to the intermediate and deep layers:
 - superficial layer depth: approx 1/2 inch
 - intermediate layer depth: approx 1 1/2 - 2 inches
 - deep layer depth: approx 2 - 3 inches

To begin:

1. Lie down on your back, place the towel underneath you to catch any lubricant that may spill
2. Coat the dilator with lubricant
3. Assume a comfortable position allowing your body to fully relax (see progressive relaxation worksheet if you need assistance with this)

Sequence:

1. Breathe: utilize diaphragmatic breath to assist in relaxing the body and down regulating your nervous system, inhale into the belly, exhale and release, perform for 1-2 minutes prior to inserting the dilator
2. Insert: insert the dilator approximately 1/4 inch into your vagina
3. Release: take a deep breath in and apply a gentle stretch towards the 3:00 position, hold for 60 seconds while continuing your diaphragmatic breath
4. Direct Pressure: apply a gentle, firm, and tolerable pressure into the area of restriction, maintain pressure for 60 seconds or more until the sensation dampens
5. Shift: repeat this step around the pelvic clock to release each area of restriction: begin with 3:00, 4:00, 5:00, 6:00, 7:00, 8:00 and 9:00



Repeat this sequence in the intermediate layer and the deep layer. Avoid releases and direct pressures at 12:00 and 6:00 in these layers to avoid putting pressure on the urethra and rectum. Progress to larger dilators as the body accommodates and relaxes. Utilize the dilator program to help train the tissues and body for pain free intercourse.