

Dilator Lateral Technique

PREPARING FOR DILATOR INSERTION

Gather your supplies. Find a comfortable and supported position.

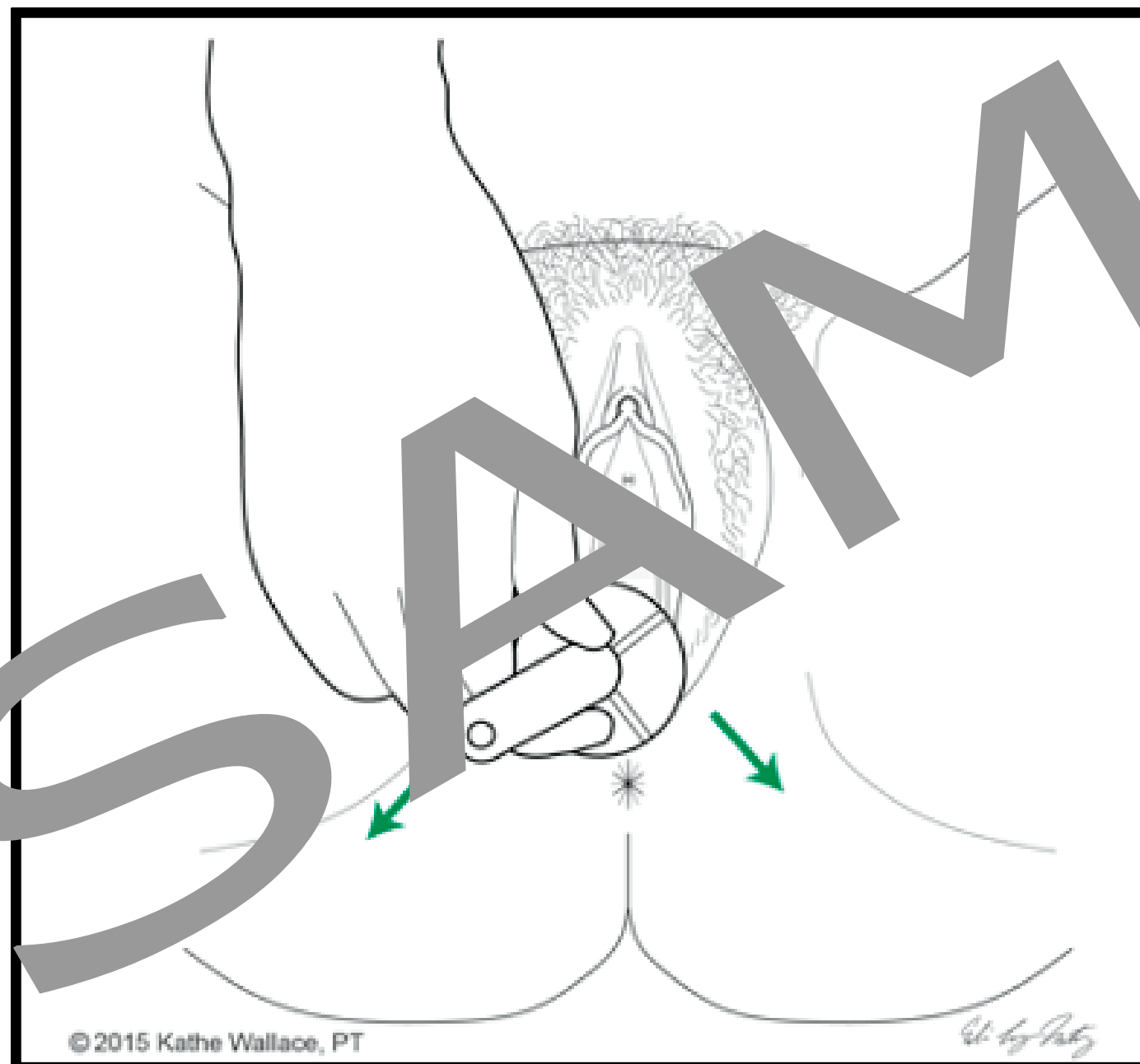
Set aside 15 minutes. Dedicate a time each day to practice the insertion techniques.

Scan your body for tension. A tension check before you start can greatly reduce any discomfort with dilator placement.

Apply lubricant. Be sure to add a generous amount of lubricant to the tip and length of your dilator and to your vaginal skin.

Check the intensity of the techniques. Avoid exceeding a pain level of 3 on a 0-10 scale. Use a light or medium amount of pressure, without forcing or pushing too hard with your dilator.

LATERAL STRETCHING



This is an excellent beginning and maintenance technique. It will help your brain and nervous system learn how to relax with a stretch sensation.

Partially or completely insert the dilator. Start with the side with less discomfort. Gently press towards the 4-5 o'clock area on a clock face and the 7-8 o'clock area.