



MEDintim
personal healthcare



DilatorSet

Vaginal silicone dilators for personal training

How to use

Medical silicone dilators for personal dilation exercises. Starting with the smallest, the dilators are inserted one after the other, depending on personal physical development. The dilators may be used lying or standing with one leg placed on a chair.

Unless otherwise instructed by your doctor, these exercises should be repeated daily. There is no limit how often the dilators may be used.

Once the smallest dilator can be inserted without feeling any pain, we recommend immediately switching over to the next size up, as the vaginal muscles are already relaxed. This also applies when swapping to the other sizes.

As soon as the largest dilator is able to be inserted painless, penetrative sexual contact may then be considered.

Indications

For vaginal complaints and penetrative sex problems due to the following:

- vaginismus,
- dyspareunia (painful intercourse),
- as a result of gynaecological surgery,
- following birth.

Contents:

- 6 silicone dilators

Color	Diameter A/B	Length C
Yellow	0.43/0,51 inch	2.56 inch
Red	0.67/0.75 inch	2.95 inch
Blue	0.75/0.87 inch	3.54 inch
Purple	0.87/0.98 inch	4.33 inch
Dusky pink	1.14/1.30 inch	5.12 inch
Grey-blue	1.38/1.61 inch	5.91 inch

- Lubricant SYLK (water-based)
- Bag (Polyester)

Material:

Dilators: silicone

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CE Medical Device



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