

Available Sets:



Vagiwell® Dilators Small

- 3 dilators, sizes 1 – 3
- 50 ml lubricant
- bag

Art. no.: Vagiwell S  
EAN: 4013273001564



Vagiwell® Dilators Large

- 3 dilators, sizes 3 – 5
- 50 ml lubricant
- bag

Art. no.: Vagiwell L  
EAN: 4013273001571



Vagiwell® Dilators Premium

- 5 dilators, sizes 1 – 5
- 50 ml lubricant
- bag

Art. no.: Vagiwell P  
EAN: 4013273001557

Sizes:

Size	Colour	Diameter A/B	Length C
size 1	light blue	12/14 mm	122 mm
size 2	mint green	16/18 mm	135 mm
size 3	purple	20/22 mm	150 mm
size 4	pink	24/26 mm	163 mm
size 5	beige	28/30 mm	177 mm

Additional sizes			
size 0	white	10/11 mm	112 mm
size 5 LS	white	33/36 mm	181 mm
size 6	white	39/41 mm	188 mm

Material:

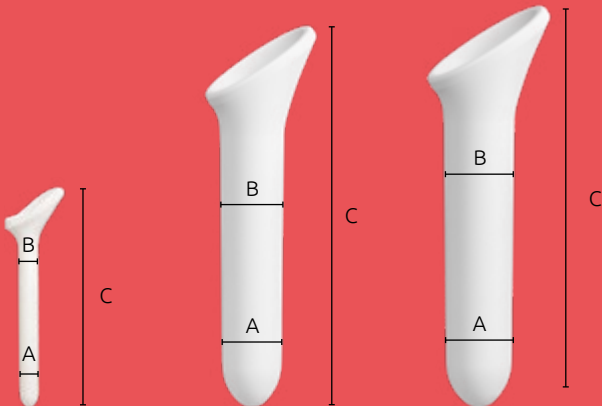
- Vagiwell® Dilators: Silicone
- Pouch: Cotton



Note:

The following sizes are available on request:

- Vagiwell® 0
- Vagiwell® 5 LS (Lichen Sclerosus)
- Vagiwell® 6



Vagiwell® Dilators 0

- 1 dilator size 0
- 4 ml lubricant

Art. no.: Vagiwell 0  
EAN: 4013273000970

Vagiwell® Dilators 5 LS

- 1 dilator size 5 LS
- 50 ml lubricant
- bag

Art. no.: Vagiwell 5 LS  
EAN: 4013273002165

Vagiwell® Dilators 6

- 1 dilator size 6
- 50 ml lubricant
- bag

Art. no.: Vagiwell 6  
EAN: 4013273001632



Manufacturer:

KESSEL medintim GmbH  
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Vagiwell®  
Dilators

Vaginal dilators for home use

Medintim

09.10.2025

# Vagiwell®

## Dilators

extra smooth  
surface



### There are various situations where the vagina may be too tight:

- After having given birth, scarring following surgical cuts to the perineum (episiotomy) or perineal tears
- Radiotherapy or chemotherapy cancer treatment
- After vaginal surgery involving tightening of the vagina and scarring
- Vaginismus (tightening of the vaginal muscles)
- Narrowness of the vagina
- Skin diseases like certain forms of lichen, e.g. Lichen sclerosus
- Personal reasons why the vagina feels too tight

- Following sex reassignment surgery (male to female) and keeping the artificially constructed vagina open
- Pain during gynaecological examinations
- Pain inserting tampons
- Pain during sexual intercourse

For all these situations the Vagiwell® Dilators are suitable to help stretching the vagina. In the case of vaginismus, the vagina is not stretched as much, but it is practised to insert something into the vagina without pain.

### Application:

The aim of the exercises is to desensitise the vagina by slowly stretching it, thereby making sexual intercourse painless (again) and gynaecological examinations a painless experience. Do the exercises in a place where you feel comfortable and relaxed.

- 1 Wash the Vagiwell® dilators with water and mild soap before the first use and dry them carefully.
- 2 Find a relaxed sitting or lying position that allows you to spread your legs slightly. For inserting the dilators, we recommend lying flat on your back with your knees bent and your legs spread slightly apart. You can, however, also use the dilators standing up, with one leg on a chair. Start with the smallest dilator.
- 3 Lubricate the entrance to the vagina and the dilator with a water-soluble lubricant.
- 4 Breathe calmly. Gently push the dilator into the vagina. You should only insert the dilator as far in as is comfortable for you. Should this be painful, you may be using too much pressure.
- 5 Leave the dilator in the vagina or in the entrance of the vagina for a few minutes.
- 6 After that, insert and remove the dilator, without fully taking the dilator out of the vagina. Repeat this movement approx. 5 times. Then slowly start moving the dilator with a slight rotating movement: rotate the dilator 5 times to the right and 5 times to the left.
- 7 When you want to finish the stretching exercise, remove the dilator from the vagina. Remain lying down and relax for a few minutes more.

**Once you are able to insert one size comfortably, your vagina has stretched far enough for you to be able to use the next largest dilator.**

The stretching exercises may be repeated three to four times a week. Once you are able to comfortably insert the largest dilator, you can consider having sexual intercourse.

### Cleaning:

The Vagiwell® dilators are intended for single-patient use. After each use, wash with water and mild soap, then dry carefully.

