What is a vaginal dilator?
A vaginal dilator is a plastic shape that is used to stretch (widen and lengthen) the vagina. They come in a range of sizes to allow gradual stretching of the vagina.

Here are some tips to help the process of dilation:

- Ensure that you have privacy and plenty of time. It is useful if you plan ahead of time when you are going to dilate. Make sure you are not somewhere where someone can walk in on you or you will not be relaxed.
- Choose the correct size of dilator as recommended by your hospital team
- Apply some KY jelly to the tip of the dilator
- Find a comfortable position with your legs apart and your knees bent
- Separate your labia (vaginal lips) and feel the entrance of the vagina with your finger (a mirror may help)
- Applying firm, gentle pressure, insert the dilator slowly into your vagina, pointing towards your lower back
- At first, it may help to push the dilator as far as is comfortable, twist gently and pull back. Repeat this a few times
- Once in as far as possible, and maintaining firm pressure on the dilator, it should be held in place for 20-30 minutes
- After using your dilator, wash it with mild soap and warm water and dry
- You may find it useful to record each session in a diary to chart your progress

You may have a little bleeding as the vagina is stretched. This is normal and nothing to worry about. If however you are concerned please contact your doctor for advice.