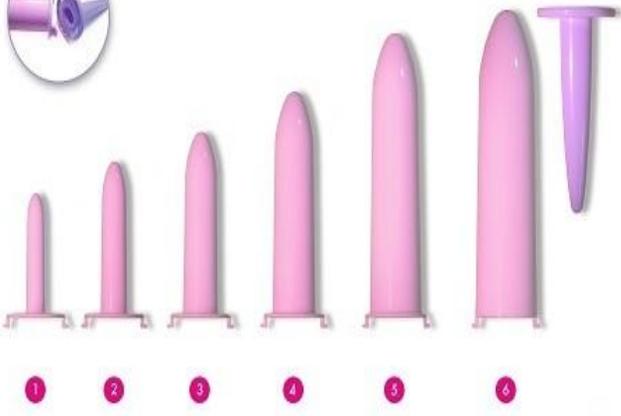




Vaginal Dilatator



www.velvi-vaginismus.com



The Velvi Kit is a set of six vaginal dilators, a removable handle and an instructions for use manual.

Each Velvi dilator is a purple cylindrical element, smoothly shaped in plastic and specifically adapted to vaginal dilation exercises.

Velvi Kit - 6 graduated vaginal dilators

Self treatment for painful sexual intercourse :

- ✓ Vaginismus
- ✓ Vulvodynia and dyspareunia
- ✓ Vaginal stenosis
- ✓ vaginal agenesis (MRKH syndrome)
- ✓ After gynecological surgery or trauma following childbirth.

Velvi dilators dimensions:

Size 1:

4 cm in length with a base diameter of 1 cm.

Size 2:

5.5 cm in length with a base diameter of 1.5 cm.

Size 3:

7 cm in length with a base diameter of 2 cm.

Size 4:

8.5 cm in length with a base diameter of 2.5 cm.

Size 5:

10 cm in length with a base diameter of 3 cm.

Size 6:

11.5 cm in length with a base diameter of 3.5 cm.



The handle can be locked on each dilator Velvi With a simple rotating movement.

How to use properly a Velvi dilator ?

- ✓ First, generously lubricate the dilator and the entrance to your vagina. Then gently spread your labia and insert the dilator very slowly inside your vaginal canal. Keep in mind that pushing on your perineum will help you while introducing it. Do not try to guide the dilator, in general it will keep going in the right direction by itself.
- ✓ When starting a new exercise with a dilator, do not immediately try to make any sort of movements. Wait a bit and let some time to your vagina to get used to the fact that a dilator is inserted without moving. Then gradually make small series of contractions and relaxations of your pelvic floor muscles.
- ✓ Once you are able to introduce a dilator without difficulty, massage yourself gently around the vaginal entrance. If at this level you do not feel pain – and only at this condition – you can try smooth and small back and forth movements. You may not feel comfortable right away, but you will gradually get used to these exercises.
- ✓ It can happen that the inserted dilator slips and leaves your vagina “by its own”. Do not worry ! This phenomenon can be explained by the total relaxation of the pelvic floor muscles. If you were not finished with your exercise, do not hesitate to replace it gently and to hold it with the handle.
- ✓ At the end of your session, remove gently and slowly your vaginal dilator. If you feel any pain, do not hesitate to stop the process for a few moments. Repeat slowly your breathing exercises and try to realize your cough or bowel movement simulations. With a bit of practice, the slight discomfort you can experience while taking out the dilator will disappear.

What is the ideal position to be exercising ?

There is no ideal position to exercise. Standing, lying on the back while spreading legs or sitting with lifted legs are different options and each of them is more or less comfortable to every woman. All of our proposals are only mentioned to guide you and each woman is free to choose the most appropriate position to her.

- ✓ Thus, many women prefer to be lying on their back with their legs slightly bent and knees spread out. You can place a pillow behind your back to help you.
- ✓ Other women are more comfortable standing with their knees slightly bent and one foot on the bed or the toilet for example.
- ✓ Some women would rather be sitting cross-legged or on a chair with a pillow behind their back and a leg (or both legs) on a table.

Composition

Our vaginal dilators are made of polycarbonate approved by the European Pharmacopoeia and are certified BPA-free and Phthalate-free according to the European RoHS Directive (Restriction of Hazardous Substances). They are completely compatible with the human body and their insertion into the vagina is fully safe.

Cons-indication :

- Vaginal dryness uncorrected by treatment or a lubricant
- Intact Hymen
- Vulva too close to the device class

Maintenance

For hygiene and safety matters, it is important to clean the dilators after each session. You can wash them with warm water and soap, then rinse thoroughly and allow to air dry. The vaginal dilators can also be sterilized simply by soaking them in boiling water for a few minutes. Do not hesitate to wash the dilators in hot water one more time before each exercise. This way, they will remain warm while you will be using them, making your session more comfortable and enjoyable.

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