Vaginal Dilation Instructions & Hygiene After Your Surgery

*Keeping Your Vagina Clean After Surgery:*

It’s very important that you rinse your vaginal canal **at least once each day**. Most patients find it easiest to do this when they shower.

To rinse your vagina:
- use a 60 cc plastic syringe with warm tap water and gently rinse out your vaginal canal. Repeat twice.

**How to Use Your Dilator**

- Before inserting your dilator, please make sure that the dilator is clean by washing it with warm water and anti-bacterial soap. Rinse well and then completely dry the dilator with a clean cloth or paper towel.
- Apply a generous amount of water-based lubricant to the dilator.
- Once the dilator is well lubricated, gently insert the dilator into your vagina at a slight angle until the tip of the dilator is under your pubic bone. Then continue straight inward.
  - It’s important to find a comfortable position to insert your dilator. Many patients find it comfortable to lay back using pillows or props placed under their knees.
- Insert the dilator all the way into your vagina (vaginal canal) until you feel moderate pressure or resistance.
- Expect to feel slight tension and a small amount of tenderness. If there is too much resistance or severe pain, stop and call your health care provider.
• After you get your dilator inserted, make a note of how deep the dilator goes inside your vagina by marking your dilator with sharpie or permanent marker. This mark will help you keep track of depth and make sure that there is no significant change in depth.
• Leave the dilator inside your vagina for 20 minutes
• After 20 minutes, gently remove the dilator. Then, wash it with warm water and anti-bacterial soap and dry with a clean towel or paper towel. Store your dilator somewhere cool and dry.

Water-Based Lubricants

Some popular water-based lubricants include the following:
• Good Clean Love
• Sliquid Intimate Lubricant 2.0
• Slippery Stuff

Common Dilator Schedule:

<table>
<thead>
<tr>
<th>Months After Surgery</th>
<th>Leave the dilator inside your vagina for:</th>
<th>Times per day or week</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3 months</td>
<td>10-20 minutes</td>
<td>3 times per DAY once packing has been removed</td>
</tr>
<tr>
<td>3-6 months</td>
<td>10-20 minutes</td>
<td>2 times per DAY</td>
</tr>
<tr>
<td>6+ months</td>
<td>10 minutes</td>
<td>2-3 times per WEEK</td>
</tr>
<tr>
<td>9+ months</td>
<td>10 minutes</td>
<td>1-2 times per WEEK</td>
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</tbody>
</table>

*Use each dilator size for 3 months, then move onto the next size unless your doctor or physical therapists recommends something different.

*Your doctor may ask you to use a different dilator schedule.

IMPORTANT: Please call your doctor or physical therapist if you have tension, pain, or loss of depth during dilator treatments at home.

Post-Operative Physical Therapy

Make sure that you’re scheduled for your physical therapy post-operative appointment four weeks after you have surgery.
If you need to re-schedule your physical therapy appointment, call the University of Utah Orthopedic Center at 801-587-7005.