



Dilation Instructions

General Instructions

- Typically, vaginal dilation will start 7-10 days after your surgery, but may vary on a case-by-case basis so ask your team before starting! Expect to have assistance from your team with the first dilation.
- Prior to insertion, please ensure that the dilator is clean by washing the dilator with warm water and anti-bacterial soap. Rinse well and then dry the dilator with a clean cloth or paper towel.
- Apply a generous amount of lubricant to dilator.
- Once the dilator is well lubricated, gently insert the dilator into the vaginal canal at a slight angle until the tip of the dilator is under the pubic bone and then continue straight inward.
 - Comfortable positioning for dilator insertion is important; many patients find a reclined position using pillows or props more comfortable.
- Insert the dilator to the full depth of the 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 contact your health care provider.
- At the initial dilator insertion, make note of the depth of the vaginal canal by marking the dilator with sharpie or another form of permanent marker to keep track of depth and ensure that there is no significant change in depth.
- Leave the dilator in place for approximately 30 minutes
- After 30 minutes, gently remove the dilator, and wash it with warm water and anti-bacterial soap and dry with clean towel or paper towel. Store your dilator somewhere cool and dry.

TIMELINE

Before your Surgery

- 2-3 months before surgery, consult with a Pelvic Floor Physical Therapist. This will be very important in helping with pelvic floor relaxation and tone. You will continue to work with the Physical Therapists a few weeks after your surgery is completed.

Week 1-3

- Supplies needed
 - Set of 4 dilators (these will be provided at time of discharge)
 - Metrogel (this is by prescription)
 - Collagenase (this is by prescription)
 - Syringes
 - Saline
 - Towels or absorptive pad
- Dilate 2 times per day for 30 minutes each time.
- Start with the smallest dilator size
- The first dilation will be with the application of collagenase. This is an enzyme that will help remove sloughing tissue internally as you are healing.
 - You will then flush the canal gently with saline through the syringe after you have completed the dilation. It is easiest to do this in the shower.
- The second dilation will be with the application of metrogel. This is an antibiotic gel that will aid in regulating your vaginal flora as you are healing.
 - You do NOT need to flush after this dilation.

Week 4 and Beyond

You will likely stop using the medicated lubricants and will start using a Water Based Lubricant at this time.

Options for water based lubricants:
Gun Oil (Suggested by prior patient)
Good Clean Love
Sliquid Intimate Lubricant H2O
Slippery Stuff

Individual dilation schedules may vary (please contact your physician or physical therapist if you are experiencing issues with tension, pain or loss of depth during dilator treatments at home)

Typical dilator schedule:

Months Since Surgery	Duration of dilation per session	Times per day or week
0-2 months	30 minutes	2 times per DAY starting 7-10 days after surgery
2-6 months	20 minutes	2 times per DAY
6+ months	10 minutes	2-3 times per WEEK
9+ months	10 minutes	1-2 times per WEEK

*Increasing dilatator size will be discussed with you and your physician or physical therapist. You will typically increase in size between 1 and 3 months.

*There are 4 different dilators that gradually increase in size. It is NOT required to graduate to the final size, as goals will vary from patient to patient. It is very important, however, to continue dilation for 1 full year in order to optimize surgical outcomes.

Post Surgery Pelvic Floor Physical Therapy

Pelvic floor physical therapists plays an important role in helping with pelvic muscle relaxation and muscle training. It can help with decreasing pain and tension that is common after this surgery. Ensure that you are scheduled for your physical therapy post-operative appointment four to six weeks following your surgery date. Depending on your needs, you may have just one or several appointments.

If you need to re-schedule your physical therapy appointment call the University of Utah Orthopaedic Center at (801) 587-7005 or the South Jordan Health Center at (801) 213-4500 and ask for the Pelvic Floor Team.