

How to Use Your Dilators

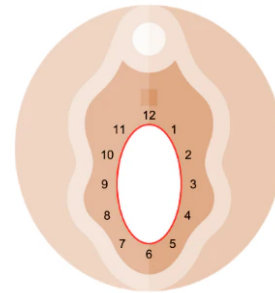
Taking this step is something to be proud of. You don't have to have it figured out — you just have to start. This is your body, your timeline, your win. With a little routine, progressing at your own pace, you will feel your best in no time. **You've got this!** — *P.S. These are general suggestions; it's best to consult your provider for personalized advice.*

THE STEPS

- 1 **Clean** — While each device has been thoroughly sanitized, we recommend washing the dilator (also referred to as trainer) with warm water and soap before each use.
- 2 **Find A Safe Place** — Find a comfortable place in your home where you will be free from interruptions or distractions. It's important to be able to stay relaxed.
- 3 **Choose A Starting Size** — Select a trainer that fits you best or that a health care provider has suggested as a good starting point.
- 4 **Apply Lubricant** — Apply a generous amount of water-based lubricant to the trainer and the opening of the vagina. *Do not use petroleum jelly (Vaseline®) as it may cause irritation, nor silicone-based lubricant as it will break down the material over time.*
- 5 **Position Yourself** — Start by lying on your back with your knees bent and feet planted. If you prefer to lie on your side, be sure to have your knees bent with a folded pillow between them for support. If you choose to be in a different position such as standing or sitting, the trainer can attach to any smooth and flat surface. To ensure strong suction, apply water to the base of the trainer and press firmly. Whichever position you choose, it's most important to find a position in which your body is not holding tension.
- 6 **Soften & Insert** — Begin your training by breathing deeply into your belly and slowly breathing out. When you are ready, bring the trainer to the opening of the vagina and slowly insert it on an exhale.
- 7 **Breathe & Hold** — Keep the trainer inserted while you continue the slow breathing pattern for 15 minutes or the length of time recommended by your healthcare provider.
- 8 **Repeat & Advance** — Repeat this process 1-2 times per day and progress to larger trainers until you are able to tolerate your goal size without pain. No need to rush. For some, it may only take a day or two to progress to the next size. For many others, it may take a week or several weeks to progress.

THE CLOCK METHOD

Picture the vagina like a clock. The top is 12 o'clock (your urethra). Move the dilator clockwise from 1 o'clock to 11 o'clock and back, avoiding 12 o'clock as that area is sensitive.



HELPFUL TIPS

- ◆ If you notice a lot of tension, let the trainer sit for a minute while you breathe and soften the areas of tension before doing any movement or stretching.
- ◆ Gently move the trainer to the right, left, and bottom, and hold, noticing any tension building. Practice letting the tension release with each position.
- ◆ Gradually increase the depth of dilator penetration.
- ◆ Once you have reached your end goal, it may be helpful to continue your training up to 3 times per week for 3–4 weeks.

MAINTENANCE & CARE

- ◆ Clean the dilator with warm water and soap before and after each use
- ◆ Store in a cool, dry place away from direct sunlight
- ◆ If you find a defect in your dilator, contact Support@NewFlora.com for a replacement

Take your time and move at your own pace. Comfort and relaxation matter more than speed. When in doubt, reach out to your provider.