

Vaginal dilation

Information for patients

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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.



Two commonly used types of dilators

Why has this treatment been recommended for me?

Vaginal dilation is used in adolescents or women whose vagina is too small or short to allow sexual intercourse due to previous operations or because the vagina was not fully formed at birth. It is also used after surgery to create a vagina in order to maintain its size.

How do I use my vaginal dilators?

You will be supported by your hospital team throughout the process of vaginal dilation. If you have any concerns, do not hesitate to contact your team. You will be given a set of dilators at your hospital visit.

Please note that it can take 3-6 months or longer for the vagina to be stretched, try to be patient!

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.