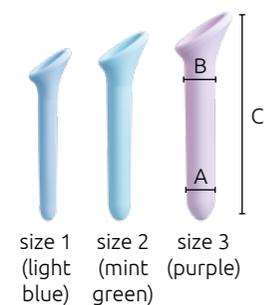


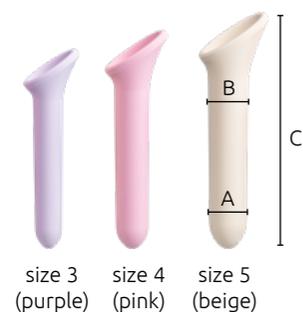
Available Sets:



Vagiwell® Dilators Small

3 dilators, sizes 1 – 3:

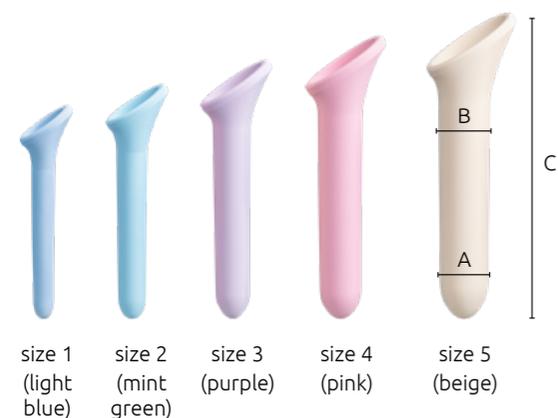
Art. no.: Vagiwell S
EAN: 4013273001564



Vagiwell® Dilators Large

3 dilators, sizes 3 – 5:

Art. no.: Vagiwell L
EAN: 4013273001571



Vagiwell® Dilators Premium

5 dilators, sizes 1 – 5:

Art. no.: Vagiwell P
EAN: 4013273001557

Contents:

- 3 or 5 dilators, depending on set

Size	Colour	Diameter A/B	Length C
size 1	light blue	12/14 mm	122 mm
size 2	mint green	16/18 mm	135 mm
size 3	purple	20/22 mm	150 mm
size 4	pink	24/26 mm	163 mm
size 5	beige	28/30 mm	177 mm
size 5 LS	white	33/36 mm	181 mm
size 6	white	36,5/40 mm	150 mm

Delivery contents:

- Vagiwell® Dilators
- Sylk lubricant, water-soluble, 50 ml
- Storage pouch
- Instructions for use

Material:

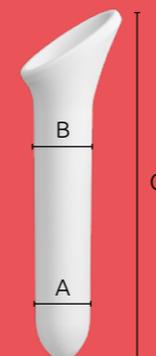
- Vagiwell® Dilators: Silicone
- Pouch: Cotton



Note

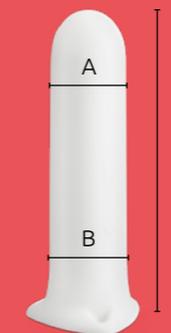
The following special sizes are available on request:

- Vagiwell® 5 LS (Lichen Sclerosus)
- Vagiwell No. 6



Vagiwell® size 5 LS

Art. no.: Vagiwell 5 LS
EAN 4013273002165



Vagiwell® size 6

Art. no.: Vagiwell NO. 6
EAN 4013273001632



Vagiwell®

Dilators

Vaginal dilators for home use



Medical device

Manufacturer:

KESSEL medintim GmbH
Nordendstr. 82 – 84
64546 Mörfelden-Walldorf
Germany

www.medintim.de

Vagiwell®

Dilators

Vaginal dilators for home use

extra smooth surface



There are various situations where the vagina may be too tight:

- after having given birth, scarring following surgical cuts to the perineum (epistomy) or perineal tears
- radiotherapy or chemotherapy cancer treatment
- after vaginal surgery involving tightening of the vagina and scarring
- vaginismus (tightening of the vaginal muscles)
- narrowness of the vagina
- skin diseases like certain forms of lichen, e.g. Lichen sclerosus
- personal reasons why the vagina feels too tight

- following sex reassignment surgery (male to female) and keeping the artificially constructed vagina open
- pain during gynaecological examinations
- pain inserting tampons
- pain during sexual intercourse

For all these situations the Vagiwell® Dilators are suitable to help stretching the vagina. In the case of vaginismus, the vagina is not stretched as much, but it is practised to insert something into the vagina without pain.

Application:

The aim of the exercises is to desensitise the vagina by slowly stretching it, thereby making sexual intercourse painless (again) and gynaecological examinations a painless experience. Do the exercises in a place where you feel comfortable and relaxed.

- 1 Wash the Vagiwell® dilators with hot water and mild soap before the first use and dry them carefully.
- 2 Find a relaxed sitting or lying position that allows you to spread your legs slightly. For inserting the dilators, we recommend lying flat on your back with your knees bent and your legs spread slightly apart. You can, however, also use the dilators standing up, with one leg on a chair. Start with the smallest dilator.
- 3 Lubricate the entrance to the vagina and the dilator with a water-soluble lubricant.
- 4 Breathe calmly. Gently push the dilator into the vagina. You should only insert the dilator as far in as is comfortable for you. Should this be painful, you may be using too much pressure.
- 5 Leave the dilator in the vagina or in the entrance of the vagina for a few minutes.
- 6 After that, insert and remove the dilator, without fully taking the dilator out of the vagina. Repeat this movement approx. 5 times. Then slowly start moving the dilator with a slight rotating movement: rotate the dilator 5 times to the right and 5 times to the left.
- 7 When you want to finish the stretching exercise, remove the dilator from the vagina. Remain lying down and relax for a few minutes more.

Once you are able to insert one size comfortably, your vagina has stretched far enough for you to be able to use the next largest dilator.

The stretching exercises may be repeated three to four times a week. Once you are able to comfortably insert the largest dilator, you can consider having sexual intercourse.

Cleaning:

The Vagiwell® dilators are intended for single-patient use. After use, they are washed with warm water and mild soap.

