

# How to use Amielle Comfort

When using your dilators for the first time, wash them in hot soapy water and dry thoroughly ensuring all traces of soap have been removed.

Use the dilators in a place that is comfortable and ensures your privacy.

The recommended position to use the dilators is to lie flat on your back with your knees bent and legs slightly apart. Alternatively stand with one leg raised on a chair.

Starting with the smallest dilator, attach the handle using the twist & lock action (1).

Apply the water-based lubricant around the tip of the dilator and a small amount to your vaginal opening.

Controlling your breathing, relaxing as much as possible gently ease the dilator into your vagina as deeply as is comfortable and leave it in position for up to 5 minutes (2).

You may find when you begin using the dilators that you can only tolerate the tip of the dilator inside your vagina. This is perfectly normal.

This sequence should be repeated daily.

When you feel comfortable with using the smallest dilator, gradually move to the next size and so on. There is no time limit on the time it takes to progress to each new size.

It is advised that when you can comfortably insert the smallest size dilator, change to the next size in the same session, as your vaginal muscles will already be relaxed and you will find it easier to progress to the next size. This also applies as you progress to the other sizes.

When you feel comfortable with inserting the larger dilators you may be ready to attempt penetrative sexual intercourse.

