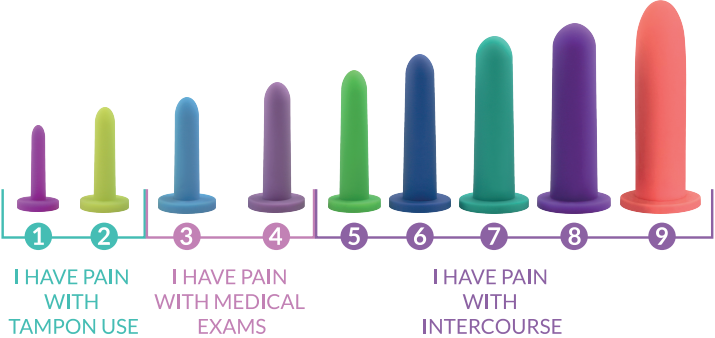


General Size Guide And Specifications

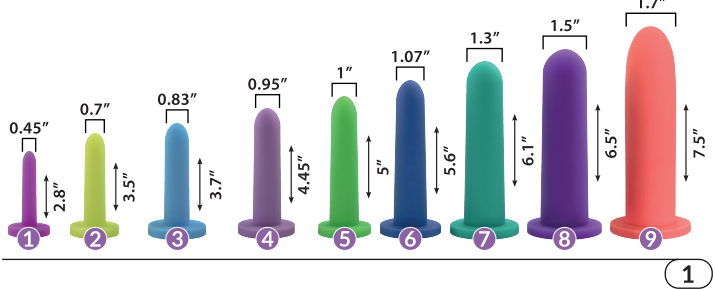


Users should start with the smallest size and work their way up.

9 progressive sizes ranging from the following dimensions:

**Length:** 2.8 to 7.5 inches  
**Width:** 0.45 to 1.7 inches  
**Circumference:** 1.42 to 5.5 inches

Made with **Medical Grade Silicone**.



Description

The Intimate Rose Vaginal Dilators are intended to be used at home to help expand, stretch, and relax pelvic floor muscles vaginally using 9 progressive sizes. Daily use of the vaginal dilator for 5-20 minutes, coupled with relaxation techniques and focused attention will help you achieve your goals.

Please read the entire manual before training to ensure dilators are right for you.

Indications

The Intimate Rose Vaginal Dilators are tools intended for controlled dilation of the vagina. They can be used for dilation for an examination (by your doctor), in preparation for a surgical procedure, or to help relieve the symptoms of vaginismus (condition that involves tightening of the vaginal muscles) and related painful sex.

Contraindications

Do not use if pregnant, consult with your doctor if this is appropriate for you

Do not use dilators if you have active pelvic infections, undiagnosed bleeding, have open wounds inside or surrounding the vagina, or been currently placed on pelvic rest (a common recommendation soon after vaginal surgery, cervical LEEP, cone procedure, or giving birth).

How to Get Started & Treatment Plan

1. Select Your Dilator

If you have pain from any penetration or tampon use, start with the smallest size and work your way up.

In general, if you can use a tampon comfortably, but medical exams are painful, size 3 may be appropriate for you.

Wash your hands and the dilator with warm water and soap.

2. Get Comfortable

Designate a place in your home that is quiet and comfortable.

Use a generous amount of water-based lubricant on the dilator and / or your body.

Do not use silicone-based lubricants

Start by lying on your back with your knees bent and feet planted, or, lying on your side with a folded pillow between your knees, whichever is more comfortable for you.

3. Breathe & Insert

Begin your training by breathing deeply in and allowing your belly to expand, followed by exhaling, allowing the belly to slowly fall.

Carefully insert the dilator on an exhale.

*Note: Always use slow, gentle movements when inserting and removing dilators.*

Keep the dilator inserted and repeat the slow, deep breathing cycle for 5-20 minutes.

4. Visualize and Relax

Visual imagery is helpful for relaxing your pelvic floor (vaginal) muscles.

Some common helpful cues to relax are:

- imagine your vagina is like a rose, blooming outward and opening
- imagine your pelvic muscles are like an umbrella, opening and expanding
- imagine your body is like an elastic band, flexible and mobile

5. Make Progress

Repeat this process 1-2 times per day, several days per week, until you are able to comfortably insert and use the dilator at a 0-1 on the pain scale.

At 0-1 on the pain scale, you will be ready to size up to the next dilator.

6. Ongoing Training

You can continue to progress in dilator sizes to reach

your goal, such as having pain-free medical exams or pain-free intercourse. Once you reach your goal, you may not need to continue using larger sizes.

It may be helpful to continue dilator training a few times per week, or as needed, to maintain your progress.



Videos  
Tutorials  
FAQs

[IntimateRose.com/dilator-hub](https://IntimateRose.com/dilator-hub)

More Questions?

[support@intimaterose.com](mailto:support@intimaterose.com)

888-534-7673

Follow Us on Social: [@IntimateRose](https://www.instagram.com/IntimateRose)

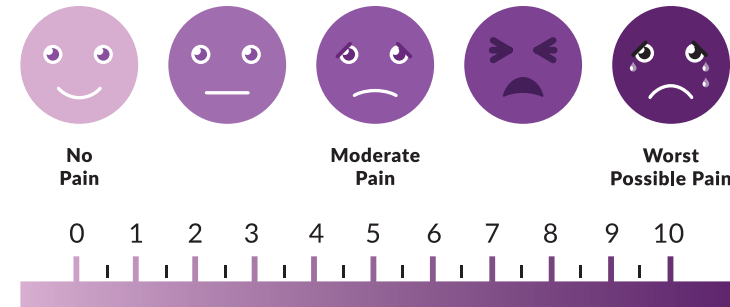
### General Care and Other Information

- Clean your hands and the dilator with warm water and soap before and after each use.
- Store in a cool, dry place.

### If You Experience Pain

Dilator training should not be painful.

If you experience more than a 2 or 3 on a 0-10 pain scale, where 0 is no pain and 10 is the worst pain imaginable, immediately stop and move to a smaller size.



### When To Size Up or Size Down

When you can use your current size without pain, you can attempt to move to the next dilator size.

If inserting or using the dilator is a 3 or higher on the pain scale, immediately stop and choose a smaller size.

If you experience a change in health status, a period of high stress, or take a break from dilator training, you may come back to find it challenging and need to use a smaller size.

### Warnings:

- If symptoms, such as bleeding, vaginal discharge, unpleasant odor, pain, or severe itching occur, stop use of the device and contact your healthcare provider.
- Prolonged use of dilators may cause vaginal abrasion (scratching) or ulceration (break in the skin).
- No modification of this equipment is allowed.

### Precautions:

- Contact your physician if prolonged or worsening symptoms occur.
- Dilators are for single-patient use only. Do not share your device with others.
- Use water-based lubricants only.
- Do not use silicone-based lubricants.
- Do not use if you have a sensitivity to silicone.
- Intimate Rose dilators are not made with natural rubber latex
- Before each use, check your device for signs of wear/damage (discoloration or splits/cracks/pitting). If signs of wear or damage are noted, discontinue use. Contact us for a replacement at **Support@IntimateRose.com**
- Do not wash dilators with products containing alcohol, acetone, or petroleum.
- Do not place dilators in the microwave, dishwasher, or refrigerator.
- Do not store near extreme heat or cold.
- Do not use in body parts other than the vagina
- Do not force dilators into your vagina.



Intimate Rose

## Vaginal Dilators



## Instructions For Use