

Kegel 8[®]



Vaginal Trainers & Dilators

Instructions for users

Please read this instruction manual fully before using Kegel8 Vaginal Dilators for the first time.

Welcome

Thank you for choosing the Kegel8®

The Kegel8 Vaginal Dilators form a 5-piece graduated wearable set that has been skilfully designed to **rejuvenate, strengthen, and reduce vaginal discomfort**. Complete with a unique **lubricant delivery channel** that will decrease insertion discomfort with each use, they also feature a curved design to help with gentle dilation. Made from **softer body safe** premium silicone, they are durable yet pliable to ensure safe entry to the vagina.



Dilators you can wear, for therapy when you're on the go!

It is not always possible to excuse yourself from daily life to use a dilator but, with our comfortable wearable dilators, you can discretely perform dilator therapy, fully clothed if necessary. It also means that if you want to sit on the dilator, it's comfortable, safe and works with your body to ensure great results. It is suggested that our silicone dilators deliver faster results and offer a better outcome than traditional dilators.

Kegel8 silicone vaginal dilators can be used to treat the following conditions:

- Vaginismus (Levator myalgia)
- Painful sex (dyspareunia)
- Menopause (genitourinary syndrome of menopause, or GSM)
- Cancer treatments including chemotherapy and radiation therapy for pelvic cancers
- Vaginal Stenosis
- Post-surgical vaginal swelling
- Vulvar pain conditions
- Mayer-Rokitansky-Küster-Hauser (MRKH) Syndrome

5 graduated sizes

1



Insertable length:
6cm
(2.36inches)

2



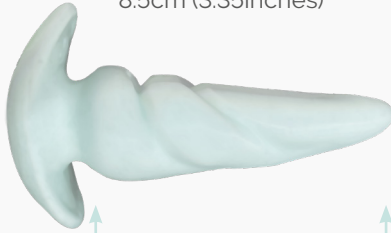
Insertable length:
7.5cm (2.95inches)

3



Insertable length:
8.5cm (3.35inches)

4



Insertable length:
9.5cm (3.74inches)

5



Insertable length:
12cm (4.72inches)



Unique lubricant
delivery channel

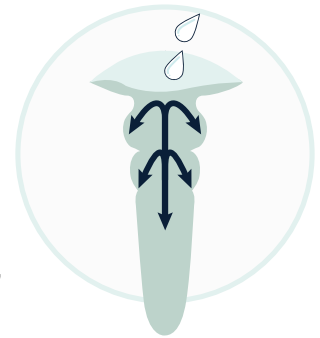
Getting started

Either alone or with your partner, find a place and time that you can be comfortable to use your dilator. We recommend sitting in a reclining position with your knees slightly apart, which is the most comfortable and natural position for insertion when using the lubricant delivery system. Control your breathing, relax, and begin the inserting process.

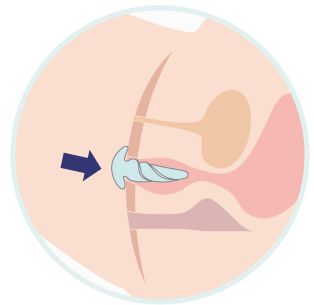


Inserting

Starting with the smallest dilator in the kit, fill the well of the lubricant delivery channel with the Kegel8 Dilator Gel provided or, alternatively, your own medicated gel (for vaginal dryness as an example). This unique system will evenly distribute the lubricant through the channels to help funnel it into the vagina and ensure the dilator is well lubricated for use.



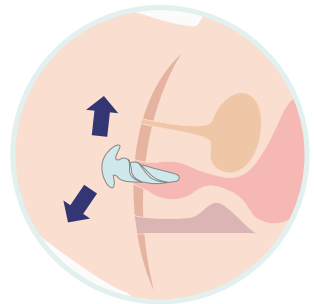
This channel means you can sit while using dilator therapy and use the dilator to introduce more lubricant or medication into the vagina.



Gently insert the dilator into the vagina to a point you are comfortable with; do not force it.

Once comfortable, move the dilator left to right and vice versa for 5-10 minutes.

Move it gently side to side when removing. Once you can insert the dilator so the base is flush with the vagina opening and you are not in any discomfort, advance to the larger dilator.



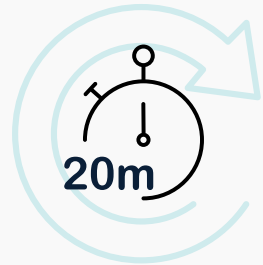
Progressing your dilator size

The aim of using vaginal dilators is to gradually increase the size of the dilator comfortably, starting with the smallest size. Once you can fully insert the dilator so that the base is flush with the vagina opening without any discomfort, progress to the next size and so on. This process will retrain the muscles, gently stretching and keeping open the vaginal canal and opening area, with the end goal of being able to insert the largest sized dilator.



When to use

NHS guidelines state that, in some cases, the best results are achieved by using the dilators for 5-20 minutes (depending on your comfort levels), 5-6 days per week or as recommended by your healthcare professional. You may find that you can only tolerate a small section of the dilator initially but, with persistent use, you should be able to gradually progress to full insertion. It is important to establish a routine for quicker progression.



Cleaning instructions

You should clean your Kegel8 Dilators after each use with the cleaning spray provided or mild soap and warm water. Rinse thoroughly and allow to fully dry before next use.



Contact information

We're here to help! If you have questions or simply need some advice, please get in touch and our advisors will be on hand to help.

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W: www.Kegel8.co.uk

Our opening hours are:

8am-4pm Monday to Friday*

*Closed bank holidays



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