

Positions for successful dilation

Your physical therapist will talk with you about dilation and will guide you to adjust positions as needed for your dilation success.

Suggested positions

- Lie down on your back or side (1, 2).
- You can use a pillow to support your head (3) or leg (4).
- Relax your abdominal (belly) and pelvic muscles.
- These positions won't put stress on surgical sites at the labia and vaginal opening.
- Position (4) is not commonly used but helpful if reaching over your abdominal (belly) is difficult. Dots on the dilator will still point forward.

1



2



3



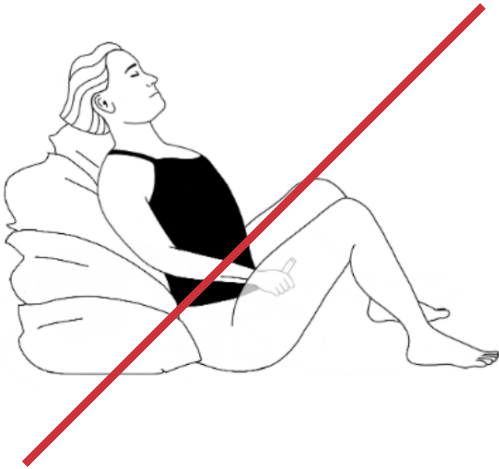
4



Positions to avoid

- The seated position (5) makes placing the dilator difficult. It also puts stress on the vaginal opening as it needs to heal from surgery.
- The butterfly pose (6) puts stress on surgical areas at the labia and vaginal opening. It also make the vaginal opening harder to reach.

5



6

