

## Instructions for use

# Amielle

## Comfort

Vaginal dilators

**Amielle**

Women's Health



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Vaginal dilators



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Twist & lock handle

### 5 GRADUATED SIZES



Amielle Comfort vaginal dilators have been designed for women experiencing vaginal discomfort and penetration problems from vaginismus, dyspareunia, gynaecological surgery or trauma following childbirth.

This guide was written in conjunction with psychosexual therapists.

Please read these instructions fully before using Amielle Comfort vaginal dilators for the first time.

## How to use your Amielle Comfort vaginal dilators

**Before You Begin** – Prior to first-time use, wash dilators and handle in warm, soapy water, rinse thoroughly and allow to dry.

**Privacy** – Use the dilators in a private, comfortable setting where you will be undisturbed.

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

**Progression** – Start with the smallest dilator and, once you can comfortably insert it, progress to the next size up. You may find when you first use the dilators that you can only tolerate the tip of the dilator. With persistent, daily use you will be able to gradually progress to full insertion, then larger sizes. When transitioning sizes, move from the smaller dilator to the next size in the same session, as vaginal muscles will already be relaxed and the transition will be easier. When you feel comfortable inserting the larger dilators you may be ready to attempt penetrative sexual intercourse. The time it takes to progress from size to size varies by individual.

**Cleaning Instructions** – Amielle Comfort vaginal dilators and handle should be washed after each use. Wash in warm, soapy water, rinse thoroughly and allow to dry before storing in carrying bag. Ensure all traces of soap are removed to avoid irritation.

Remember to wash the dilator handle if it has been used.

## Warranty Information

The warranty offered by Owen Mumford Limited (“**we**”) in relation to this product is set out at **owenmumford.com**. PLEASE READ THIS WARRANTY IN FULL. Your rights under the laws of your country are not affected.



**Amielle**  
Comfort



**Contents:**

5 Dilators, Universal handle,  
Lubricating gel, Instructions for use

## Inserting your dilator



**1.** Twist and lock handle onto dilator. Apply water-based lubricant to the tip of the dilator and to your vaginal opening.



**2.** Relax as best as possible. Using controlled breathing, slowly ease the dilator into the vagina going as deeply as is comfortable. Since the vagina slants upwards and towards your back, the dilator should be angled upwards and in the direction of your back during insertion.

Leave the dilator in position for as long as you have been advised by your Healthcare Professional.



**3.** Remove gently and slowly.

## Warnings and Precautions

These instructions are intended as a guide. Further advice may be obtained from your Healthcare Professional.

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**HEAD OFFICE**

Owen Mumford Ltd  
Brook Hill, Woodstock  
Oxfordshire OX20 1TU, United Kingdom  
**T** : +44 (0)1993 812021  
**F** : +44 (0)1993 813466  
**E** : [info@owenmumford.co.uk](mailto:info@owenmumford.co.uk)

**UK / IRELAND SALES & MARKETING**

**T** : +44 (0)1608 645555  
**F** : +44 (0)1608 646546  
**E** : [info@owenmumford.co.uk](mailto:info@owenmumford.co.uk)

**THE AMERICAS**

**T** : +1 800-421-6936  
**F** : +1 770-977-2866  
**E** : [info@owenmumfordinc.com](mailto:info@owenmumfordinc.com)

**FRANCE**

**T** : +33 (0)2 32 51 88 70  
**F** : +33 (0)2 32 21 96 95  
**E** : [contact@owenmumford-fr.com](mailto:contact@owenmumford-fr.com)

**GERMANY**

**T** : +49 (0)6026/97750  
**F** : +49 (0)6026/977529  
**E** : [info@owen-mumford.de](mailto:info@owen-mumford.de)

**CHINA**

**T** : +86 (0)21 6032 3528  
**F** : +86 (0)21 6032 3782  
**E** : [info@owenmumford.co.uk](mailto:info@owenmumford.co.uk)

[owenmumford.com](http://owenmumford.com)

