

# How to use Amielle Care

When using your dilators for the first time, wash them in hot soapy water with the brush provided 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 grey 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.

Ease the dilator gently into your vagina as deeply as is comfortable, applying slight pressure but not force. This should not be painful (2).

Once the dilator is inside the vagina gently move the dilator in a circular motion for 5 minutes (3).

As you remove the dilator gently push it in and out slowly and move it from side to side (4).

When you feel comfortable with using the smallest dilator, gradually move to the next size and so on.

This sequence should be repeated 3-4 times a week indefinitely.

