

# Positive progress in simple steps

Self-treatment for painful vaginal penetration



 **Amielle**<sup>®</sup>  
Comfort



# Amielle® Comfort



## Why you might struggle with vaginal penetration:

Pain or discomfort during attempted vaginal penetration has previously been known as Vaginismus, Dyspareunia or even Genito-Pelvic Pain/Penetration disorder. Women may start experiencing recurrent or persistent involuntary vaginal tightness for a number of reasons, causing penetration to be difficult and sometimes painful.



## You are not alone:

If you experience pain or difficulty with vaginal penetration, know that you are one of thousands of women worldwide who do<sup>1</sup>, and that you are not alone. Difficulty with penetration is often a source of distress for women who experience it and it can have a negative effect on relationships. The vaginal tightness causing difficulty is involuntary, meaning you do not choose to have it nor does it mean you do not wish to enjoy sexual intercourse. You can help overcome your difficulty with penetration through the use of vaginal dilators and therapy<sup>2</sup>.



## Overcome your painful penetration using Amielle® Comfort at home:

Developed with psychosexual therapists, Amielle® Comfort offers simple self-treatment at home, and can help you to work towards becoming relaxed with vaginal penetration.

“It is important that the woman receives a range of incrementally sized dilators and works collaboratively with a psychosexual therapist to overcome her difficulties with penetration.”

Trudy Hannington – Psychosexual Therapist.



## Amielle® Comfort size guide

- Size 0: 7 x 1.5cm (2¾ x ¾")
- Size 1: 9 x 2cm (3½ x ¾")
- Size 2: 11 x 2.5cm (4¼ x 1")
- Size 3: 14 x 3cm (5½ x 1¼")
- Size 4: 16 x 3.5cm (6¼ x 1½")

## How Amielle® Comfort is tailored to helping you overcome your painful penetration

### Progress at your own pace:

Amielle® Comfort starts at a size of just 1.5cm diameter, allowing you to start small and gradually move up the range at a pace which is comfortable and safe for you. The aim is to progress until your vaginal muscles are comfortable being dilated enough to avoid pain or discomfort during penetration.

### Designed with your comfort in mind:

Amielle® Comfort's smooth surface with rounded tip is designed to facilitate comfortable insertion, plus is easy to clean after use with soapy water.



### Easy to use Twist & Lock handle:

Amielle® Comfort's specially designed twist lock handle is compatible with all dilator sizes to assist with handling and controlled safe insertion and removal.

### Clear instructions:

Your Amielle® Comfort kit comes with clear instructions for use along with a DVD video guide so you can be reassured on how to use your new set of dilators properly. Instructional tutorials are also available online.



## Overcome your painful penetration with Amielle® Comfort

- Designed in conjunction with psychosexual therapists.
- Offers treatment in the privacy and comfort of home.
- Helps you relax and be comfortable with vaginal penetration.

# Amielle®

For more information please visit us at [owenmumford.com](http://owenmumford.com)

#### Our accreditations include:

- ISO13485 Certification
- Medical Device Directive 93/42/EEC
- CMDCAS 13485 (Canadian Health Authority)
- Environmental Management Systems ISO14001



1. Özdemir Ö, Şimşek F, Özkardeş S, İncesu C & Karakoç B. (2008) The unconsummated marriage: its frequency and clinical characteristics in a sexual dysfunction clinic. J Sex Marital Ther. 34(3):268-279. 2. Peter T. Pacik, MD, FACS, IF, and Simon Geletta, PhD. (2017) Vaginismus Treatment: Clinical Trials Follow up 241 Patients. Sex Med. 5(2):114-e123.