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CALEXOTICS - DR LAURA BERMAN ALENA SET OF 3 SILICONE DILATORS

Price	**47.60 £**
Number	**70140106**
Producer code	**FETISHID-223968**
EAN	**716770090805**

Product description

Silicone dilators are a treatment that allows you to exercise the area progressively thanks to the different sizes. This type of treatment is usually prescribed by a gynecologist, oncologist, sexologist, physiotherapist specialized in pelvic floor, etc.

Indications: against vaginal discomfort and problems during penetrative sexual intercourse, caused by: - Vaginismus - Dyspareunia - Lichen sclerosus - Vaginoplasty / Neovagina - After gynecological operations - After childbirth or an episiotomy or perineal laceration - Pain during gynecological examinations or at insert a tampon - During and after radiotherapy or chemotherapy treatments - Decrease in the size of the vagina as a consequence of a surgical operation.

How are dilators used?

It is advisable to wash the dilators with hot water and a neutral soap before using them for the first time.

Once used, clean them in the same way and store them in the bag completely dry. The recommended position to insert the dilators is to lie on your back with your legs bent and slightly apart. However, it can also be used standing up, with one leg raised and resting on a chair. To facilitate the introduction, it is advisable to apply a lubricant, or even water, to moisten the tip of the dilator or the entrance to the vagina. Breathe easy and gently insert the smallest dilator into or into the vagina for 8-10 minutes, then move it in and out without fully removing it from the vagina. Repeat these movements about 20 times.

It may happen that the first times you use the dilators, you can only insert the tip, this is completely normal. Unless your doctor recommends otherwise, you should repeat this exercise 3 times a week for a period of 2 weeks. When you are able to enter the smallest size without hassle, we recommend that you go directly to the next size and repeat the above process. This is also valid when moving to the other sizes. Once the introduction of the largest dilator can be done without discomfort, you can consider penetrative sex.

Discover California Exotics, at the forefront of sexuality!

Brand characteristics

Brand characteristics: selected CALEXOTICS products available at Sforne with discreet delivery and clear product information.

Safety Guide

Safe Anal Play

Never use a dildo without a flared base for anal play – it can get lost! Use plenty of lubricant, start slowly, and stop if you feel pain.

Clean your anal dildo thoroughly after each use with soap and water or a toy cleaner.