

Vaginal Dilator Instructions

After radiation you may develop some scar tissue in the vagina. This scar tissue could cause your vagina to shorten and close. The vagina must remain open so that your medical providers can examine you adequately on your follow-up visits.

There are two ways to prevent the vagina from closing – sexual intercourse or by using a dilator. Begin using the dilator for 20-30 minutes daily at least 3 days per week after completing radiation treatment and continue using for at least one year. It is important to use the dilator to prevent the vaginal canal from narrowing. Using the dilator as instructed allows the physicians to perform pelvic examination at your follow-up appointments. After using your dilator, it is important to wash it using an unscented oil-free soap. You may resume sexual intercourse 6 weeks after completing treatment.

After Your Radiation Treatments

After radiation your vagina may have less natural moistness and artificial lubrication may be necessary. We recommend K-Y Jelly or any other water-based lubricant suggested by your pharmacist. **DO NOT** use Vaseline, hand lotion, baby oil, etc. These are oil-based and cannot be washed away with water. **DO NOT** be concerned about giving your partner cancer or exposing them to radiation. You are **NOT** a danger to your partner, family, or friends. You may have a small amount of bleeding for a few weeks after intercourse or use of the dilator. This is normal. You should not have any pain or discomfort if the dilation is done gently and you stay relaxed.

If you have any questions or problems concerning vaginal dilation and/or sexual intercourse, please contact your nurse at 214-645-8525.