

## **Vaginal Dilators for Dyspareunia**

Dyspareunia, or pain during intercourse, can be more than a little irritating—it can be debilitating, both to your sex life and your everyday comfort. Thankfully, it can also be remedied.

Treatment depends on the cause of the pain. And just as dyspareunia is often self-diagnosed, it's also often self-treated by using products like vaginal lubricants, moisturizers, creams and dilators. Lubricants are best used just before intercourse to make intercourse slippery and fun. For women, with recurring or long-term vaginal dryness, however, a long acting (3 days) moisturizer will moisturize vaginal tissue, making them more elastic, thicker, and with enhanced ability to maintain fluid, that will in turn reduce friction and pain. Replens is the only long-acting moisturizer that has been shown in clinical studies to actually replenish moisture in vaginal tissue and decrease painful intercourse.

Often, the cause of dyspareunia can be more difficult to diagnose and treat. In these cases, estrogen replacement therapy (see vaginal stenosis section), vaginal dilators and a course of progressive dilation therapy, appropriate treatment for any cysts etc., abstinence while transient problems or infections heal, and in some cases surgery to remove lesions, etc. are recommended.

Dilators likely to be suitable for use by those being treated for vaginismus and dyspareunia may be purchased on this website. Soul Source offers a comfortable alternative to rigid plastic dilators. The material used in our silicone dilators resembles body tissue, which is pleasant to the touch yet firm enough for easy and effective use. The silicone also retains body heat and can be warmed under running water for more comfortable use. The sizes allow for graduated therapy. Use of vaginal dilators for dyspareunia should also be used under the guidance of a medical professional.

Recovery rates from the majority of dyspareunia problems are very encouraging, especially with use of comfortable silicone dilators that have been specially designed by a sex therapist and gynecologist for their patients, moisturizers, lubricants and creams.