

The use of vaginal trainers

Dyspareunia, or painful sexual intercourse, is a symptom of many gynaecological disorders. It is often described as deep or superficial; that is, it can be felt either deep within the pelvis, or around the vulva and vaginal entrance, respectively. Vaginal trainers are used to help the vagina so that intercourse can take place painlessly.

If you have been given several sizes to use it is important to start with the smallest size. As one size becomes comfortable to use, then move on to the next size up.

It only takes a few minutes twice a day. You may prefer to be on your own and not be disturbed. Lubricate the trainer with a suitable jelly (such as Sylk™) and gently insert it into your vagina. Your vagina may react by contracting the muscle near the opening. If possible, leave the trainer in place, and when the contraction passes, continue to insert the trainer. When it is in position try to relax for a minute or two. Then just remove the trainer and rinse off the lubricant jelly in warm soapy water. The jelly can leave a dark sticky mark on your clothing.

As you gain the benefits of using the trainers, and your vagina no longer contracts when they are inserted, you may want your partner to assist you.

Sometimes after vaginal surgery or scarring following childbirth a woman may feel pain at a certain point along the scar line during intercourse. This usually clears up as the wound heals and the skin strengthens. It can be helpful for a partner to gently massage the sore area with a finger since gentle pressure can help to stretch the skin without damaging the scar.

It is helpful to be fully aroused before penetration for two reasons; arousal lubricates the vagina and it increases the size of the vaginal cavity. If dryness is a problem then a lubricant such as Sylk™ or Replens™ can be helpful.

If you experience pain on deep penetration during intercourse it is best to avoid deep penetration until the problem has resolved. Certain positions avoid deep penetration; for example, with your partner on top keep your legs down and your knees slightly bent (do not draw up your knees). A pillow under your hips may also help make intercourse more comfortable. Side by side and woman on top positions do not lead to such deep penetration and may be more comfortable. You may need to experiment to find the position that is most comfortable for you.