

Instructions Vaginal Expanders



Dr. Arabin GmbH & Co KG
Alfred-Herrhausen-Str. 44, D-58455 Witten
Tel: (49) 0 2302 189214 - www.dr-arabin.de info@dr-arabin.de



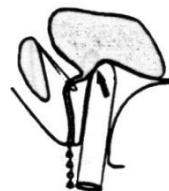
Components and storage: The vaginal expanders are made of tissue-friendly silicone. They can be stored at room temperature at 1 to 30°C protected from UV radiation without direct contact to reactive media such as gas, ozone or mineral oil.

Indication: Vaginal expanders are used to treat patients whose vagina should be dilated for various reasons. An undesired narrowing can occur after problematic sutures of an episiotomy, after operations with consecutive narrowing and/or scars of the vagina and an expansion can be aimed for. It may be possible to indicate several sizes for one patient.

Teaching: In case a physician or health care provider has no experience in the handling of the device we recommend to take part in courses (online/hands-on), visit our website www.dr-arabin.de or to transfer the patients to an experienced physician with experience in conservative treatment.

Sizes: Vaginal dilators are supplied in 5 different sizes

Starter:	15 mm diameter/ 120 mm length
Extra small:	20 mm diameter/ 120 mm length
Small:	25 mm diameter/ 125 mm length
Medium:	30 mm diameter/ 130 mm length
Long:	35 mm diameter/ 135 mm length



Use: The devices are designed for outpatient use. The physician in charge will adjust and advise the patient during the initial examination. The insertion by the patient is facilitated by a relaxed position and by spreading the pessary with cream prescribed by the physician. In general, the patient is instructed to insert the vaginal expander herself. The type, frequency and duration of the treatment may be variable according to the indication and the desired treatment goal. The vaginal expander can also be inserted in the evening and left in place at night.

Follow-up examination: After the first insertion of the pessary the patient should be examined after four weeks. Often the size of the vaginal dilator is adapted after the first fitting. If tears or other defects are detected found during the examination of the pessary, the pessary has to be replaced. In case of a motivated patient, who can prove an effective removal, insertion and care of the pessary, follow-up examinations can be prolonged.

Application/Cleaning: Vaginal expanders are therapeutic products solely for one patient. The devices are cleaned by running water and eventually some mild soap. The use of additional disinfectants is not recommended. After cleaning there should be no rests of discharge or any other substances. Exceptionally, a soft toothbrush can be used.

Side effects/ complications: Although vaginal pessaries stay shortly in the vagina, they are a "foreign body". Therefore the most common side effect is increased discharge, but that this will rarely be serious.

Duration: The therapy is "short-term", the pessary is generally only used during the stretching process and/or overnight, i.e. < 24 hours.

Contraindications: An allergy to silicone is extremely rare, but would also be a contraindication. Active infections, including inflammatory diseases of the vagina or pelvis, rule out the use of a pessary - including the vaginal dilator - until the infection has subsided. Weakened patients who do not understand, ignore or cannot follow advice should not receive this therapy.

Warning: In case of pain, bleeding or extreme discharge the physician in charge should be consulted as soon as possible. Although several crèmes are additionally indicated to improve the therapeutic effects, we have not tested the compliance of the material with these substances, but never heard of any complaints or complications. Serious complications should be reported to the manufacturer and, if necessary, to the responsible authorities.

Shelf life: The pessary has a shelf life of 10 years from the date of production. After insertion, we recommend not to continue the therapy with the same device for more than 3 years. In case there are defects, changes of the form or colour the pessary should be replaced.

Disposal: Used or damaged silicone products should be packed and be disposed in household waste in a low-germ state. For disposal in medical facilities the country-specific regulations must be considered.