

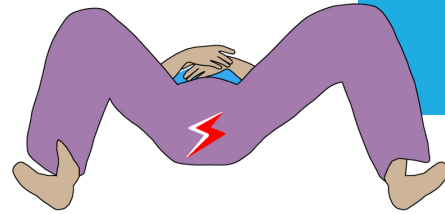
Precautions



- 1 Insure your tissue is healed
- 2 Wait until you are cleared for penetrative intercourse vaginally by your birth provider (usually about 6 weeks)

- 3 Get a mirror and confirm that your scar is healed and you don't have any scabs or raw tissue that isn't closed up yet

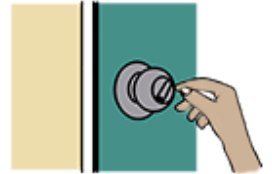
- 4 Avoid this if you have skin issues like a rash or swelling



Privacy

- 1 This is alone time for YOU to "do you"
- 2 Schedule this when you are most likely to be undisturbed

- 3 Close and lock the door



Prepare



- 1 Short, smooth nails
- 2 Relaxing music
- 3 A candle or two

- 4 Your favorite lubricant (my favorite is coconut oil)

- 5 Apply a generous amount of lubricant to your fingertip



- 1 Turn the pelvic floor "off" by reclining

- 2 Turn the hip muscles off by supporting your legs

- 3 My favorite place is reclining in the bathtub-warm water is a bonus!



Practice

- 1 Look at your self with a mirror
- 2 Lightly touch your scar. If it causes you pain or you tense up, practice deep breathing until the pain eases and the tension releases.



- 3 Gently move your tissue side to side, up and down, in circles, and counter clockwise circles.



Stop if you have constant pain or bleeding.

- 4 Be aware of any directions or areas that are tight or painful.

- 5 Gradually increase the pressure as you can tolerate without it being painful.

- 6 You may need to hold a stretch for 15-60 seconds to let it release and soften.

- 7 Once you're able to perform this with deep pressure in all directions, try inserting your finger into your vaginal canal.

Repeat steps 1-5 above.

