

REDUCE SEXUAL PAIN

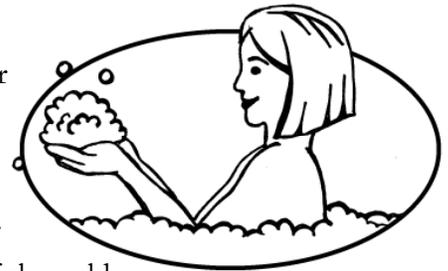
Pleasurable Activities and Products

PREPARE. Preparation ↑ Pain ↓

Prepare your body and mind for sex to help your muscles relax and stretch, make your skin less sensitive, and increase your pleasure.

- Breathe, stretch and massage your body. Stretch or massage your vaginal muscles with fingers, dilators or vibrators. Your physical therapist can teach you and your partner how to prepare your body and vaginal muscles for sexual touch.
- Apply heat or cold to your whole body, your stomach, your vulva, or inside your vagina:

- Warm Bath. Do this alone or with your partner.
- Warm Heart Massager. Add massage potion — see ideas below.
- Iced Vibrating Egg. Or create your own icy dilator using a popsicle mold.
- Glass or stainless steel wand. Cool in fridge or warm in water for vaginal insertion.



- Spend romantic time with your partner. Try cooking recipes from the Aphrodisiac Cookbook.
- Mood. Make your setting sensual and beautiful.
 - Light Scented Massage Candles. Even pour this melted special wax on your body for a warm massage.
 - Play Relaxing or Sexy Music.
- Build excitement. Read or make up a sexy story, look at a sexy picture or movie — alone or with your partner. Dress up like a sexy character, play a game. Make love to your partner's mind.



PROTECT. Protection ↑ Pain ↓

Protect your skin with moisture and barriers to reduce friction and irritation during sex.

- Clean. Use only gentle, unscented soap or water alone to wash your genitals. Do not douche.
- Moisturize. Keep your vaginal skin moist always to reduce tears, infections and irritation. Use natural moisturizers daily like jojoba oil or Vitamin E Suppositories, and add oil or Eucerin lotion to your toilet paper for wiping after urination.

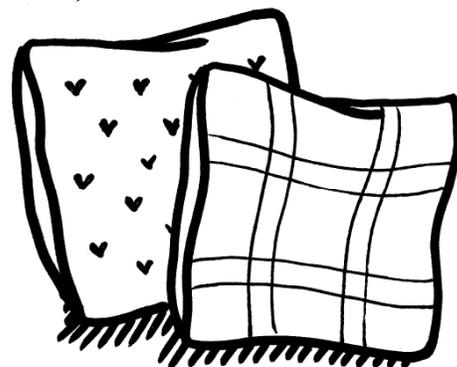
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- Lubricate. Using lubricants during sexual touching will reduce burning and tears due to dryness and friction. Apply to all skin and toys that will touch skin. Pour lubricant in the inside tip of condoms and apply to the outside of condoms (from tip to base of penis) once you put them on.
 - Silicone-based: Condom safe, non-irritating, tasteless, odorless, non-absorbing and long-lasting. Not for use with silicone toys. Try Pjur Med Premium Glide.
 - Water-based: Condom safe, washes off easily. Choose products like Sliquid Sea, which do not contain glycerin or paraben.
 - Oil-based: Not compatible with latex or polyisoprene condoms—with oil, use condoms made of nitrile, polyurethane or lambskin. Try coconut oil or Yes natural lubricant.
- Shield. Condom barriers can protect your skin from friction, vaginal infections and Sexually Transmitted Infections (STIs), which could make your pain worse.
 - The Female Condom: made of nitrile and compatible with all lubricants, this can provide a barrier to reduce friction for you.
 - Male Condoms: if you use condoms and are sensitive to latex, consider different materials:
 - Polyurethane: Oil compatible plus STI protection. Try Trojan Supra.
 - Polyisoprene: STI protection, not oil compatible. Try Lifestyles Skyn.
 - Lambskin: Oil compatible, no STI protection. Try Naturalamb.

POSITION. Comfort ↑ Pain ↓

- Find a comfortable position to prevent muscle strain and avoid rubbing sensitive skin the wrong way. Get comfortable for all touch that will take time, like caressing with hands, mouth, toys, and intercourse.
- All bodies and genitals are different sizes and shapes. Finding the right position may take time and the same position might not work on all days, so be patient and creative. Work together to find what is best for your bodies.
- If vaginal penetration is possible, consider what area is most sensitive on your body. If there is a painful area at the entrance of your vagina, try to find an angle for insertion that is straight or angled to avoid rubbing the most delicate place. If an internal place (like muscles, the cervix, or bladder) is most sensitive, change your angle or position until you stop rubbing that place.
 - Cushions. Find and stay in a comfortable position longer. Use cushions to support places like your legs, back, arms, stomach or head.
 - Swings. Float and move with ease.
 - Position Guides. Learn new positions for intercourse that might work better for your bodies.



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PLEASURE. Pleasure  Pain 

Become aroused and focus on pleasure to enjoy sex and reduce pain. Use only body-safe materials like medical grade silicone or elastomer. Avoid all phthalates.

- Head Massage. Relax and pleasure your whole body with the Vibrating Head Tingler.
- Erotic massage. Learn to please each other with touch. Try books or videos for full-body erotic massage or female or male genital massage techniques.
- Massage potions. Try Premium Silicone Lubricant for body and genital massage
- Touch skin with a scarf, fabric, feather, tongue, body or fingernails. Try the Travel Feather Tickler.
- Ask to touch your partner's hand, neck, lips, cheek, ear, foot, neck, hip or back. Spend a long time learning how to touch that one place. You might also ask about touching breasts, nipples, stomach, buttocks or genitals.
- Finger Vibe. Turn your partner's finger or your finger into a full-body vibrator
- External vibration. Stimulate your whole body, including your clitoris. Try the Bath Vibe, a waterproof hands-free clitoral massager that transforms into a hand-held full-body massager
- Internal vibration. For vaginal stimulation and massage. Try the Violet Sculpture.
- Mutual stimulation. Touch your bodies (including genitals) at the same time with mouths, your own hands or each other's hands, or vibrators. Touch your genitals together on the outside, or place a penis inside vagina (intercourse).
- Male stimulation. Give your partner the feeling of intercourse by lubricating his penis and rubbing it between your thighs or breasts. Or use a toy like the Squeeze.

For more information or to order products, visit www.SexualRehab.com or contact Dr. Howard at 415-683-3231.