

## My Vagina's Wish List

- ❖ Stay sexually active during treatment—try “me-only” nights!
- ❖ Only attempt sexual intercourse with a lubricant *after* 4-6 weeks’ rehabilitation; pain begets pain
- ❖ Use different sexual positions that stress the vagina less—penis points down first rather than in and up
- ❖ Attempt sexual intercourse with high arousal—immediately *before* rather than *after* orgasm
- ❖ Lubricate the vulva and vagina to add and seal in moisture—Liquid Silk (comes in an organic version) is water-based without glycerin, Jo’s Lube—silicone based, use day and night
- ❖ Vitamin E used on vulva and at vestibule (i.e., entrance) twice a week (use the capsule form)
- ❖ Avoid soaps and chemicals (feminine products) on vulva
- ❖ Hygiene Stretch in shower—press downward against the perineum (area between vagina and anus)
- ❖ Massage the vulva and vaginal opening by using a press and release method—minimizes friction, brings blood flow to the area, 12:00 to 12:00, include clitoris, labia—daily for 5 minutes
- ❖ Perineum massage—lubricate thumb and index finger, press/swipe lower crescent of vestibule pressing on muscles toward anus, the goal is flexibility versus stretching the skin
- ❖ Enjoy 2 orgasms a week!
- ❖ Try stretching with sexual arousal for further gain in flexibility
- ❖ Kegel exercises—to strengthen and tighten the pelvic floor. Be sure to relax: open, open, open—have your Gynecologist check for relaxation
- ❖ Use vibrating massager—to increase skin strength; include internal wands or dildos
- ❖ Referral to Pelvic Floor Physical Therapist for secondary vaginismus, friable/fragile tissue, pelvic tension
- ❖ Exercise to a sweat multiple days a week for health and blood flow
- ❖ Eat a healthy diet including: fish oil, Omega-3 fatty acids, Vitamin E, (clear w/physician first), low sugar
- ❖ Have sex within 30 minutes of exercise—easier arousal
- ❖ Consider Viagra or Viagra (prescription required) cream for increased blood flow during love-making
- ❖ Try Scream Cream (prescription required)—contains vasodilators, contra-indicated if you have herpes
- ❖ Beware OTC cold medications that could dry your vaginal tissue; review all medications for sexual side effects
- ❖ Condoms add friction—switch birth control with monogamous partners (vasectomy!) Always protect with new partners but use liberal lubrication!!!
- ❖ Estrogen—titrated dose prescribed by your doctor (contra-indicated for ER positive cancer)

### Normal

Extensive rehabilitation before comfortable vaginal penetration

### Not normal

No orgasm, large vaginal tears

---

Suggestions paraphrased from:

Ellen Barnard, MSSW, **A Woman’s Touch**; Talli Y. Rosenbaum, MSc., PT, AASECT Certified Sex Counselor, Urogenital Physiotherapist, **Inner Stability, Ltd.**; Brenda Singer, RN, **Triangle Compounding Pharmacy**; Laurie Watson, LMFT, AASECT Certified Sex Therapist, **Awakenings—Center for Intimacy and Sexuality**