

Psykiatri



**Sexological Clinic
Rigshospitalet**

REGION

Practical aspects of vaginal vibrators and dilators

Annamaria Giraldi, Professor, MD, Ph.d
Sexological Clinic, Rigshospitalet, University of Copenhagen,
Denmark

What is the purpose of vaginal dilation/ vibrator use?

- Lack of stenosis, scarring and pain after cancer
- Self stimulation and self exploration?
- With partnered sex?

- Treatment or pleasure? It may be very different from women with cancer to women with sexual dysfunction
- May be difficult for women who need treatment

Practical aspects – not a lot of evidence

- How to introduce the use
 - Medical rehabilitation or for pleasure?
- How to overcome resistance
 - Embarrassment
 - Retraumatism
 - Include partner?
 - Expectations of pain leading to fear
 - Nothing joyful
- Type of dilators – a dilator/vibrator is not a dilator/vibrator
 - Where to purchase them

2056 US women 1047 men, aged 18-60

TABLE 3. Sexual History and Lifetime Vibrator Use (Weighted), by Gender

	Female		Male	
	<i>n</i>	%	<i>n</i>	%
Recent sexual partner history (30 days)				
Not sexually active with a partner	791	38.5	319	30.6
Sexually active with a single partner	1,203	58.5	684	65.7
Sexually active with more than one partner	59	2.8	38	3.7
Vibrator use (solo)				
Never	1,087	53.7	856	83.4
One or more times	937	46.3	170	16.6
Vibrator use (partnered)				
Never	1,156	58.0	601	59.0
One or more times	845	42.0	418	41.0

More than half of women (52.50%, $n = 1,060$) and slightly less than half of men (44.80%, $n = 457$) reported vibrator use in their lifetime (see Table 3).

Attitudes towards vibrator use

- Women with positive beliefs to vibrators had higher FSFI scores
- Womens' partners and men in particular might feel intimidated or threatened by womens use of dilators
- Women may have more concerns about partner reaction than their male partner actually do have
- Some women who use vibrators do not tell their partner because of concerns of offending or intimidating him
- Need to bring in the couple in the treatment with vibrators

Herbenick et al 2009

Herbenick et al sex Marital Ther.2011,;

From “Sex Toy” to Intrusive Imposition: A Qualitative Examination of Women’s Experiences with Vaginal Dilator Use Following Treatment for Gynecological Cancer

Kimberley Cullen, BSc, BA, MA,* Karen Fergus, PhD, C. Psych,*†
Tracey DasGupta, RN, BScN, MN, CON(C),‡ Marg Fitch, RN, PhD,†,§ Catherine Doyle, RN, BScN,§ and
Lauran Adams, RN, BScN¶

J Sex Med 2012;9:1162–1173.

Resistance

- Embarrassing
 - A sex toy
 - Shaped as a dildo
 - Bought in a sex shop – how to get it, enter a sex shop
 - Owing a dilator
 - What will people think?
 - Fear of being judged
 - Traditional view of sex – sex toy is a taboo
- Treatment is an invasion
 - Reminds of the cancer
 - Try to reject that part of the body
 - Reliving the trauma

Resistance

- Aversive "hands on" experience
 - Use is not joyable
 - Fear of the dilator
 - Nervous of using it
 - Looks like "pain"
 - Expect pain from use
 - Will it hurt the vagina
 - Experienced pain and discomfort at use
 - If never used a dilator before the psychological barrier is larger
 - Feeling stuck
 - "no compelling reason to use it"

What made it easier?

- Clinician should give light and straight forward information
- Using a combination of humor and "matter of fact" approach when presenting it
- Desexualize the dilator?
- Buy it from the hospital
- Explain it as a part of the treatment
- Fear of not using it – what is the consequence?

Resistance

- A person intent to perform a particular behavior is determined by the persons attitude toward the behavior, perceived social norms and perceived ease
- Women who felt embarrassed by or uncomfortable with dilator use, worried by the judge of others and expected pain were more likely to express resistance to use of dilator
- The clinician should assess the womans attitude to use and if necessary adress negative beliefs



A VIBRATOR/ DILATOR IS NOT JUST A VIBRATOR/DILATOR

Vibrators/ Dilators

- Types
 - Outlet powered
 - Battery powered
 - Remote controlled
- Specific stimulation
 - G-spot
 - Clitoris
 - Anal
 - Combinations
- Design
- Size
- Material
- Cleaning

Vibrators and Dildos



Rabbits

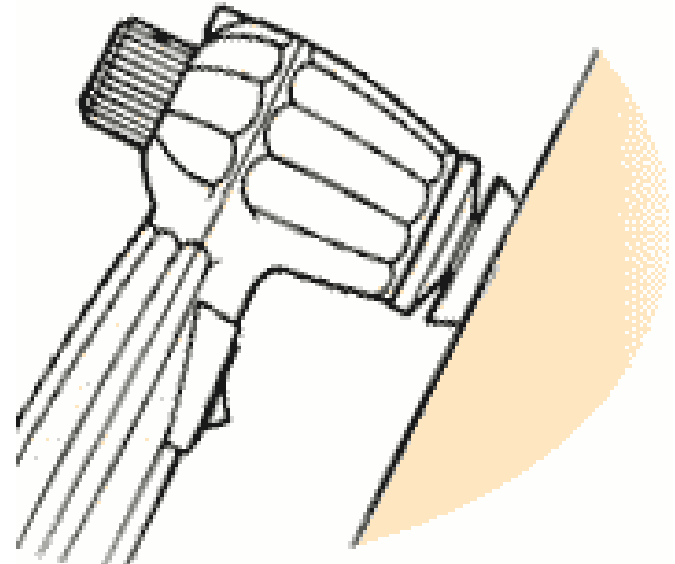
G-spot

Vaginal

Medical line

Glass

Clitoral









<http://www.purepassion.dk/>

Information to the woman is important

- Where to buy
 - Internet
 - Stores
- In clinic presentation
- Prize
- What is the purpose of use?
- Address resistance
- Follow up
- Include partner