



Vaginal Rehabilitation After Radiation Therapy

放射線治療後之陰道部位復健(英文)

Cervical tumor is likely to induce muscular fibrosis after operation or radiation therapy. The use of acrylic stick can help the vaginal rehabilitation to reduce contracture.

Follow the physician instruction to start using the stick daily for 1~2 times a day and about 15 minutes per session. Use it at bath or during rest.

Applications

- If using cleaning device to rinse the vagina, use the acrylic stick expansion device after use.
- Use boiled water that has been cooled to clean before use. Apply lubricant to the top of the cone for about 10cm for more lubricating use.
- Give yourself at least 15 minutes of private time to lie down on the bed without disturbance. Gently and slowly insert the expansion device to the vagina. In case the vagina is tight, hold the expansion device, tighten and relax the vaginal muscle. If you feel the vagina more relaxed, insert the acrylic stick expansion device further in to repeatedly tighten and relax the vaginal muscles a few times before completely inserting the expansion device inside.
- When the expansion device going into the vagina, allow it to stay inside the vagina for 15 minutes and you may read, watch TV, listen to the music, or talk over the phone during this period. If the expansion device slips out, gently push it deeper into the vagina.
- Rotate the acrylic stick for use or move back and forth to fully expand the muscles inside the vagina with more flexibility.
- After removing the expansion device, use neutral soap to rinse with water. Make sure to rinse the soap well to avoid soap residue that

irritates the vagina.

Precautions

- There are different sizes of acrylic sticks. If the patient has difficulty using the larger size, use the smaller size first, followed by gradually changing to larger size.
- Do not boil to disinfect the used acrylic stick.
- Suspend the use in case of internal bleeding in the vagina and notify the nurse for proper suggestion and treatment.

若有任何疑問，請不吝與我們聯絡
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