

Instructions for Use

Introduction

We are glad you are ready to get started with Milli. These instructions are intended to supplement the information given to you by your clinician. Your clinician ought to set the frequency and duration of your exercise routine.

Milli should NOT be used if there is an active infection, tears or other open wounds in your vulva/vagina. It is normal to experience discomfort during a dilation session. If your discomfort escalates, discontinue the session and consult your clinician.

Read the included Operating Manual first to understand how the device operates. We suggest that you get comfortable with operating Milli before you use it on your body.

Setup

1. Find privacy and comfortable space
2. Allow yourself 30 minutes for the session
3. Consider calming lighting and sound
4. Prepare activities that relax your mind, to relax your body

Tips

Many women use Milli in bed.

Consider lighting a candle or using aromatherapy oils to help relax.

Notice which activities cause you to tense, and which help your body to relax.

Insertion

1. Get into a comfortable position.
2. Apply water-based lubricant to the Milli wand and at the opening of the vagina.
3. With Milli fully closed, use gentle pressure to insert Milli into your vagina.
4. As is comfortable, continue to insert Milli to a comfortable and useful place.

Tips

Recline (in bed), with knees up and a pillow placed to support Milli.

A sample packet of water-based lubricant is included with Milli.

It may be easier to insert Milli with the tip pointed slightly towards the tailbone.

If needed, rotate Milli so that it is not expanding uncomfortably against your vulva.

Routine A: Stretching

Expand Milli to the diameter at which you feel discomfort. If needed, reduce diameter by one millimeter.

During the session, if tolerable, continue to expand Milli one millimeter at a time until you feel discomfort.

Overall, aim for a session of 15 minutes, up to 30 minutes, as your body allows.

Aim to use Milli every other day. And know that it is safe to use Milli daily, as tolerated.

If you'd like, see how adding vibration changes the sensation and efficacy of stretching.

Routine B: Reducing Hypersensitivity

Expand Milli to the diameter at which you feel burning. If needed, reduce diameter by one millimeter.

When comfortable, expand Milli one millimeter at a time until you feel burning.

Overall, aim for a session of 10-15 minutes as your body will allow.

It is safe to use Milli daily, as tolerated.

If you'd like, see how adding vibration changes the sensation and sensitivity.

Extraction

1. When finished with your session, hold down the (-) button to fully close Milli.

2. When Milli is closed, gently extract Milli from your vagina.

Remember, the number that Milli flashes as it closes is the largest diameter reached during the session.

What comes in the package

Each Milli kit contains:

1. Milli dilator
2. Milli charging case
3. USB charging cable & plug
4. Instructions & Operating manual



Avoid use if package/device is damaged

Manufactured for:
Materna Medical Incorporated

2490 Hospital Dr. Suite 310
Mountain View, CA 94040

www.MilliMedical.com