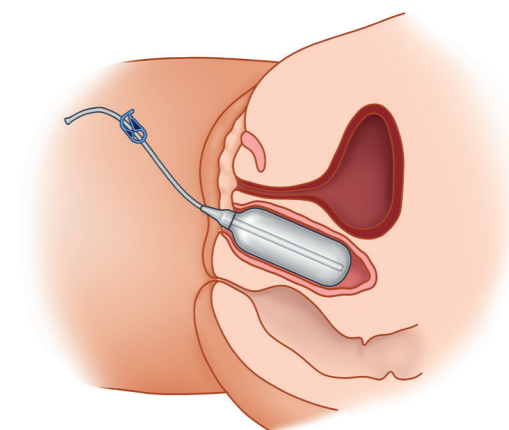




# ZSI 200 NS EXPANDER VAGINAL EXPANDER



For more information, visit  
[www.zsimplants.ch](http://www.zsimplants.ch)

## Instruction for use after vaginoplasty

- One inflatable cylinder, two sizes.
- For more information, visit [www.zsimplants.ch](http://www.zsimplants.ch)

## ZSI 200 VAGINAL EXPANDER AFTER VAGINOPLASTY, INSTRUCTION FOR USE

### DESCRIPTION

The device is an inflatable cylinder with a clamp and a connector.  
The device is made of silicone.  
Lengths available: 90 mm & 120 mm  
Diameter inflated: 40 mm

### OBJECTIVE:

Vaginal dilations with ZSI 200 Vaginal Expander are a very important part of the recovery process of the patient after vaginoplasty. Dilations keep the vagina open preventing vaginal stenosis. The vagina tends to close due to the body's natural reaction to any procedure to scar and try to heal itself – although in this situation this “healing” process is counterproductive.<sup>1</sup>

### INSTRUCTION FOR USE:

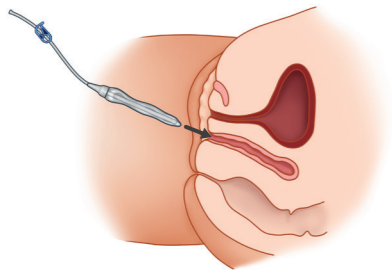
The patient can start using ZSI 200 Vaginal Expander about a few weeks after surgery. This timeline will depend on the healing of the vagina. The practitioner will advise the patient when to start.

To use the ZSI 200 Vaginal Expander, it is recommended that the patient finds a place where she can lie down comfortably (e.g. a bed or a sofa) with the knees slightly bent and the feet flat. The legs should be shoulder-width apart; the aim being to easily reach the opening of the vagina with her own hand.

Prior to insertion, the use of a water-soluble lubricant is recommended; this should be applied to the ZSI 200 Vaginal Expander and around the entrance to the vagina. The patient should also relax their pelvic floor muscles.

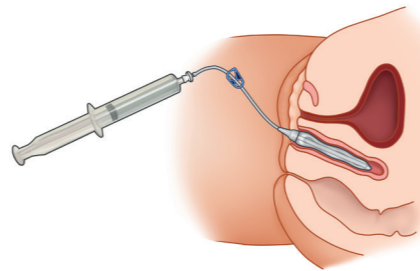
The recommended use of the ZSI 200 Vaginal Expander is the following:

1



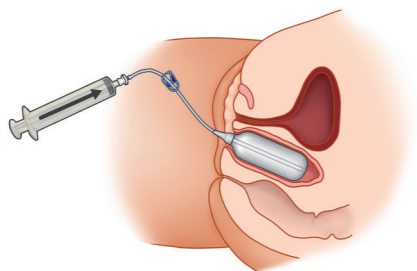
The deflated ZSI 200 Vaginal Expander should be inserted inside the vagina. It should be inserted as deeply as is comfortable, without forcing it. A hand mirror can be used to find the vaginal opening if needed.

2



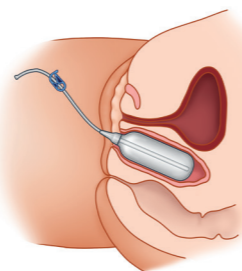
The ZSI 200 Vaginal Expander must be filled with water up to 100ml for the ZSI 200 L90 or 130ml for the ZSI 200 L120.

3



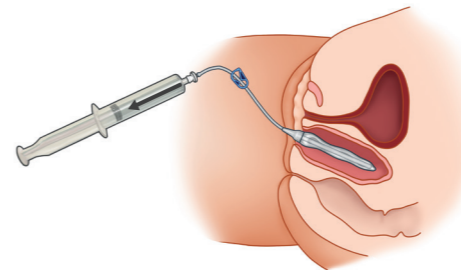
The tube must be clamped with the provided clamp so that water cannot escape. The syringe then can be removed.

4



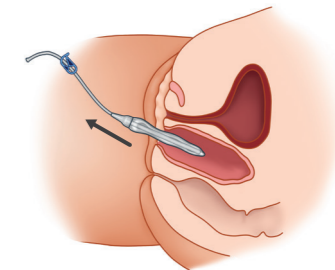
The patient should gently squeeze the ZSI 200 Vaginal Expander with her pelvic muscles (the Vaginal Expander shouldn't be squeezed so hard that the patient pushes it out), and then the patient should allow her muscles to relax. This process should be repeated a few times.

5



The syringe should be attached to the connector on the tube, the clamp should be open and the ZSI 200 Vaginal Expander emptied.

6



The ZSI 200 Vaginal Expander should be removed gently from the vagina.

For the first 12 weeks, it is common to use the ZSI 200 Vaginal Expander multiple times per day, every day, for c. 15-20 mins. Depending on the healing of the tissues, the practitioner may advise the patient to decrease the number of uses to a 1-2 times per day before reducing the use of the product to only a few times per week.<sup>2</sup> The aim is for the patient to continue dilating the vagina, especially during the immediate post-operative period, so that vaginal depth and width is not lost.

### WARNING:

The patient should be made aware that, in case of any questions or problems, it is important she talks to her practitioner at her next appointment (e.g. she should seek medical help in case she experiences pain, discomfort, or bleeding during vaginal expansion).

**The Vaginal Expander must be filled with water. In no circumstances, should the device be filled with air; Air leakage can cause vaginal damage.**

### HYGIENE REQUIRED AFTER VAGINOPLASTY:

Starting 8-15 days after surgery, the practitioner may advise a patient to start douching using a non-scented vaginal douche at least 1-2 times per week, depending on the amount of vaginal discharge experienced. If the patient notices she is having a lot of vaginal discharge, it is recommended to increase the douching schedule.

It is also very important to keep the external vagina dry. The patient can place an absorptive pad between the vaginal lips to absorb excess moisture.<sup>3</sup>

### OTHER CONDITIONS:

The ZSI 200 Vaginal Expander therapy can also help reduce adverse symptoms from many vaginal conditions, including:

- Vaginismus
- Dyspareunia
- Vulvodynia\*
- Vaginal atrophy
- Pelvic pain and chronic conditions resulting from menopause

\*Vaginal expander therapy can help reduce pain during sexual intercourse and can also alleviate symptoms from common vaginal conditions.

### SEXUAL INTERCOURSE:

The patient should wait at least 12 weeks after surgery before trying out sexual intercourse.<sup>4</sup>

This gives enough time for the skin graft to fully heal inside the vaginal canal. This means that the ZSI 200 Vaginal Expander should be the only thing going inside her vagina for those first 12 weeks.

It is important that the patient feels comfortable when having sexual intercourse. It is recommended that she talks to her sexual partner about changes and side-effects that she experiences.

### REFERENCES:

1. Rajveer Purohit, Gender affirming surgery, <https://rajveerpurohitmd.com>,
2. H. Kaeser, why and how to use a Dilator after a vaginoplasty procedure, March 31, 2021, Health equity.
3. John Hopkins, the center for medical health, vaginoplasty.
4. A. Deleon, Let's Talk About The S Word: Genderbands, Sex After Vaginoplasty, Nov 14, 2020.