

My Success Plan

Think ahead. Choose your routine.

Check the days that work for you and note how long you'll use Milli. We recommend 5-20 minutes, 3-5 days per week for the best results. Please use the below planning guide to think through what makes the most sense for your routine so that you are able to adhere to the therapy and achieve your goals.

Days	<input type="checkbox"/> Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thurs <input type="checkbox"/> Fri <input type="checkbox"/> Sat <input type="checkbox"/> Sun
Minutes per session	_____ minutes
My weekly goal	_____ sessions per week



*Most women who practiced regularly noticed progress within 3 months.**

Make It Yours

Write down what helps you feel comfortable and confident, so you can remember what works for you.

Where I'll practice	
What helps me relax	

Other Helpful Tips

- Find a quiet spot, breathe deeply, and go gently.
- Stop if you feel pain or discomfort.
- Use vibration if it helps you relax.

*Based on self-reported experiences of Milli customers participating in the POMPOM study.

Disclaimer: This guide is for educational use only and is not a substitute for medical advice. Always consult your healthcare provider about any symptoms and treatment options.

Indication: The Milli Vaginal Dilator is a tool intended for controlled dilation of the vagina. It can be used for dilation for an examination (by your doctor), in preparation for a surgical procedure, or to help relieve the symptoms of vaginismus (condition that involves tightening of the vaginal muscles) and related painful sex. hellomilli.com/safety. MKT3482.B

My Progress Tracker

Every session counts, even the short ones.

Date	Minutes per Session	Vibration (Y/N)	Comfort Level (0 = comfortable, 10 = tight)	Small Wins

 *Progress can feel different for everyone, go at your own pace.*

Milestone Moments

Every few weeks, pause and check in with yourself. What feels different? What do you notice?

Week	What I'm Noticing
4	
8	
12	