

# Pain During Sex Isn't Normal

**Pain is a signal, not something to ignore.**

Use this guide to check what applies to you, jot notes, and bring it to your next appointment if helpful.

## Start the Conversation

You don't need to explain everything perfectly. Try:

- Sex is painful, and I want to understand why.
- Tampons or penetration have always been uncomfortable.
- I've avoided exams because they hurt.
- I feel tension or tightness that I can't control.

## What You Might Be Feeling

*(Check off anything that sounds familiar — the medical terms are for reference only.)*

X	What You Feel	How Often?	What It Might Be Called	Describe What It Feels Like / When It Happens
	Pain or tightness with penetration	<input type="checkbox"/> Rare <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	Vaginismus, pelvic floor overactivity, GPPPD	
	Burning, irritation, or dryness	<input type="checkbox"/> Rare <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	Vaginal atrophy (atrophic vaginitis), GSM	
	Lingering ache after sex	<input type="checkbox"/> Rare <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	Pelvic floor dysfunction, myofascial pain	
	Itchy or sensitive skin	<input type="checkbox"/> Rare <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	Lichen sclerosus, vulvar dermatitis	
	Deep pain inside	<input type="checkbox"/> Rare <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	Endometriosis, pelvic adhesions	
	Pain or tension linked to past trauma	<input type="checkbox"/> Rare <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	Trauma-related pelvic pain	

Acronyms Explained: GPPPD (Genito-Pelvic Pain/Penetration Disorder), GSM (Genitourinary Syndrome of Menopause).

For reference only. Diagnosis and treatment should be made by a qualified healthcare provider.

# Conversation Starters with Your Provider

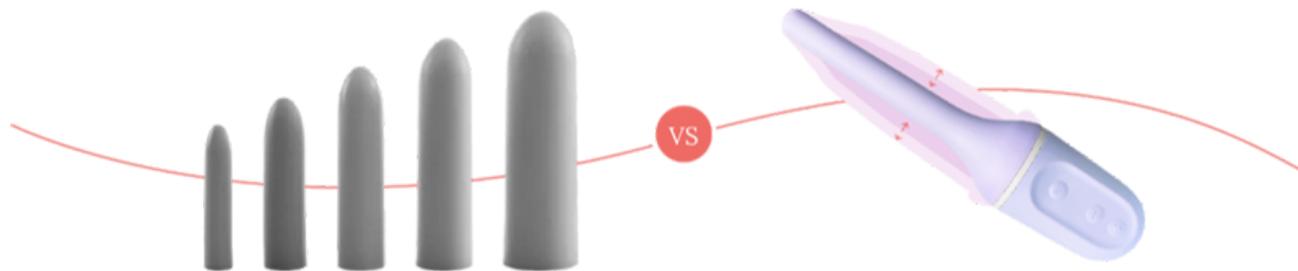
- What could be causing this pain?
- Could it be related to pelvic floor muscles?
- What options are available to help?
- Would dilation therapy work for me?

## Understanding Dilation Therapy

When pain or tightness makes penetration or exams uncomfortable, your healthcare provider may recommend gentle vaginal dilation. Progress happens at your own pace, and your provider can guide you on whether dilation is right for you.

In a virtual, self-reported study, 85% of Milli users made progress toward returning to intercourse after 90 days.

## Types of Dilators



### Traditional Static Dilator

A set of individual dilators in different sizes

You move to the next size as comfort improves

### Milli Expanding Dilator

One device that gently expands to a comfortable width

Allows controlled adjustment under provider guidance

**Important:** These examples are intended to show design differences only, not performance or effectiveness.

## Learn More

Scan the QR to explore more about vaginal tightness and what to expect with dilation therapy.



\* 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](https://hellomilli.com/safety). MKT3515.A