

# Milli Quick Start Guide

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.

1. Wash the Milli wand with warm water & mild soap, dry.
2. Find a calm, safe space where you feel comfortable.
3. Apply a water-based lubricant on wand of dilator and vaginal opening if desired.
4. Position—find a comfortable position, such as semi-upright with pillows to support your head, back, and knees as they lay open.
5. Consider breathing or relaxation exercises before and during your dilation session.
6. Press (+) to Turn On (Display will read "0").



@milli.

- For Optional Vibration: Press (-) once for low vibration, (-) twice for high vibration, and a third time to turn vibration off.
- While inserted into the vagina at the desired depth, but at least halfway, gradually increase the dilation diameter to your comfort level. Insertion depth may vary, gradually progress until Milli can be fully inserted.
- When ready, press (+) to expand 1 millimeter at a time (Display "1" to "25"). You may feel some discomfort, stop if you start to feel pain.
- Keep Milli inserted for length of time recommended by your HCP (often 5-20 minutes).
- Remove Milli in either its expanded state or press (-) until the wand retracts and then remove.
- You can turn off Milli by pressing the (-) button for at least 2 seconds. Milli just turns off after a period of inactivity when it is at "0".
- Clean: Wash wand with warm water & mild soap, dry, return to charging case. Please do not submerge Milli as it is not waterproof.
- Consider recording your progress along with any thoughts, feelings, or questions that came up during your dilation session and share them with your care provider.



If you have either of the following contraindications, you should NOT purchase or use the Milli Vaginal Dilator:

- Active pelvic (lower abdomen) infections or,
- Open wounds in the tissue inside or surrounding the vagina.

Pregnant women should refer to their physician for guidance prior to use. For full safety information, refer to [www.hellomilli.com](http://www.hellomilli.com)

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