



Center for Pelvic and Vulvar Health

Products to Consider

Incontinence/Prolapse:

- If you have a rectocele, or weakness in the wall separating your vagina and rectum, a large or firm stool may be difficult for you to pass. This device can be helpful to place gently in the vagina to realign the rectum and improve complete emptying: [MYAID Femmeze](#)
- Some women with prolapse or varicose veins of the vulva will find that supportive underwear will help decrease the rubbing sensations and discomfort they will feel from their prolapse and or large veins. There are many kinds of these. This pair has a pocket for hot or cold compress gel pads if needed: [Underworks Vulvar Varicosity and Prolapse Support Brief](#)
- Effective and pain free elimination (pooping) is an important part of pelvic health. Many modern toilets are not made with pelvic health in mind. When the knees are above the hips, the sigmoid colon is more easily emptied. A toilet stool is a simple first step to addressing occasional or regular constipation: [Squatty Potty](#)

Sexual Pain:

- The [Ohnut](#) allows you to easily customize how deep penetration goes. The device is placed externally at the base of your partner's penis or on a toy. It compresses down to act as a cushion during sex. Ohnut comes with four linking rings so that you can adjust the depth of penetration for your comfort. Always use this with a water or silicon-based lubricant.
- Your provider or physical therapist might recommend that you use vaginal dilators for your conditions. Common conditions that can benefit from dilators include: vaginismus, vulvodynia, pain with sex, vaginal narrowing due to skin condition, or cancer treatments, to name a few. [Intimate Rose](#) and [Vaginismus](#) are two sites that sell these on line. Instructions for use can be found [here](#).
- Your provider or physical therapist may recommend a vibrating pelvic wand to target specific muscles that are tight or tender without needing to stretch the entire vagina with a dilator. These are also found at [Intimate Rose](#).

Pregnancy:

- Pelvic, low back, and pubic bone pain are common during pregnancy. There are a variety of support belts that can be helpful to support your changing body, like the [Serola Belt](#).
- Varicose veins are also especially painful in pregnancy when they appear on or near the vulva. [This support belt](#) can be adjusted as your body changes and will provide added support directly to the vulva as you move about your day.