

CENTER FOR

Tideline

HEALTH & AESTHETICS

TREATMENT GUIDE:

VAGINISMUS

WHAT IS VAGINISMUS?

Vaginismus is a condition where the muscles of the vagina involuntarily contract or tense during penetration. These spasms can be mildly uncomfortable or even painful, preventing pelvic exams, the use of tampons or menstrual cups, sexual activity, and more. Patients with vaginismus may discover it the first time they attempt to insert a finger or tampon or the first time they engage in sexual activity. However, vaginismus can occur later in life with no history of symptoms previously.

Vaginismus is a complex condition that can have multiple factors and causes. They may be physical, such as prior surgeries or childbirth injuries, or they may be mental and emotional, such as anxiety disorders or past sexual trauma. Regardless, vaginismus is treatable with the help of an intimate health provider.

VAGINISMUS TREATMENT OPTIONS

At **Tideline Center for Health & Aesthetics**, vaginismus treatment can include multiple approaches, depending on the causes. Our intimate health providers will work with you to create a personalized treatment plan that fits your comfort level and preferences.

The O-Shot®

The O-Shot® is an in-office treatment that uses a blood sample to introduce growth factors into the vaginal area. This process can stimulate new tissue and circulation, improving the health of the muscles. It can be especially beneficial to patients who have injuries from childbirth or surgeries since it can help repair tissue and support overall pelvic health.

No downtime is needed after the O-Shot, but we recommend a package of treatments to fully

address your treatment area. Because of the complex nature of vaginismus, it may take a few months to produce noticeable results.

Topical Therapy

Certain medications, like lidocaine, can help ease any pain or discomfort felt during insertion. This may allow you to undergo crucial preventive care screenings. Other medications may help the muscles relax and relieve spasms or cramps.

Pelvic Floor Physical Therapy

Pelvic floor physical therapy is a specialized type of physical therapy that can help you train the vaginal muscles through specific exercises. It may include using dilators at home to gradually and gently open up the vaginal canal. Our team will refer you to a physical therapist where needed.

Psychotherapy

For patients who have anxiety disorders or past trauma that contributes to vaginismus, meeting with a mental health professional can be beneficial. It may help you address and unpack underlying associations and give you valuable tools. Our team can refer you to an appropriate mental health professional specializing in intimate health-related topics.

LEARN MORE TODAY

Vaginismus can be disruptive and disheartening. Our intimate health providers are here to help you achieve your best health and feel more confident in your day-to-day life. Schedule a consultation by filling out our **online contact form** to learn more.