Vaginismus *treatment*

Muscle-relaxing injections for vaginismus

HELEN HUNT MEDICAL AESTHETICS

What is vaginismus?

Vaginismus is a condition where the pelvic floor muscles around the vaginal opening tighten involuntarily or go into spasm. This can make penetration, including intercourse, using tampons or having a smear test, painful, difficult or sometimes impossible. It is more common than many people realise, it is not your fault, and it can be treated.

How does the treatment help?

Small amounts of a muscle-relaxing medicine are injected into specific overactive pelvic floor muscles to ease the involuntary spasm. This helps to break the cycle of pain and tightening, making penetration more comfortable. It is often considered when other approaches, such as dilators alone, have not helped.

What happens during the treatment?

1. Your practitioner talks you through the treatment and answers any questions.
2. A numbing cream is applied so you feel as comfortable as possible.
3. Very fine needles are used to inject small amounts into specific points in the pelvic floor muscles; this often takes less than a minute.

At a glance

TREATMENT TIME
The injections take less than a minute

COMFORT
Numbing cream is used

DOWNTIME
Minimal, most people return to normal activities quickly

STARTS WORKING
Usually within 2–5 days, full effect around 2 weeks

HOW LONG IT LASTS
Typically 3–6 months

WORKS BEST WITH
A home dilator programme

WHO MAY BENEFIT

- Pain or difficulty with intercourse
- Difficulty using tampons
- Difficult or painful smear tests and examinations
- Those for whom dilators or other therapies alone have not been enough

WHY CONSIDER THIS TREATMENT?

- Helps break the cycle of pain and spasm
- Quick, carried out in clinic
- Minimal downtime
- Supports your dilator programme
- For many, longer-lasting improvement

AFTERCARE ADVICE

- Use a water-based lubricant, as natural lubrication may be temporarily reduced
- Go at your own pace; there is no pressure
- Let us know how you are getting on

POSSIBLE SIDE EFFECTS

- Temporary vaginal dryness
- Temporary weakness in nearby muscles (rare)
- Incontinence (very rare when carried out by an experienced practitioner)

The effects are temporary, typically lasting 3–6 months, and for many people this is enough to break the spasm cycle longer term.

WHAT TO EXPECT AFTERWARDS

- Results build gradually rather than instantly
- You may notice a change within 2–5 days
- Full effect at around 2 weeks
- Most people carry on with normal activities straight away

IS IT RIGHT FOR ME?

Please let us know if you:

- Are pregnant or breastfeeding
- Have a neuromuscular condition
- Have an active infection in the area
- Have had a reaction to muscle-relaxing or anti-wrinkle injections before

IMPORTANT TO KNOW

Vaginismus is a common and treatable condition, and you will always be seen in a private, unhurried and supportive setting. As this is a prescription-only treatment, your practitioner will talk through your symptoms, history and options at a face-to-face Women's Health Consultation before anything is recommended. It works best as part of a wider plan, alongside dilators and, where helpful, pelvic health physiotherapy. If you have any questions, please call the clinic on 01392 984171.

Begin with a *consultation*

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SCAN TO BOOK

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