

Experience the
Soothing comfort of

Cool Water Cones

The new generation of
vaginal dilators

The Cool Water Cone was created by a loving husband to assist his wife in easing some of her discomfort during cancer treatment and recovery. Utilizing over 40 years of his experience in the scientific field of Hydrocolloids, this revolutionary new product was developed to bring soothing comfort during a difficult time. Our hope is that Cool Water Cones bring to you this same cool and soothing comfort during your time of recovery.

Cones are available in S-M-L for your comfort. We suggest working with your physician to determine the most appropriate Cone to use during your treatment. Your doctor may recommend starting with a small Cone and increasing size as your recovery and tolerance progresses.

Made with 100% all-natural ingredients that are GRAS and FDA approved. Cones are Earth-friendly and fully bio-degradable.

Product intended as a self help device

If you experience a small amount of drainage, a slight bloody discharge, or spotting from your vagina after use, do not be alarmed, this is generally normal. If you are concerned, please consult your physician or nurse.

You may experience slight discomfort the first time you use the Cone. If you are concerned, please contact your physician's office. Your doctor may suggest a smaller Cone and/or additional guidelines for use.

Cool Water Cones

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A Product of JRMC Inc.
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**We welcome your product
review, testimonial,
comments or questions!**

The information in this pamphlet should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed physician should be contacted to diagnosis and treat any and all medical conditions. Call 911 for all medical emergencies.

***** CONE MUST BE WASHED,
SEALED AND REFRIGERATED AFTER
EACH USE. NEVER FREEZE A CONE.**

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The new generation of
vaginal dilators

Specially designed for a woman's
Gynecological Oncology needs.

www.coolwatercones.com

(704)-776-4640

Why...

After surgery or radiation on the female reproductive organs, many patients experience a shortened or narrowed vagina. On these occasions, your doctor may suggest the use of a vaginal dilator to help restore and maintain your vaginal health. Cool Water Cones are a revolutionary new vaginal dilator that may help speed your surgical recovery and may increase your comfort during pelvic exams and intercourse after vaginal trauma.

When...

Surgery Patients: If you have experienced pelvic surgery, your physician may instruct you to wait until your incision is healed before use. Continue to use Cones exactly as prescribed. Your doctor will help determine length and frequency of use.

Radiotherapy Patients: Most women prefer to start using the Cone toward the end of their treatment cycle for cool and soothing relief. If you are not sexually active after radiotherapy, then you should use the Cone three times a week for about two to five years after treatment is completed. Following this routine will help restore and maintain the size and shape of your vagina. It should also allow for more comfortable future vaginal examinations and treatments.

What to do...

Run the Cone under cool tap water to activate the self-lubrication. Once you are comfortable with the use of your Cone, you may try using during your shower. The water during your shower will be enough to activate lubrication. Be careful during your shower as your Cone will become quite slippery when wet.

Do not add any additional lubricants to your Cone. This adds unnecessary and potentially harmful chemicals to your body. Your Cool Water Cone is chemical-free, organic, all-natural and contains over 90% water. It was created to help cool and soothe your delicate, healing tissue. The addition of extra lubricant may irritate the vaginal tissue rather than promote healing.

To insert the Cone, lie on your back with your knees apart. Alternatively, you may stand with one foot raised onto the side of a bathtub or low bench.

Gently press the small end of the Cone into your vagina. Slide the Cone gently towards your tailbone, similar to inserting a tampon, while continuing to hold onto the Cone's base. The soft, yet firm, texture of the Cone and the self-lubrication should allow for gentle contouring to your recovering area. **Do not use force to insert the Cone.** The Cone should slide comfortably into your

vagina. If you experience difficulty, try relaxing your stomach and pelvic muscles. Take several slow deep breaths. This should not cause you great discomfort. If you are still unable to insert the Cone, then contact your physician or nurse for assistance.

Once the Cone is in place, gently, yet firmly, apply pressure with your hand. Hold in place for as long as is comfortable. When ready, gently slide the Cone out. Your first few uses may only last for 15 to 30 seconds. As your comfort level and tolerance increases, you may leave the Cone in place for as long as is comfortable and soothing. Recommendation is 3 minutes then remove, rewet with cool tap water and reinsert your cone if desired.

After you have become comfortable with your Cone, your doctor may recommend an increase in Cone size and some muscle exercises that will help strengthen your vaginal walls, so that you may have a more positive vaginal experience

Wash your Cone with warm water after each use. Do not use soap, as this may introduce unwanted chemicals and cause tissue irritation. After rinsing, seal in plastic bag and refrigerate. **Never freeze a Cone.** The Cone may be reused for up to 4 weeks when properly washed and stored after each use.

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AND REFRIGERATED AFTER EACH USE.**