

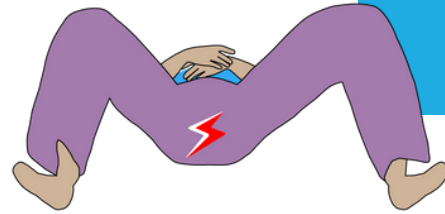
Precautions



- 1 Make sure say ya tissue don heal
- 2 Wait until ya birth provider clear u fo penetrative sex tru ya toto (e fit be like about 6 weeks)

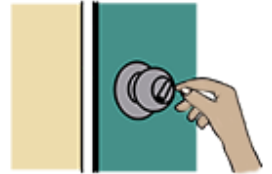
- 3 Get a mirror to confam say ya scar don heal and u no get any wound peel or fresh wound wey neva close

- 4 Avoid dis if u get skin problem like rashes or swelling



Privacy

- 1 Dis na alone time fo U to “do u”
- 2 Arrange am fo wen u know say pipo or anytin no go disturb u
- 3 Close and lock the door



Prepare



- 1 Short, smooth nails
- 2 Music wey go make u relax
- 3 One candle abi two

- 4 Ya favorite lubricant (my favorite na coconut oil)

- 5 Apply plenti amount of d lubricant for ya fingertips



- 1 Turn d pelvic flor “off” by resting ya back
- 2 Turn d hip muscles off by supporting ya legs

- 3 My favorite place to dey rest my back na fo inside oyinbo bathtub- warm water na jara!



Practice

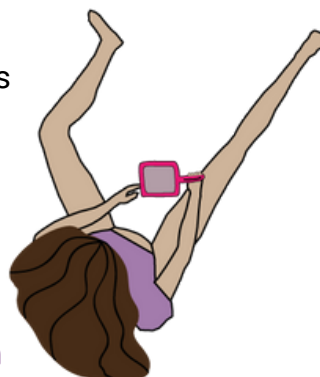
- 1 Luk at ya sef with a mirror
- 2 Lightly touch ya scar. If e dey cause u pain or u tense up, practice deep breathing until d pain go reduce and d tension go release u



- 3 Gently move ya tissue side to side, up and down, in circles, and counter clockwise circles



Stop if u have constant pain abi u dey bleed.



Practice

- 4 Dey aware of any direction or area wey dey tight or painful
- 5 Dey increase d pressure small small as u fit tolerate am make e no dey painful
- 6 U fit nid to hold a stretch for 15-60 seconds to for allow am release and dey soft
- 7 Once u dey able to perform dis with deep pressure in all directions, try to insert ya finger into ya toto

Repeat steps 1-5 above.