

## What is restifem

restifem® is a vaginal support pessary made of silicone.

### Area of application

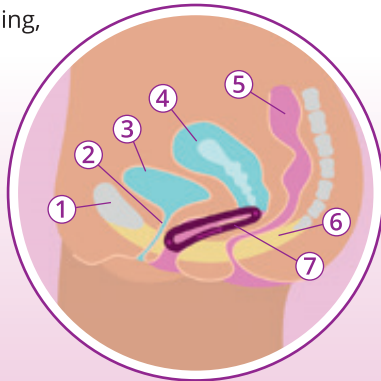
No matter whether it is used by a young mother or a mature woman – the pessary can alleviate the symptoms of stress urinary incontinence or a prolapse, and possesses preventive and therapeutic properties. After childbirth, restifem® relieves the connective tissue of the pelvic floor (especially the supporting apparatus of the uterus and the urinary continence control system) and thus assists its involution.

### Instructions for Use

Use after childbirth following cessation of postpartum flow for at least 3–6 months, or for as long as breastfeeding is continued/pelvic floor problems persist.

Insert in the morning, remove and clean at night.

- 1 Pubic bone
- 2 Urethra
- 3 Bladder
- 4 Uterus
- 5 Rectum
- 6 Pelvic floor
- 7 restifem®



## Where do I get restifem

restifem® is available via our online shop:  
[www.restifem-shop.com](http://www.restifem-shop.com)

It is also possible to order it via email:  
[info@restifem.com](mailto:info@restifem.com)

For more information visit:

[www.restifem.com](http://www.restifem.com)

## small



### Dimensions

Length: 7,0 cm  
Width (front): 3,0 cm  
Width (rear): 4,0 cm

Item no.: R011S  
GTIN: 0742832852203

## medium



### Dimensions

Length: 8,0 cm  
Width (front): 3,5 cm  
Width (rear): 4,5 cm

Item no.: R011M  
GTIN: 0742832852210

## set

(1 small, 1 medium)

Item no.: R011Set  
GTIN: 0742832161848

### Direct purchase via:

VIOMED Vertriebs GmbH  
Berliner Straße 90  
14797 KLOSTER LEHNIN  
GERMANY  
Phone: +49 (0) 3382 7042 80  
Fax: +49 (0) 3382 7042 81  
Email: [info@restifem.com](mailto:info@restifem.com)  
Web: [www.restifem.com](http://www.restifem.com)

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**Innovation  
in pessary therapy**

VIOMED

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## The pelvic floor innovation

### Preventive effect

Pregnancy and birth cause overexpansion and sometimes even injury to the pelvic floor connective tissue, as well as overloading of the pelvic floor musculature. Both are relieved through treatment with the support pessary, supporting the regression process. Optimal regression can reduce the risk of later functional limitations of the pelvic floor. Woman after a vaginal birth as well as after a cesarean section can wear the pessary.

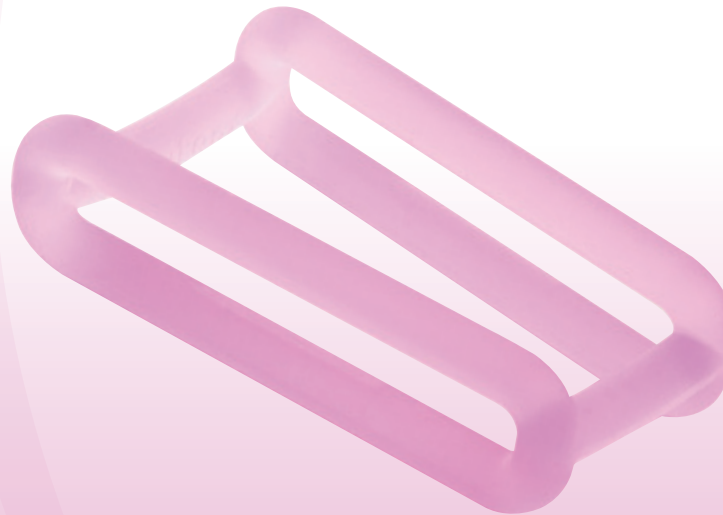
Supports regression processes after birth

Relieves and stabilises pelvic floor connective tissue

Relieves the pelvic floor musculature

**restifem**<sup>®</sup>  
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### Prevention and therapy



Easy for user to handle

### Therapeutic effect

All women who suffer from stress urinary incontinence (involuntary urine discharge) and/or descensus (especially uterus prolapse, vaginal descensus) can alleviate or even heal these conditions by wearing the device. The pessary straightens the uterus and supports bladder and urethra.

Provides treatment for descensus and stress urinary incontinence

Retrosymphyseal support mechanism

Pessary shape adapted to anatomy and configuration of the vagina