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(54) **BODILY TISSUE DILATION SYSTEMS AND METHODS**

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(75) Inventors: **T. Wade Fallin**, Hyde Park, UT (US);
Daniel J. Triplett, Providence, UT (US);
Daniel F. Justin, Logan, UT (US)

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(57) **ABSTRACT**

Correspondence Address:
WORKMAN NYDEGGER (F/K/A WORKMAN NYDEGGER & SEELEY)
60 EAST SOUTH TEMPLE
1000 EAGLE GATE TOWER
SALT LAKE CITY, UT 84111 (US)

A dilating system for dilating bodily tissue includes a elongate tubular first dilator and a elongate tubular second dilator. The second dilator has an outer diameter greater than the outer diameter of the first dilator, the first dilator being configured to be received within the second dilator. In one embodiment, a first mating member is formed on the exterior surface of the first dilator while a second mating member is formed on the interior surface of the second dilator. The first mating member engages with the second mating member when the second dilator is passed over the first dilator so as to cause the second dilator to travel along a fixed path relative to the first dilator.

(73) Assignee: **MedicineLodge, Inc.**

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