

Don't have a dental dam?

Here's how to make one from a condom!



Carefully open the package, remove the condom and unroll it.



Cut off the tip of the condom.



Cut off the bottom of the condom.



Cut down one side of condom, being careful not to create holes or tears in the dam.



Gently stretch the dam to lay it flat over the vulva or anus. Hold it in place during sex.



and you're done!
Have fun! 😊

Note: this also works well with a polyurethane (latex free) condom for those who wish to use a dental dam but have a latex allergy!