

How to use a Dental Dam for Safer Sex



Reasons people use dental dams

- 👄 Dental dams can be used during oral sex on a vulva or anus.
- 👄 Dental dams help prevent sexually transmitted infections (STIs), blood borne viruses (BBVs), and other infections such as yeast infections.
- 👄 Dental dams can be used to cover external sex toys such as a vibrator.
- 👄 Dental dams can make sex more comfortable for those who experience discomfort due to sensitivity.
- 👄 Dental dams are great for people who want to feel more at ease when receiving oral sex.

Note

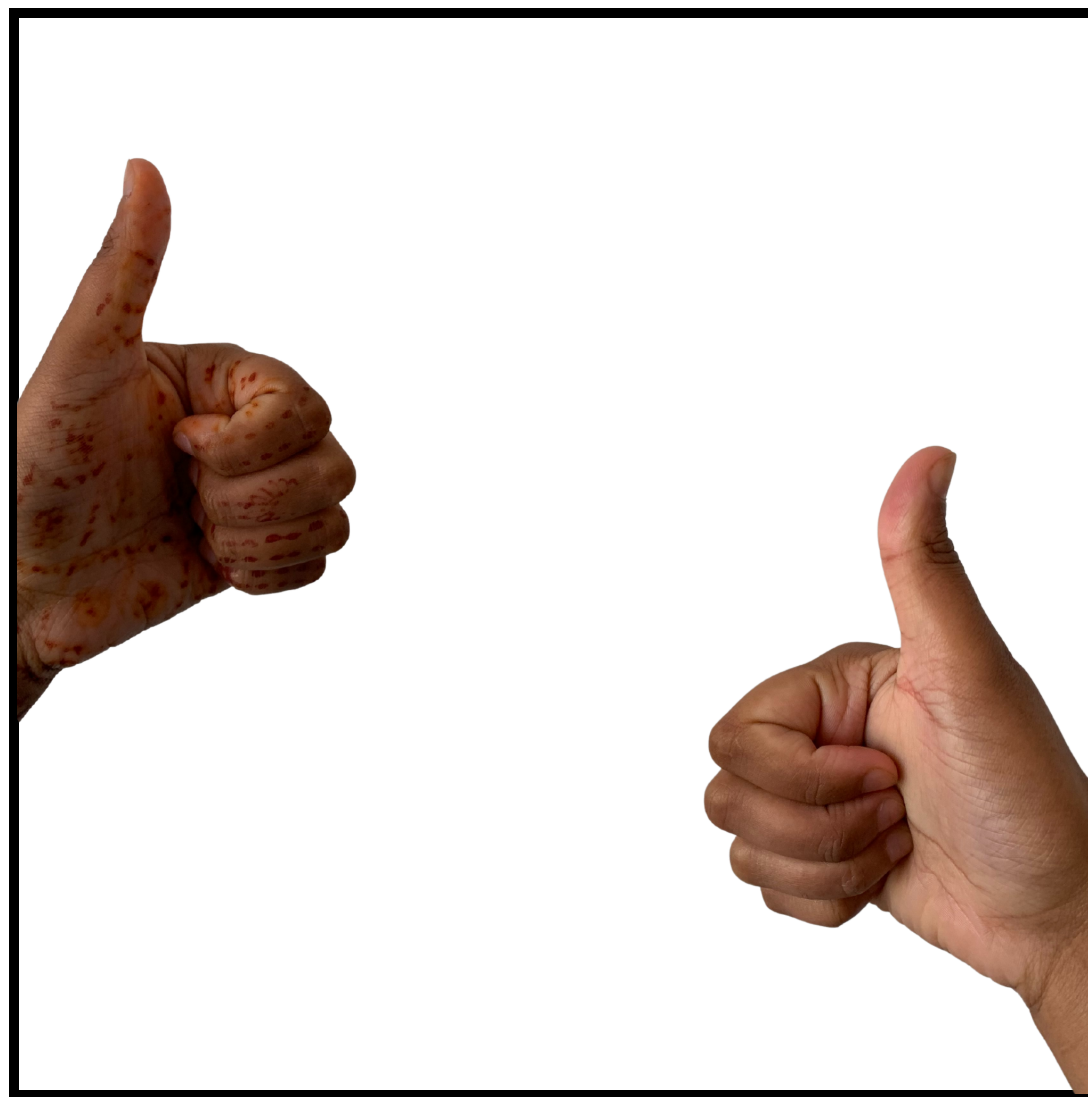
Dams are a single use item. Change your dam if:

- You put it on the wrong way
- Are having sex with multiple people
- Are having oral sex on different body parts (vulva/anus)



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STEP 1



You and your partner both agree to have sex and use a dental dam.

How to use a dental dam

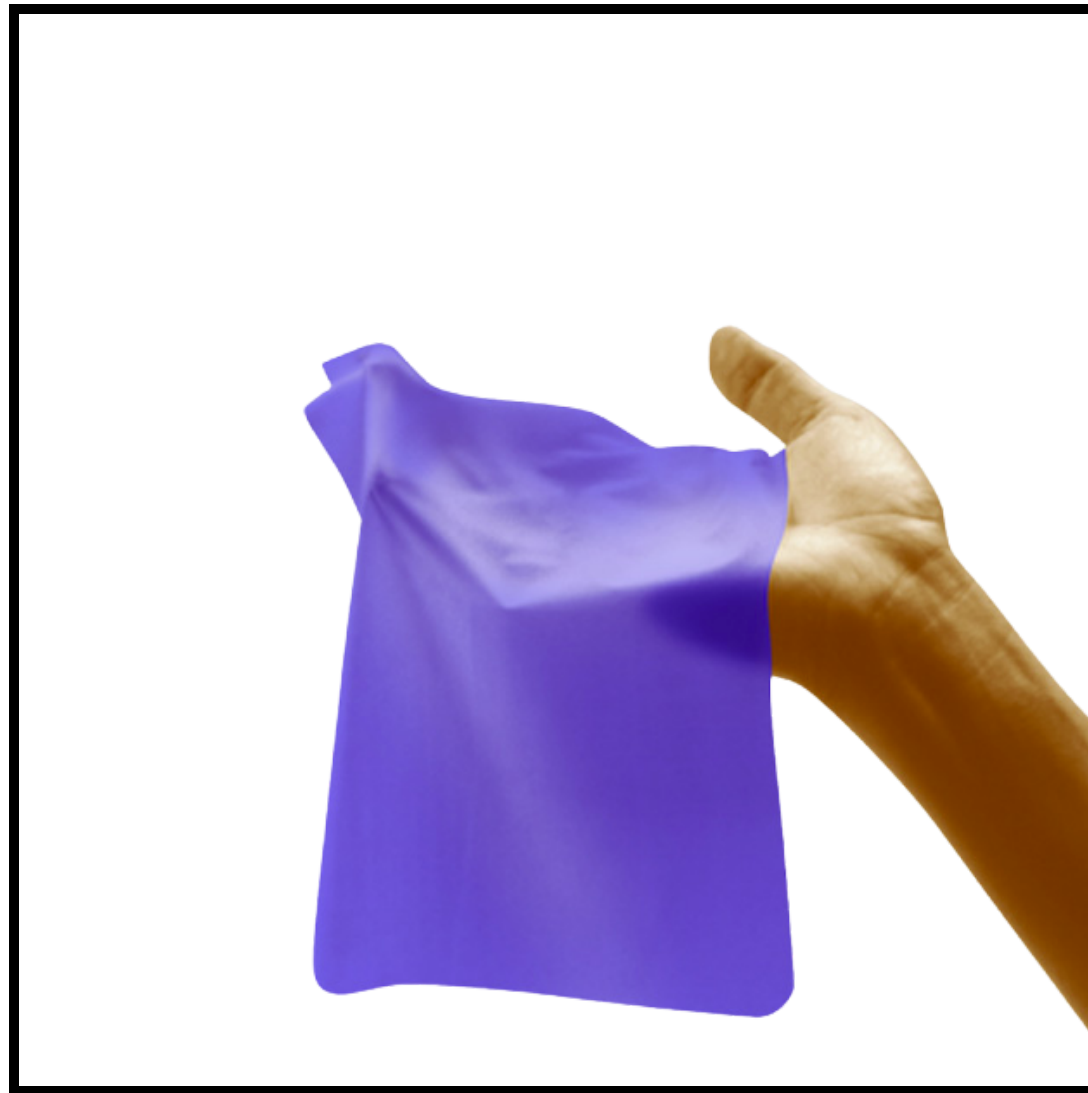
STEP 2



Check the expiry date.
Check the packet is sealed and undamaged.

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STEP 3



Carefully open the packet with your hands
and pull the dam out.

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STEP 4



Gently stretch the dam over the vulva or anus.

TIP: Use water based lube with a dam to increase pleasure!

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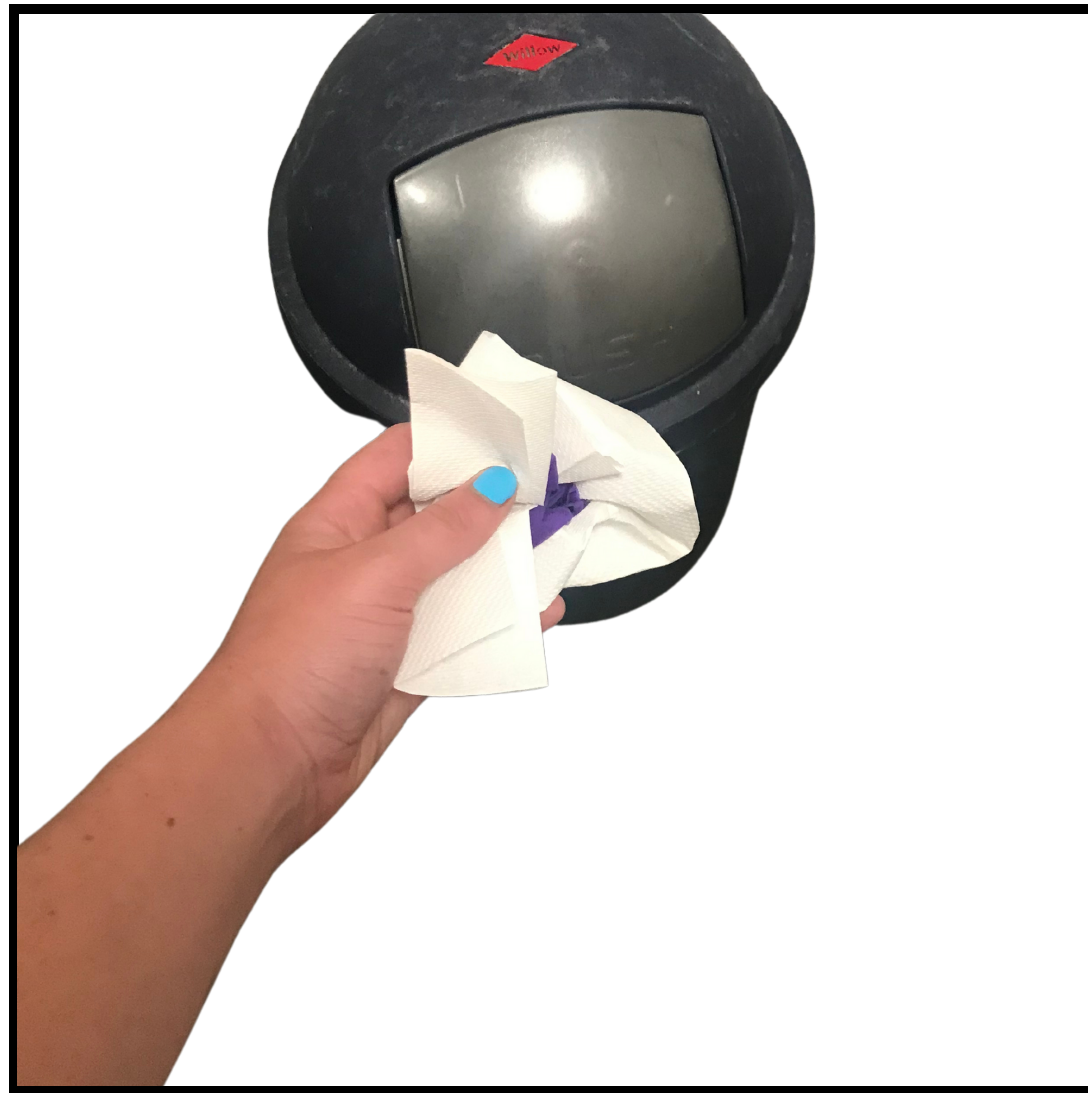
STEP 5



Have oral sex.
Hold the dam in place during oral sex.

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STEP 6



Once finished, throw the used dam in the bin.

How to use a dental dam

BONUS TIP



Use a new dental dam if moving from the anus to the vulva.

You can transfer barrier methods from vulva to anus, but
not the other way around.

This helps prevent infections like thrush.