

How to Make a Dental Dam from a Condom

for Safer Sex



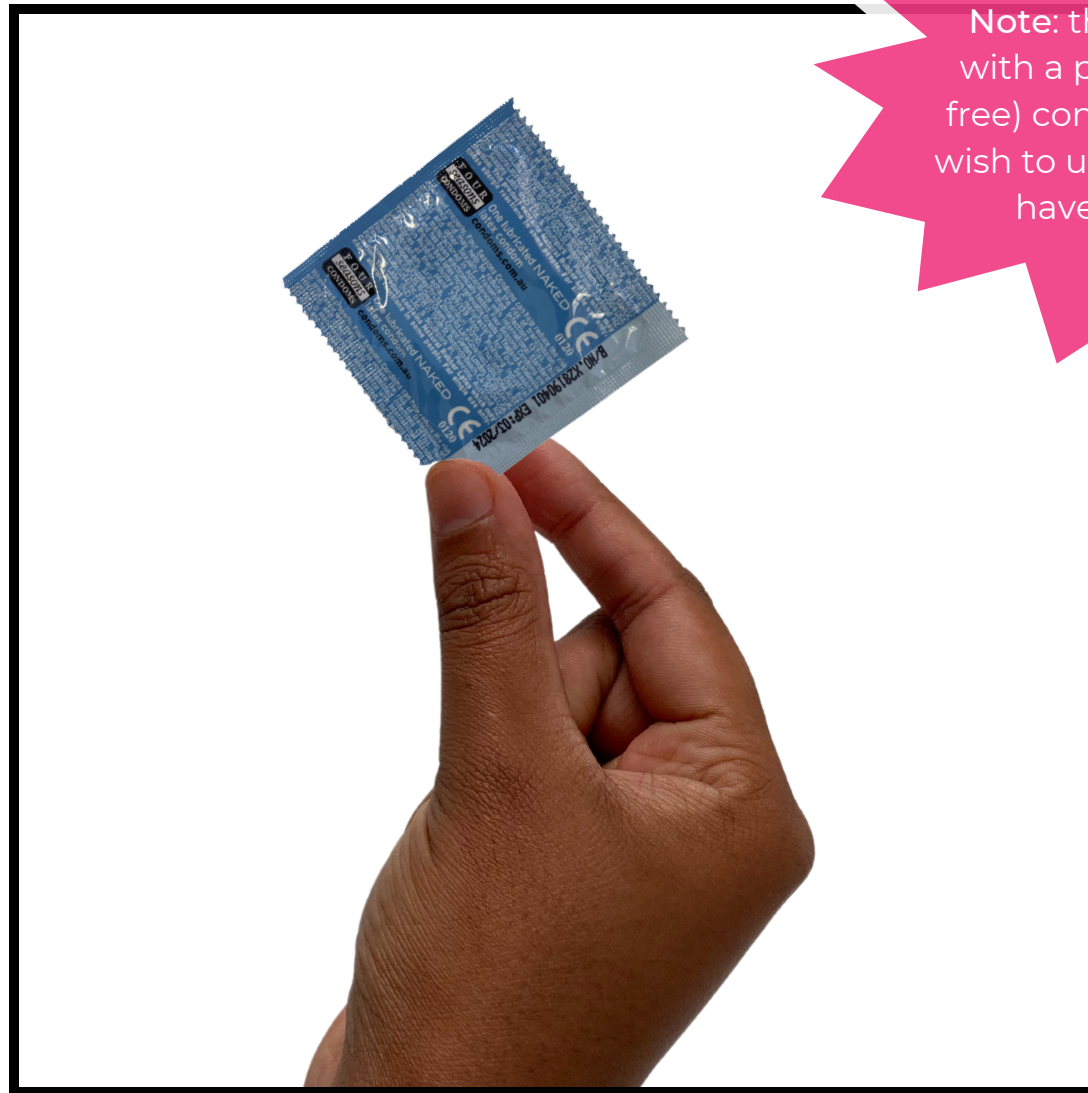
Reasons people DIY dental dams

- Condoms are more accessible than dental dams. Whilst you can buy dams online, specialty sex stores, or some community locations, dams aren't very easy to find.
- Condoms are cheaper than dental dams. Also, you can often access free condoms. These can be found at sexual health clinics, as well as some medical practices and youth or community centres. Check out where to find free condoms in WA at:
www.getthefacts.health.wa.gov.au/find-free-condoms
- People are more likely to have a condom available.
- If someone has a latex allergy, accessing a latex-free condom from somewhere like a chemist, is easier than finding a latex-free condom.



How to make a dental dam

STEP 1

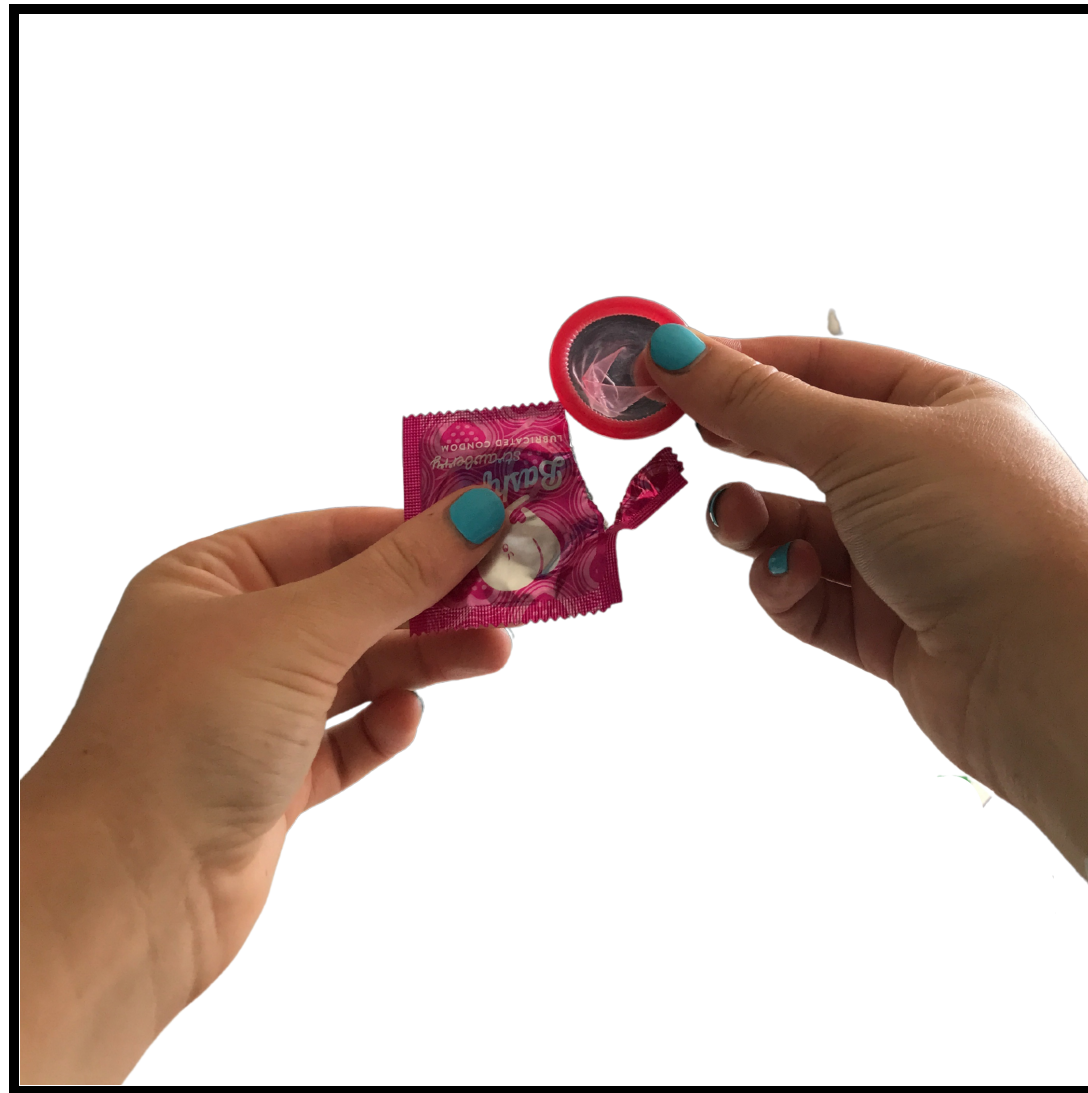


Note: this also works well with a polyurethane (latex free) condom for those who wish to use a dental dam but have a latex allergy!

Get a condom.
Check the expiry date.
Check the packet is sealed and undamaged.

How to make a dental dam

STEP 2



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

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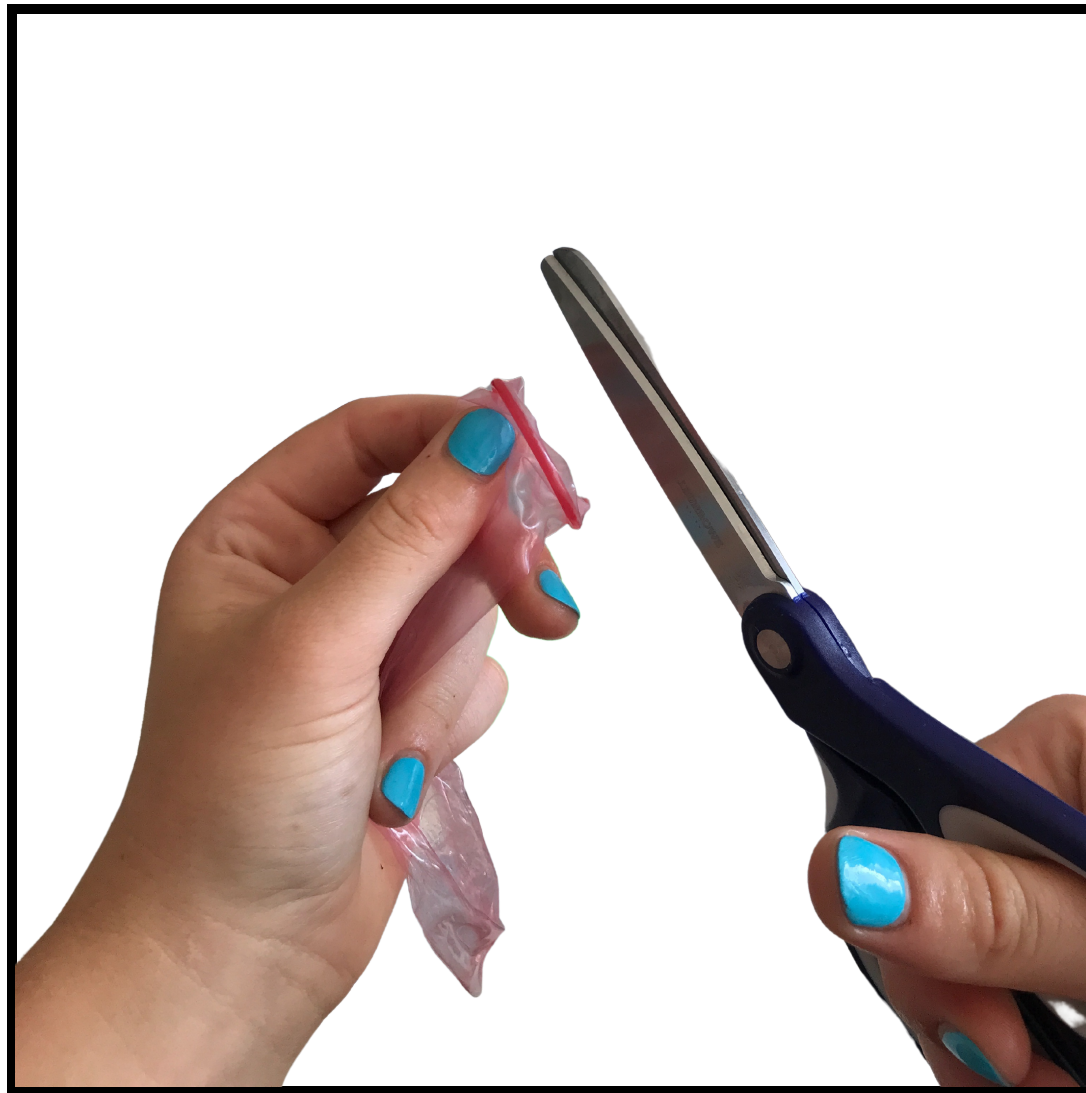
STEP 2



Cut off the tip of the condom.

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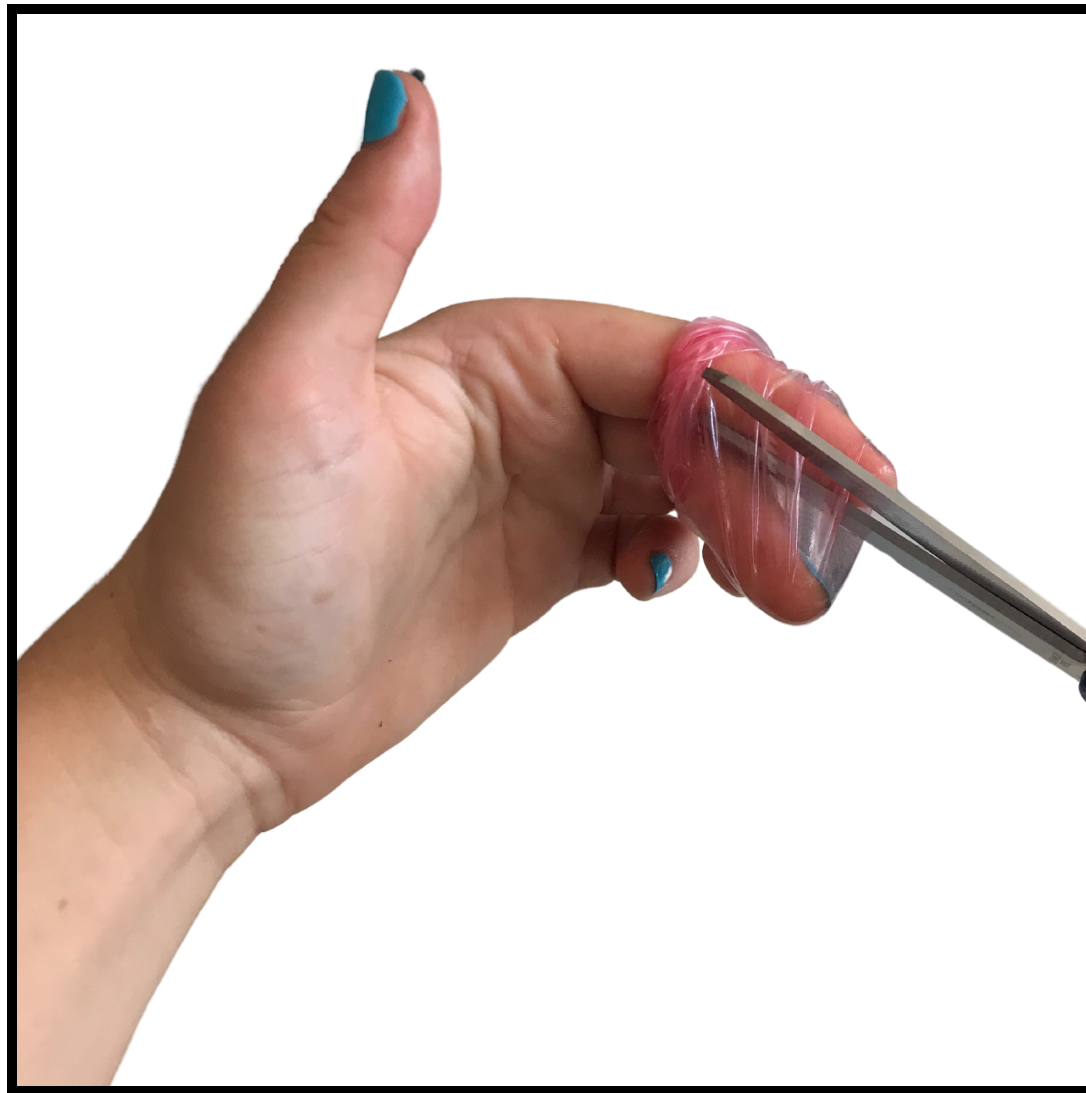
STEP 3



Cut off the bottom of the condom.

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STEP 4



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

How to make a dental dam

STEP 5



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

How to make a dental dam



Have fun! 😊
Check out our previous post to
learn how to use a dental dam.