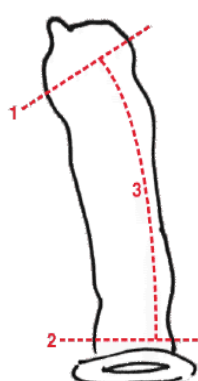


Dental Dams

Dental dams are rectangular pieces of latex which are used as a safer sex barrier during oral sex [with a woman (cunnilingus) or during oral-anal contact (rimming)]. During sex, dental dams are stretched across your partner's genitals to prevent your tongue from touching your partner's juices. Dams made for dental work can be found at medical supply stores and some sex shops, but can be quite thick. Thinner varieties, made especially for safer sex, can be found in some sex shops and catalogs. Often they are a bit bigger than dental dams, making them easier to hold. One brand is Glyde "Sheer Glyde Dam." You can also get panty-like dam-holding "harnesses" for hands-free operation. You can make your own dental dam easily out of a condom or latex glove, as well:

Making a Dam out of an (Unlubricated) Condom

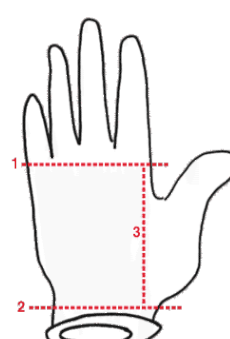


Use a condom that IS NOT lubricated with spermicide, since you'll be putting your mouth on it. In the condom cups you should find Lifestyle "Kiss of Mint" unlubricated condoms, which are a great choice (and tasty, too). First unroll the condom, then:

1. Cut off the tip.
2. Cut off the base
3. Now cut down one side

You now have a square latex dam.

Making a Dam out of a latex glove



You can cut up a latex glove (not a kitchen glove) to make a dental dam with a **bonus**. Get the kind without talc inside, since again, you're going to be putting your mouth on it.

1. Cut off the fingers.
2. Cut off the base.
3. Now cut along the thumb side of the palm. (Go ahead and leave the thumb on.)

You now have a dental dam with a bonus thumb-handle. You also now have 4 **bonus** finger cots for manual contact, which are especially recommended if you have cuts, bitten nails, or torn cuticles on your fingers.

How to use a dental dam

Step 1: Place water-based lubricant on the side that faces either the female genital (vulva) or the anus.

Step 2: Place barrier on the genitals or anus. Do not move the barrier back and forth between the vagina and anus as this can cause infection.

Step 3: Throw away barrier after using. Don't share or reuse dams.