

This document contains sexually graphic images and may not be suitable for some audiences.



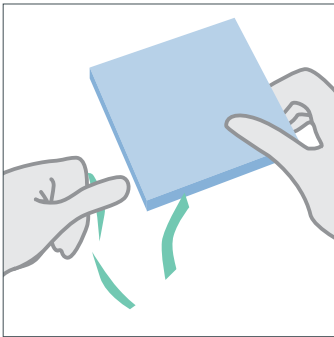
How To Use A Dental Dam As A Barrier For Oral Sex

Dental dams are latex or polyurethane sheets used between the mouth and vagina or anus during oral sex. Ready-to-use dental dams can be purchased online.

Dental Dam Dos and Don'ts

- **DO** use a new latex or polyurethane dental dam every time you have oral sex.
- **DO** read the package and check the expiration date.
- **DO** make sure there are no tears or defects.
- **DO** put on before starting oral sex and keep it on until finished.
- **DO** use water-based or silicone-based lubricant to prevent breakage.
- **DO** store dental dams in a cool, dry place.
- **DON'T** reuse a dental dam.
- **DON'T** stretch a dental dam, as this can cause it to tear.
- **DON'T** use nonoxynol-9 (a spermicide), which can cause irritation.
- **DON'T** use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the dental dam to break.
- **DON'T** flush dental dams down the toilet as they may clog it.

How To Use a Dental Dam



Carefully open dental dam and remove from package.

