

How to make a dental dam from condom!

It is possible to pass a sexually transmitted infection to a partner through oral-genital or oral-anal sex. A dental dam can be effective in reducing this risk!

A dental dam is a barrier between a person's mouth and another person's genitals. Many people use them during oral sex.

1. Check expiration date of the condom
2. Check to see there is a bubble of air in the package (to know it hasn't been pierced). If no bubble – get a new condom!
3. Open the package (not with your teeth!) and take out the condom
4. Grab some scissors and cut the tip off the condom
5. Cut through the ring of the condom
6. Unroll it! You now have yourself a dental dam. Add some flavoured lube if you like, and lay it over your/your partner's anus or vulva before having oral sex.

