

Dental Dams

These are ultra thin, soft sheets of latex which are designed to offer protection against sexually transmitted infections, which may be caught during oral sex (mouth to vagina or mouth to anal area).



Step 1: Ensure that the dam is in date and has a European CE mark

Step 2: Wet the vagina or anal area with a water based lubricant to ensure that the dam doesn't slip off.

Step 3: Place the dam over the vaginal or anal area before having any type of oral sex. Only ever lick one side of the dam.

Step 4: Always hold the dam in place during oral sex.

Step 5: Never lick the side of the dam that has been in contact with the vaginal or anal area.

Step 6: After oral sex remove the dam, wrap in a tissue and dispose of in household rubbish. Do not flush down the toilet as they can cause blockages.