

## Condom Care ...

-Keep it fresh: Store condoms loosely in a cool, dry place (not your wallet). Make sure your condoms are fresh—check the expiration date. Throw away condoms that have expired, been very hot, or been washed in the washer. If you think the condom might not be good, get a new one. You and your partner are worth it.

-Take it easy: Open the package carefully, so that you don't rip the condom. Be careful if you use your teeth. Make sure that the condom package has not been punctured (there should be a pocket of air). Check the condom for damaged packaging and signs of aging such as brittleness, stickiness, and discoloration.

-Slippery when wet: If you use a lubricant (lube), it should be a water-soluble lubricant (for example, ID Glide, K-Y Jelly, Slippery Stuff, Foreplay, Wet, Astroglide) in order to prevent breakdown of the condom. Products such as petroleum jelly, massage oils, butter, Crisco, Vaseline, and hand creams are not considered water-soluble lubricants and should not be used.

Dental Dams and  
Condoms are  
available for free  
from the GLBTIQ  
Resource Center  
and any  
Student Health  
Services Building  
on Campus.



GLBTIQ Student Programs

Student Center, Room 164

Kennesaw Campus

470-578-7926

glbtiq@kennesaw.edu

[www.kennesaw.edu/stu\\_dev/glbtiq](http://www.kennesaw.edu/stu_dev/glbtiq)

# Before You Do the “*Dam*” Thing...

A guide  
to safer  
oral sex



Tel. 470-578-7926



## What is a Dental Dam?

Oral sex may be a lot of fun, but it can also spread various sexually transmitted diseases. To make oral-vaginal sex (cunnilingus) and oral-anal sex (rimming) safer, you can use a barrier such as a dental dam. Unfortunately, dental dams can be hard to find, and they also may be somewhat expensive. There is, however, a way around this problem. Using a condom and scissors, you can make a dental dam yourself!

### Dental Dam



## How To Make a Dental Dam



## Tips on Dental Dam Use

1. Avoid condoms that have been lubricated with spermicide when you're making a dental dam for oral sex. [Nonoxynol-9](#), the most common spermicide, can make your tongue go numb. Other lubricants often simply taste bad, which means that you may just want to avoid lubricated condoms altogether.
2. Some condom companies make flavored condoms and lubricants specifically for use during oral sex. If you hate the taste of latex, you may want to try some of these different brands or experiment with making dental dams from [polyurethane](#) or [polyisoprene](#) condoms.
3. To make safe oral sex more exciting, try putting a little lubricant on the side of the dental dam that is touching your partner's skin. It keeps the latex from sticking, and it also makes the sensations more enjoyable and more like having unprotected oral sex.
4. Several sex toy companies make dental dam belts that can be used to hold a dental dam against your partner for oral sex. These can be used for either cunnilingus or rimming, and they make safe oral sex hands free... which means that you can use your fingers for something else.