

## Safe Oral Sex: Tips and Concerns

Oral sex is a broad term applied to both sexes. Specifically, the act of pleasuring the female genitals through mouth and tongue is known as cunnilingus, while the act of stimulating the penis is termed fellatio. The practice of oral sex is an almost inevitable part of intimacy and an important thing to discuss with your partner. It is as intimate as intercourse and can be source of great pleasure and intimacy for two consenting adults. The first thing to remember concerning oral sex is that each individual has their own preferences and some may even take a lot of convincing to try it. Whatever the case may be, it is important for both partners to communicate to each other what they do and don't like. Next issue to address is personal hygiene. This is one reason why oral sex with someone you've known for some time is still preferable to casual encounters with just anybody.

And keep in mind that oral sex is still a means for the transmission of diseases, particularly HIV. Though some literature might define the risk as low, it would still pay to use some protective devices to prevent the transfer of bodily fluids. Widely popular options include dental dams as well as male and female condoms. There are some male condoms, such as the non-lubricated and flavored ones, that are specifically suited for oral sex.

Be sure to use a lot of lubricant, especially in male condoms. A lot of brands are available in pharmacies and stores, while online condom retailers also offer lubricant suited to most types of condoms. For the picky ones, choose a lubricant of the same brand as your condom. Just check the label to make sure that the lubricant you chose is water-based, as an oil-based lubricant can make condoms prone to breakage. Though not as harmful as genital sex, condom leakage during oral sex also carries some risks. For added pleasure, you can also choose a flavored lubricant. Some women may experience irritation from latex and might need to use polyurethane condoms as alternatives. Any type of lubricant can be used with polyurethane condoms. Do avoid male condoms that have spermicides or incorporated with a warming lubricant, as the latter may cause the mouth and the tongue to go numb. Be especially cautious when you noticed some sores within and around the genital area, as these are indications of sexually transmitted diseases. In such cases, the most prudent thing to do would be to postpone oral sex until your partner is treated. There are several techniques in regards to oral sex to make sure it goes smoothly. One way of maximizing both your pleasure is the elimination of anxieties and fears associated with contacting STDs. Some men or women might prefer to go natural all the way, foregoing the need of condoms. When this happens, insist on putting your health first before whatever momentary pleasures you might anticipate in not using any protective device. Incorporate the putting on of condoms into the sexual act itself. Women can use their mouths in facilitating condom use. It might need some practice but when you get the technique right, it also enhances your partner's sensual experience. When the male complains that condoms reduce sexual sensation and stimulation, recommend on the use of thinner condom products. Japanese-made Okamoto and Kimono brands are known for extra sensitive yet strong condoms, though Durex, Trojan, and LifeStyles have also introduced their own versions of sensitive and ultra-thin condoms. Again, make sure that the right lubricant is used, especially in thinner prophylactics. Find more information visit: [Safe Oral Sex: Tips and Concerns](#)

## About the Author

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