

# Dental Dam Dos and Dont's



## Dos

Do use a new 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 damage.

Do put on the dental dam before starting oral sex and keep it on until finished.

Do use water-based or silicone-based lubricant to prevent breakage and improve sensation.

Do store dental dams in a cool, dry place.



## Dont's

Don't reuse a dental dam.

Don't stretch a dental dam, since it may cause a tear.

Don't use spermicide because it can cause irritation.

Don't flush dental dams down the toilet as they might clog it.

Don't use oil-based lubricants like baby oil, lotion, petroleum jelly, or cooking oil because the dental dam can break.

Don't store dental dams in heat, like your car.

