# Dental Dam Dos and Don'ts

**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.

**Don'ts**

- 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.

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We R Native is the only comprehensive, multimedia health resource for Native youth by Native youth. It is administered by the NW Portland Area Indian Health Board. For more information contact weRnative@npaihb.org