

Tips for Toys



Picking out condoms and lube

Use a condom on toys—it makes them easier to clean

If sharing a toy with your friend/partner, take the condom off and put a new condom on it before sharing it

If alternating between vaginal and anal stimulation, make sure to change condoms

Use a water-based lubricant (like KY or Astroglide) or silicone-based lubricant (like Eros or Wet Platinum) with the condom for a smoother and more enjoyable experience

Do not use oil-based lubricants (like Vaseline) - they cause the condom to break, can damage your latex toys and they take a long time to leave your body

Do not use silicone-based lubricants on silicone toys

Taking care of your toys

Wash your toy before you use it for the first time and immediately after each use

Use either toy cleaner (specialized for cleaning sex toys) or a gentle liquid soap for best results—lather it up and rinse with warm water

Do not use anti-bacterial soap on your toys

Don't get water in the electrical parts of toy (if any)

Leave the toy to air dry for an hour before putting it away—if you use a towel, lint may get on toy which could get inside of you

You can put toys made of 100% silicone in the dishwasher or you can boil them for five minutes to sterilize — if it is latex or some other material, just use soap and water

Do not use bleach on your toy—it will wreck it

Try not to scratch your toy with fingernails or jewelry—even a tiny scratch can be a breeding ground for bacteria

Did you know?

You can get a sexually transmitted infection (STI) from sharing a sex toy

Sex toys are becoming more popular for use by couples

Sex toys may be an option for both single and partnered people to spice up sex lives

People have ended up in emergency rooms for using "homemade" sex toys—like carrots, celery stalks, bottles, light bulbs, toy cars and drumsticks

Other things to consider

Intensity of vibration—if your toy is supposed to vibrate, try out the toy in the store by touching it to the end of your nose

Design—pick a toy that is safe for whatever use you want - for example, if the toy is to be used anally, make sure the base is flared or it has a ring for easy removal

Make sure it is good quality— avoid anything that could break off or has ridges that may be hard to clean (if you use a condom on the toy it will not be an issue)

Noise level—make sure the toy is not too noisy or it may make you uncomfortable using it if others are nearby (it will avoid questions like 'Who's running the lawnmower?')