

# Oral Sex

## What is Oral Sex?

Oral sex is the sucking or licking of the genitals with the mouth.

- Fellatio (giving head, blow job) is sucking or licking the penis
- Cunnilingus (going down, eating out) is sucking or licking the clitoris or vagina
- Anilingus (rimming) is licking the anus

## How risky is oral sex?

Oral sex is a low risk sexual activity. Although the risk is low, you can get a sexually transmitted infection (STI) by giving or getting oral sex. Gonorrhoea, Chlamydia, Herpes, Syphilis and HIV can all be spread through oral sex.

## What increases my risks during oral sex?

- Small cuts in your mouth
  - Cuts may be from dental work, brushing or flossing before/after oral sex, gum disease, or sharp foods.
  - Cuts may be so small that you do not notice.
- Sores on the mouth or genitals caused by rough or prolonged oral sex or an STI such as Herpes or Syphilis
- If the person receiving oral sex is menstruating (having her period)
- Holding semen, vaginal fluid or menstrual blood in your mouth for a long time or swallowing it.

## How can I make oral sex safer?

You can reduce the risk of STIs and HIV during oral sex:

- Use a latex or polyurethane condom for oral sex on the penis
  - Flavoured condoms are ok to use unless it is labeled “for novelty use only”
- Use a modified condom, dental dam or plastic (Saran) wrap for oral sex on the vagina or the anus
  - **Do not** use microwave safe plastic wrap
  - Dental dams are available at Regional HIV/AIDS Connection and The Clinic
- Try to avoid getting or keeping semen, vaginal fluids or menstrual blood in your mouth
- Avoid brushing or flossing your teeth within 30 minutes of giving oral sex
- Use anti-bacterial mouthwash after oral sex

### **How to make a dental dam from a condom:**

- Check the expiry date of the condom
  - Try to use non-lubricated condoms without spermicide
- Open the condom and cut off the tip with scissors
- Unroll the condom completely
- Cut a straight line from the rim to the hole where the tip was
- Open the condom to form a square and place it over the genitals of the person receiving oral sex
- Condoms and Dental Dams are meant for one use only.

### **Things to think about**

**Oral sex is sex!** Giving and getting oral sex can spread STIs. If you have had unprotected oral sex, get tested for STIs.