

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. Gonorrhea, 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 a 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 **fine** to use unless it is labeled “for novelty use only”
- Use a Dental Dam 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

[http://clovervillage.ca/olde-clover-village/site-plan/How to make a dental dam from a condom:](http://clovervillage.ca/olde-clover-village/site-plan/How%20to%20make%20a%20dental%20dam%20from%20a%20condom)

- 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.

For more information please contact The Clinic at 519-663-5446.

References

¹Society of Obstetricians and Gynecologists (2012). *Dental Dam*. Retrieved from

http://www.sexualityandu.ca/stis-stds/how_do_i_protect_myself_from_stis_stds/dental_dam

Last modified on: February 21, 2013