

## Fisting

Fisting is a name given to putting a hand into a rectum, vagina, or front hole. The hand is not inserted as a closed fist, unless the bottom is experienced and already prepared. Commonly, the hand goes in with fingers and thumb straight and gathered together into a pointed cone. Once the whole hand is inside, the fingers can be gently brought into a fist. When moving deeper, they should be pointed again.

If you get fisted, you're going to have to treat your rectum, vagina, or front hole very carefully. Fists can create more serious tears in the rectum, vagina, or front hole than most sexual activities. People can take a long time to work up to the point of being able to take a whole hand. Pushing too hard or fast can stretch the tissues to the point of pain and damage and bring the scene to an end. So, take your time and enjoy the journey!

**If you are going to fist, it's important to wear gloves.** They protect both of you. Latex / vinyl / nitrile medical gloves are the best and need to fit properly. The additional friction caused by creases of excess material can cause increased sensitivity for the bottom, and, eventually damage in the mucosal membrane.

Going deep is a **high-risk** activity, because the colon is easily damaged or punctured, which can result in an infection that can be rapidly life-threatening. If you're going to be fisting deeply, make sure your arm is free of nicks and cuts. You can check for tiny nicks that may not be visible by lightly applying rubbing alcohol to the skin. A sharp stinging sensation alerts you of surface abrasions that will increase risks. For deep fisting, some people use a long, thicker latex 'opera' glove, but remember, sensitivity for the top will be reduced and these gloves can only safely be used on one ass. Various toys that serve as ass openers like speculum are also one ass toys unless they are disinfected.

Don't fist if your fingernails are long. Cut them and smooth them down or put soft bandages over the ends of the nails as an added precaution to blunt them. If you have an open wound or hangnails on your hand(s), don't fist with that hand, even with the precaution of gloves. Be sure the glove stays well lubed while you're using it (see the Lubricants section to learn how to avoid contaminating lube). As with condoms, when pulling out, make sure to grab the open end of the glove so that it doesn't slip off.

If you're living with HIV, consider that you are at a higher risk of contracting other STIs because of your compromised immune system. If you are also living with hepatitis C co-infection (in addition to the HIV), there is some evidence that a partner living with HIV is at increased risk for contracting hepatitis sexually from you. This has led many researchers to think that fisting can spread hepatitis C to sexual partners far more easily than if HIV were not involved. If you get fisted regularly, it's important to get yourself screened regularly for hepatitis C. Keep in mind that hepatitis C acts like other infections faced by people living with HIV, such as syphilis or HPV. They all tend to progress quickly to secondary stages that cause more serious health issues. Often these infections are not immediately apparent, and it is very common for people to be unaware they are infected. Most of this can be avoided by using fresh condoms and gloves with each partner.

Hepatitis can be spread by fisting without gloves, using the same glove in more than one person, or using contaminated lube.

## Shaving, Cutting, and Branding

Because these activities break the skin (the largest organ of the body), you should think in terms of 'What would a surgeon think about when preparing for an operation?' Not only can infections enter broken skin, they can exit onto the tool you use. So, because shaving can unintentionally cut the skin, you should never share a manual shaving blade.

'Cutting' is intended to break the first few layers of skin, which can usually repair themselves without leaving long-lasting marks (the full healing process would take about a week or two to fade), whereas scarification is intended to go deeper, leaving permanent marks even though the surface has healed. Both practices break the skin, so they should only be done with a sterile scalpel that has a disposable blade. Sterile scalpels can be bought at medical supply store. Use the blade once, then dispose of it safely (see the section about Safe Disposal of Syringes and Other Sharps).

Disposable equipment is recommended for branding, or it should be used on only one bottom, until the equipment is sterilized. The brand should not have surface 'flaking' that might enter the wound it creates.

After play, you should treat the area as you would any other cut or burn. To clean any residual blood in the area, wipe gently with a sterile swab soaked in hydrogen peroxide, using a spiral motion outwards from the wound; use the swab for only one spiral. Dress the wound with sterile swab(s) and bandage, so that air can reach the wound to promote healing. Replace the dressing as needed. If the wound becomes infected, visit your physician or a hospital.

## Blood Sports/Piercing

Syringe needles are not only used for drugs. Some people inject products like steroids, fat burners, and polymers for body modification. Others use needles as part of temporary piercing practices or the fetish of having huge testicles (balls) by means of scrotal saline injections. Some use scalpels to create temporary and permanent designs on the surface of the skin.

The surfaces onto which you place your sterile needles and scalpels before play should be as clean as possible. To clean these surfaces, use a medical grade disinfectant, according to the manufacturer's instructions (please refer to the Cleaning Toys section for more information).

When you start a piercing, cutting, branding, or shaving scene, the area of the skin should first be wiped clean in a spiral, moving out from the centre. You can use a clean cotton ball that has been soaked in rubbing alcohol or any antiseptic preparation designed for the skin.

**Note: Alcohol only cleans the skin, it does not sterilize it.**

It's preferable to use a good antiseptic after wiping away surface dirt with alcohol. Any drops of blood during play should be wiped away in the same way as cleaning the skin: outwards from the source. After use, put the wipes in a plastic bag, tie up the bag, and place it in the garbage.

Sharing needles or blades is a very easy, high-risk way to pass on HIV, hepatitis, and many other STIs. When piercing the skin with needles, make sure only new, sterile ones are used and then only on one person. In Canada, piercings done by amateur piercers with homemade equipment have inadvertently infected individuals with HIV.

**Anything inserted into the skin needs to be sterile, not merely clean.**

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