

Medical Play

The best way to describe medical play is anyone that uses medical instruments and/or clinical surroundings. Medical play covers doctor and nursing uniforms and accessories, medical exam room scenes, medical instruments and clinical supplies, institutional restraints, anal/vaginal play, piercings and needle play, catheter play, electric play, breath control and sounds. For all medical play it is highly suggested that it is not for the inexperienced or those that don't understand all necessary precautions. Some medical play requires sterile techniques to prevent infection. Keep in mind organ damage or infections can occur easily. Anyone doing a medical scene should be CPR certified and have first aid kit readily available for any emergency and be aware of all dangers.

Doctor and nursing uniforms also include paramedic and bandage scissors, stethoscopes, glass thermometer, tweezers, forceps (hemostats), and clamps. Paramedic and bandage scissors to be use to cut away any wrappings, bandages binding the submissive/bottom in an expedient way. Forceps can be used for clamping off catheter tubing and enema tube closures. Forceps can be used to squeeze and pinch body parts.

Medical exam room scenes are where it is set up just like a doctor office. You might find the following equipment in the scene: examining table, eye charts, IV stand, sharps container, small metal instrument table, privacy screens, large glass sundry jars (glass jars to hold cotton balls, alcohol swabs, ky packets, gloves etc), and an exam light.

Medical instruments might include anal/vaginal speculums, rectal dilators, butt plugs, proctoscope, sounds set, cupping and vacuum sets, and wartenberg wheel. Other supplies you may find are alcohol swabs, large syringes, facemasks, bulb syringes (several sizes), protective pads, KY jelly, latex gloves, and tape. Supplies are use to maintain a safe clean environment to prevent infections.

Institutional restraints may be a strait jacket, neck brace, leg braces, institutional cuffs, steel restraints, leg cuffs, leg and hand irons, mummy wraps, body wraps, and toe/thumb cuffs. Mummy wraps and body wraps to completely immobilize a person during a scene. With all mummification either breathing tube or an airway must be left open.

So much covers anal/vaginal play. You may use speculums to open an orifice to look inside. A proctoscope is used to look inside the anal cavity. Rectal dilators are use for anal/rectal stretching. Enemas and douches, and bulb syringes are used for anal/vaginal cleansing. Dildos, vibrators, butt plugs, fisting and fingering, and sounds used for anal, prostate or vaginal stimulation.

Piercing may be temporary or permanent. Needle play is for very advance play scenes. Only someone with experience should do them. Several size needles are use for insertion. Sterilized technique should be used to prevent infection. After care is very important with this type of play, looking for any signs of shock, their mental status, and further bleeding. There are some areas of the body that aren't recommended to use for this type of play. You should not try piercing the wrists, hands, any internal organs, bones, eyes or the spine. It is also not suggested to pierce the armpits, sternum or areas of the body that contain many veins.

Catheter play uses flexible tubes that are inserted for bladder control scenes. They come in several sizes. Foley catheter has a balloon at end that is filled with saline to inflate after insertion. If not performed correctly, you can perforate the bladder (put a hole into the organ) and there's a risk of infection.

Electric play (electro torture) can be by electro stimulators, T.E.N.S. unit and violet wand. Violet wand does not send current throughout the body and are safe to use anywhere except the eyes and spine. Prolonged use of the violet wand will burn skin. Anyone using electric play should be aware of the dangers of using electric above the waist. It can cause severe electrical shock, muscle contraction, loss of consciousness, and loss of reflex control that can cause respiratory paralysis. Hyperventilation may follow initial muscle contraction after momentary shock. Ventricular fibrillation or MI (heart attack) may occur if even the smallest current passes through the heart.

Breath control play (asphyxiophilia) is extremely dangerous. A decrease in oxygen to the brain to enhance sexual stimulation or orgasm may accidentally result in death. Due to lack of oxygen, unconsciousness then cardiac arrest occurs. May take as little as 5 seconds for it to occur. Even mild cases of oxygen deprivation may cause brain damage. Those trained in CPR may have little effect in preventing or lessening the risk of death.

Sounds are highly polished stainless steel rods designed for the insertion into the urethra. They come in several sizes differing in diameter by less then half a millimeter. It can be a source of extreme sexual stimulation. If not performed correctly, you can perforate the bladder (put a hole into the organ) and there's a risk of infection.

Whether new to BDSM or not it is important to find out as much information as possible on the different play scenes prior to participating. Be aware of all precautions, health risks and legal issues. Get your facts.