

## Rules on When Not to Put on Condom, and When To Put on Condom

From different studies and observations made on the subject of condom use, here are some rules and guidelines meant not to discourage or turn anyone away from using this contraceptive, but rather to enhance the sexual experience as well as achieve maximum condom efficacy. Do not put on condom without determining its expiration date. Most condoms have a shelf life of about 5 years, less if incorporated with spermicides. Always check the individual packages for information. If expiration date is not shown, read the manufacturing date and count its years of existence. It's worth your time to do this, as expired products rarely, if ever, deliver on its promise of efficacy. Do not put on condom stored in your wallet or dashboard for a long time. Heat, be it from your body or from the high temperatures in a car, degrades the latex structure, making it prone to breakage. The same principle also applies to condoms displayed on stores, make sure that they are placed away from direct sunlight or other sources of heat. If you can't help putting condoms on wallets and dashboards, change your stock weekly. Do not put on condoms with spermicide nonoxynol-9 if you are unsure of your own or your partner's STI history. A few recent studies have shown this substance to fail to decrease the user's chances of contacting HIV and other sexually transmitted diseases. Do not put on condom too large or too snug for you. Too tight condoms cut off blood circulation, too large ones are prone to slip off during sex. So how do you determine which size is for you? Most condoms are made in order to fit almost everyone, but try to avoid condoms which advertise size (extra large or snugger fit) unless you're completely uncomfortable with a regular sized condom. Try out using different varieties and brands to know which works best for you. Do not put on condom without telling your partner about it, as some may be allergic to latex. If such is the case, switch to polyurethane ones. Do not put on condom inside out. While it may seem obvious, it will take a second or two of concentration to make sure the fold of the condom is rolling on the outside. When you begin trying on different brands, practice also on putting it right so as to avoid any risks when doing the real thing. Do not use two condoms at a time. Not only will you irritate your own skin, it is totally ineffective, as the two latex surfaces will rub against each other and make the contraceptives prone to breakage. Do not put on condom without leaving at about half an inch of space, meant for semen storage. Do not put on condom halfway. No matter how excited you are, make sure that your condom is rolled all the way to the base of the penis. Do not put on condom that feels brittle, looks faded, or smells more than it normally should. A little quality control goes a long way in protecting you from unnecessary anxieties and sufferings later on. This is also one reason why it's not advisable to have only one condom at hand when you plan to have sex. Just in case; sometimes you'll never know if there's a problem with the condom until you open one. Do not put on condom made of lamb skin, unless you're absolutely sure you and your partner are disease-free. Though some people would say that lamb skin condoms afford the user much sensitivity, it is also ineffective in preventing bacteria and viruses from crossing over. Practice a little caution here, and opt instead to use thinner varieties of latex condoms. There are also several positive points that you should keep in mind when using condoms. Do put on condom to show you care, not only for your physical well-being, but also that of your partner. Do put on condom when you know you're not ready to be a parent. Do put on condom when you've been diagnosed with STD, even if you're completely cured. This is to prevent infecting your partner or avoid reinfection, as the case may be. Do put on condom when having sex with a complete stranger. One-night stands are such exciting rush. It can also be a risky practice that will land you in the doctor's office, sooner or later. So do yourself and your partner a favor, go prepared when cruising or picking up potential sex partners. Do put on condom even in oral or anal sex. Pathogens, organisms that cause diseases, reside not only in genitals, but in the warm and moist environments of oral cavities and anus. And lastly, do put on condom that is specially flavored, or scented, or ribbed or studded, and try out several brands and varieties, as preference dictates. You'll find that being adventurous can help bring some excitement to the process of buying and using condoms. Be safe! Be smart! Find more information visit: [Rules on When Not to Put on Condom, or When to, as the Case May Be](#)

### About the Author

CondomMan.com is a leading online retailer of condoms, selling name brand condoms like [Durex](#), Trojan and Beyond Seven for the best prices online or anywhere else. Learn how to put on a condom, how to choose the right condom for you, and more. [Buy Condoms Online with Condom Man.](#)

Source: <http://www.articlefacility.com>