

# The Fine Art of Prostate Massage

## Part I: What exactly are we dealing with here? Or, Anatomy, 101

### • What is the prostate gland?

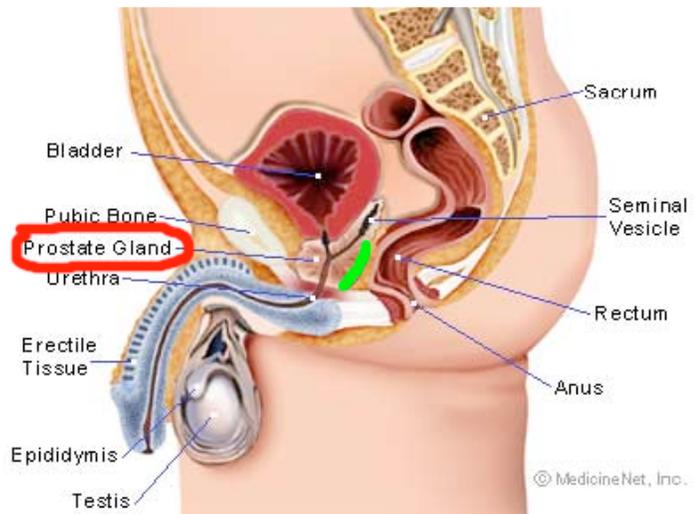
Very simply, it is the part of the male body that store and secretes an essential part of semen. More specifically, the prostate gland produces an alkaline fluid that makes up about 30% of the semen. The alkalinity, interestingly, helps offset female vaginal acidity.

### • Where is the prostate gland?

The prostate is located in lower abdominal area, roughly between the bladder and the rectal wall (which makes it easy to feel and to play with).

Notice that one part of the prostate (shown in green) runs along the wall near the rectal area. This is the part that we are interested in.

The prostate is slightly larger than a walnut, which can make both exams and play a bit challenging. Anatomy is *highly* variable, which means we have to be patient.



### • Do biological females have a prostate gland?

Not in the same way that a biological male does. There is a small gland, also called the *Skene's Gland* or the *paraurethral gland*. While it is homologous to the male prostate, it serves a slightly different purpose. An authoritative medical group officially called the female prostate such in 2002, and it is thus “officially” known as a prostate. It does play an active role during the female orgasm. The female prostate is located in approximately the same place as the male prostate. The anatomy here, though, is also highly variable. It may play a significant part in female “ejaculation”. It has been referred to as the “U Spot” because some researchers have established a correlation between female pleasure and stimulation of this gland.

### • What about disease?

The most common *serious* problem for the male prostate is prostate cancer. There are a number of other disorders that inflame or enlarge the prostate, such as *prostatitis*. These hurt, but don't kill.

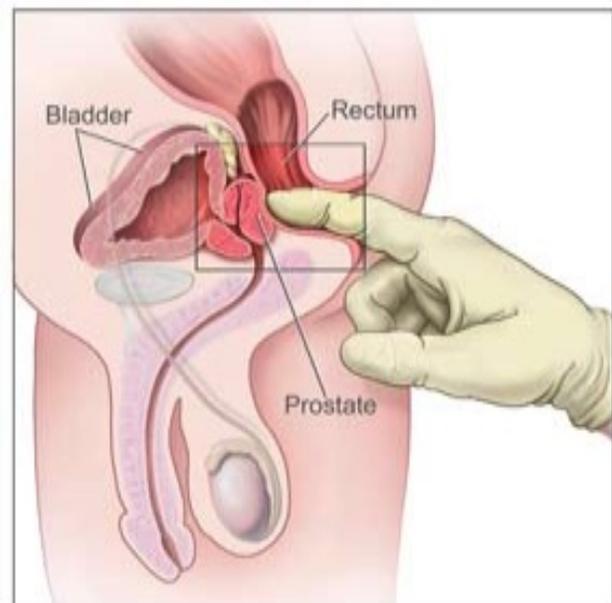
### • Ok, what about stimulation of the male prostate gland?

Many learn about the stimulation during a *rectal exam*. A medical practitioner probes the rectal area to check overall health. It is a *very good idea* to have this exam done on a regular basis (and it might feel pretty darn good too!)

Play is essentially the same thing. One can use fingers or toys.

Some general precautions are strongly advised:

- As per all such play, **always** wash a toy before and after use.
- **Never share a toy**. Even though many of the prostate



massage toys are hard plastic, it is simply good practice to not share these devices.

- For the prostate massage toy, use of a condom is **not** advised; the fit is generally loose and there is a risk that the condom will slip off and *voilà* – a not so fun “moment”!
- If using fingers, gloves are *strongly* recommended. Also note the length of fingernails for the person doing the inserting – long nails can cause problems and hurt!
- Use *lots of lube*.
- Start slowly!

If you are brand new to this... (Or even if you're not!):

- As the receiver, you do not need to, and probably should not, use an enema. It simply isn't needed. Wash well.
- If you are playing with a partner, communicate, communicate, communicate! Even if you're experienced, this is essential. This is *not* an area of “wham bam thank you ma'am!” You *can* cause damage, you *can* create conditions in which bad bugs can thrive – you do not want any of these!
- Go SLOW! (Did I say that already?)
- Use lots of *lube*.

## Part II: Playtime!

### • Before you begin

Cleaning is really a must, but again, as the receiver, you do not need to do an enema. The giver should wash hands well, even when using gloves! This is more than good personal hygiene; it's a matter of safety.

Urinate if possible, and if you need to, have a bowel movement. It is common that the massage will lead you to feel like you have to go. This makes relaxation difficult.

Are there any subtle health issues that suggest don't do this? If you have, or recently had, a urinary tract infection, you may want to wait before you explore.

### • Precautions and risks

There is a *lot* of misinformation about the prostate and about prostate massage. One simple bit of advice: **be skeptical** about what you find and read on the internet. You are dealing with part of your own body, and you can create problems that are hard to fix and not fun to live with. For example, if you do have mild prostatitis (an enlargement of the prostate caused by inflammation due to bacteria or other causes), it *is possible* to cause damage, sometimes significant damage, with a prostate massage.

Among the many complications, the following have been identified:

- Tearing of the urethra below the prostate (more likely to be caused by too short a set of fingers or device);
- Relocation of urethral flora (the normal bacterial growth found here) into the *epididymis* (the ducts at the rear of each testicle);
- *Vigorous* massage is not advised as it can cause *septicemia* (blood poisoning) if the gland is damaged, the further distribution of cancerous cells (if you already have a prostate cancer), exacerbation of prostatitis due to the release of tiny *calculi* (small stones that not everyone has); perforation of the rectal lining (not uncommon if the fingernails are too long and the massage is vigorous); and possible hemorrhoid flare-up.

After all of this, it might seem like you never *ever* want to try this! But the reality is that many are doing it and enjoying. The important thing here, just as it is in safer sex or play, is to become informed, both about the realities of the prostate and about your own body and the condition you are in and be aware of the risks involved in play. If you have any health issue, or have never ever had a prostate exam, it might be a good idea to start with a visit to your doctor.

If you are healthy, and if you take your time, and you or your partner (or your toy) follow suggested procedures, the risk factors are very low.

## • Methods for stimulation

There are a number of ways to accomplish stimulation. These involve both internal (through the anus) and external stimulation.

### *Internal stimulation*

Fingers! Note that if you are doing this *solo*, fingers can work but are not always comfortable. The amount of stretching you need to do may be more than you expect, and unless you are pretty limber, this can make the experience uncomfortable. More importantly, it makes it harder to completely *relax*, an absolutely essential part of this play. Fingers may be best with a partner.

For fingers, it is good to have a partner, and this is definitely an experience you will want to have. A finger massage of the prostate is essentially a version of Doctor Plus! You are not examining the prostate, you're making it happy! To start, lie down comfortably and relax your whole body. Breathing exercises are a really useful part of this process. As noted, solo prostate massage using your own finger is a bit of a contradiction in movement: it is hard to really relax and get your own hand and finger in the correct position. Your partner should begin with a gentle massage, and might want to start by incorporating the technique described below in *external stimulation*. Then using a lot of lube on a gloved hand with well trimmed and manicured fingernails, your partner's finger (index finger is fine) is gently "teased" into your anus. *Go slowly*, especially if this is a first time experience! A note to the partner (the one with the finger): you don't have any sense of the angle involved here, so go slow and ask for feedback. Once the finger is inserted a few inches, a very gentle "come hither" motion with the finger is usually all that is needed. *Communicate* with your partner, because at this point, there is no assurance that that finger is in the right spot or angle, nor is it a given that you, the recipient, even like this!

After a short and gentle rub, you'll probably know if it is in the right place. If there's no real sensation, then try having your partner go a little deeper or shallower and repeat. If you go the entire length of the finger with no really noticeable result, then it is not out of the question that your prostate simply isn't sensitive in this way. *There is nothing wrong with you, and it is nothing to be ashamed of!* Everyone is different – it is quite possible that your prostate isn't one of the sensitive types.

If it is responding, your partner can continue to *gently* massage it using the same motion. *Don't* increase pressure, don't get "vigorous" – this is not an area to do experimentation around pain! You can create a problem if you overdo it. If this is a first time, I strongly suggest about 5 minutes tops, then rest, for a full day.

Don't forget – aftercare here is just as important as any other kind of play you do!

Toys! There is a burgeoning market for prostate massage toys. These are not dildos and vibes (but these can work – we'll get to that) but are specifically designed and engineered to work and act like a finger. They are also hands-free toys, and this opens up prostate massage as something that is part of other forms of play (and meditations).

The use of toys has one major benefit over fingers: it is easy to use it solo. One other advantage is that it is far more difficult to cause damage as the toys themselves – at least the first generations of well-designed toys for this express purpose – really *are* configured to fit well and work gently. That said, it is strongly suggested that stick with a maker of good repute! The most common brands of prostate massagers include the *Aneros*, the *Tantus* and the *Nexus*. Each offers a number of advantages; all have a few foibles! These come in a variety of sizes and shapes. Some have tiny vibes, others have angles or ball bearings that stimulate the perineum.

Making a choice is not about "the correct one", but what is right for you. This can take a little trial and error. A few general guidelines:

- If you are totally new to this, don't let your eyes mislead you as to size. Start small, and then work your way up.
- Similarly, the extra features offered by some might not appeal to you at first (or at all), so starting simple helps.

*Aneros* has an online guide that might be useful to consult.

Using the toys is very easy and is one of the things I think is most appealing about them. It's just you and your toy, any time, any place (well, almost!). Some important tips:

- Always wash your toy before and after use.

- Begin with your breath. Before you even take your toy out of the case, relax, and breathe in to your body. Relaxation is not simply a way to be more comfortable as something gets inserted, it is a vital part of increasing your enjoyment.
- Use generous amounts of lube. This cannot be overstated. Yes, it might get a little messy at first, but too much lube is, I assure you, FAR better than not enough lube!
- You don't have to approach this as sex play – that is, whether or not you choose to arouse yourself first is entirely up to you. I would suggest that at *some* point in your adventures, you try this “straight up”, as a non-sexual exercise, because it can be quite different.
- Take your time. This is a common oversight for new users and can lead to disappointment. I like to make this a part of a regular morning routine, and allow about a half hour for it as often as I can.

PC Squeezes (also known as kegels) are an important part of prostate stimulation. Practice these when you can. As you build the stimulation process (either with a toy or a finger), try adding pc squeezes. These can really create some wonderful sensations.

Most of the makers suggest you start with a gentle insertion, and then wait. This allows your body to adapt to the newfound friend, and it warms the toy. Just lie back, on your side, rest a bit.

With a toy, it is possible (and fun) to invert your body position. Note that this is tricky with a finger, as the finger-ee has to somehow turn the finger so that the angle is correct. Once you're inverted, add pc squeezes.

It is also fun to gently rock the body back and forth, up and down. If you do this with a partner and a finger, start *slowly* as this is also an opportunity to inadvertently create more pressure and possibly damage.

Adding in direct arousal is nice to add as well. While sexual excitement is a very enjoyable part of this process, it is not essential, and I'd suggest that you try the prostate massage at least once with no direct genital stimulation. You may be pleasantly surprised!

#### *External Stimulation*

It is possible, and very simple, to give yourself an external prostate massage. This can be beneficial as a warmup, and feels pretty good too. Place your hands over your *pubic bone* with fingers facing in. With your middle fingers, gently push down into your abdomen. Now, gently pull your fingers on the right hand about 1 ½ inches away from center. Repeat with the left. Now gently move both left and right fingers back to the center. Repeat for about a minute. Next, move the fingers up about an inch, and repeat the process. Now, move them up again, near your belly button, and repeat. You can repeat this process a number of times. You will likely have a sense of “the spot” as it will feel a lot stronger and better. If you don't, don't fret. BE GENTLE. The prostate typically does NOT take well to a strong or deep massage.

#### *Sex and Prostate Massage*

As you begin the massage process, and build the stimulation, you are likely to notice a number of things. Your genital response may not always be an erection, *and this is normal and ok*. It often is a nice warm tingle. As your sex energy builds, the sensation overall may be different than you have experienced. If you feel as though you are close to a climax, you may be, but it may well be a *very* different kind of climax. You might feel a kind of fluttering effect inside, something that sort of kind of feels really good like a climax ... but isn't. This is often called a “prostate orgasm” – the prostate itself literally spasms just a little, and the sensation is WOW!

It is worth keeping in mind that sex and arousal are not a required part of this play. Regular practice of a prostate massage can help you with erections and climaxes – it's not a given, but it can help. In any event, prostate massage can be fun and is a beneficial practice for your mind and body.