

Masturbation is a normal and natural activity, but it's important to maintain good hygiene and avoid making a mess afterward. Here are some easy and practical steps you can follow:

1. **Prepare Materials:** Before you start, keep some tissues, paper towels, or a clean cloth nearby. This makes cleaning up easier and quicker.
2. **Use a Condom or Tissue:** Some people use a condom or place tissue over themselves to reduce the chance of fluids spreading onto surfaces or clothing.
3. **Choose the Right Location:** Masturbate in a place that's easy to clean, such as your bathroom or on a washable surface like a towel or sheet.
4. **Clean Up Right After:** Once finished, use tissues or paper towels to wipe away any fluids from your skin, clothes, or surfaces. Dispose of these immediately in the trash to avoid any odors.
5. **Wash Your Hands:** Always wash your hands with soap and water after masturbating to maintain good hygiene and reduce the risk of infections.
6. **Wash Any Used Towels or Clothing:** If fluids got on your clothes or towels, put them in the laundry to keep everything fresh.

Keep in mind that masturbation is private, so maintaining cleanliness helps respect both yourself and others who might share the space. These habits will help you stay comfortable and healthy.