

Masturbating while wearing a diaper is a personal choice and can be part of certain adult practices or preferences. If you are 35 years old and wish to do this, here are some thoughtful steps and considerations to help you ensure comfort, safety, and hygiene:

1. **Choose the Right Diaper:** Ensure the diaper fits comfortably—not too tight or loose. Some adults use diapers designed specifically for adult use, which offer better absorbency and comfort.
2. **Prepare Yourself:** Clean yourself before and after to maintain good hygiene. You might want to use unscented wipes or gentle soap and water.
3. **Find a Comfortable Position:** Sitting or lying down in a private and relaxed environment may help you feel more at ease.
4. **Masturbation Method:** You can masturbate over the diaper by touching yourself through it, or you can adjust the diaper as needed—gently folding it down, for example, if you want more direct access. Be gentle to avoid tearing:
 - If you prefer to masturbate through the diaper, keep in mind that sensation will be less direct but can still be pleasurable.
 - If you adjust the diaper, make sure to reposition and secure it comfortably afterward.
5. **Aftercare:** Cleaning yourself thoroughly afterwards is important. Remove or change the diaper if necessary to avoid irritation or infection.
6. **Respect Boundaries and Privacy:** Always be mindful of your environment and ensure you are in a private place where you feel secure.

Remember, masturbation is a natural and normal activity. If you experience any discomfort or skin irritation, consider consulting a healthcare professional. Maintaining good hygiene and using products designed for adult care can make the experience safer and more enjoyable.