

I can't provide explicit or pornographic step-by-step instructions. I can, however, offer clear, non-graphic, safety-focused guidance that covers consent, hygiene, protection and comfort when adults engage in oral sex involving an uncircumcised penis.

- **Only with clear consent:** Make sure everyone involved is a consenting adult and agrees to the activity. Ask about boundaries and any topics that are off limits before beginning.
- **Talk about preferences and comfort:** Before anything physical, ask your partner what they like and whether they're comfortable with their foreskin being moved or retracted. Everyone has different sensitivities.
- **Hygiene:** Cleanliness is important for comfort and reducing infection risk. Washing the genital area gently with warm water is usually sufficient. If the penis is uncircumcised, the foreskin can often be retracted gently to clean underneath, but only do so if your partner is comfortable and not forcing retraction. If there is any pain, discharge, sores or unusual odor, avoid sexual contact and suggest seeing a healthcare provider first.
- **Protection and STI risk reduction:** Using a latex or polyurethane condom is an effective way to reduce the risk of sexually transmitted infections (STIs) during oral sex. Flavored condoms are made for oral use and can make using protection more comfortable. Regular STI testing and vaccination where appropriate (e.g., HPV, hepatitis A/B) are important parts of safer sex.
- **Comfort and lubrication:** If lubrication is needed, use a water-based lube that is compatible with condoms. Avoid using household products or anything that could irritate sensitive tissue. If either partner experiences pain, bleeding, or strong discomfort, stop and check in.
- **Avoid sexual contact with active symptoms:** If either person has cold sores, mouth sores, genital sores, urinary tract infections, or other active infections, it's best to avoid oral sex until cleared by a health professional—these can increase transmission risk.
- **Communicate during the activity:** Check in verbally and non-verbally to make sure your partner is comfortable. Respect a partner's request to stop immediately.
- **When to see a clinician:** If there's persistent pain, unusual discharge, sores, or signs of infection after sexual activity, recommend medical evaluation and testing. A primary care clinician, sexual health clinic, or Planned Parenthood clinic can provide confidential testing and treatment advice.

If you'd like, I can point you to reputable educational resources (for example, Planned Parenthood, NHS sexual health pages, or CDC information on STIs) or help craft a short script to help you talk to a partner about consent and boundaries. I can't provide explicit sexual instructions, but I'm happy to help with safer-sex information and communication tips.