

Reader's Dilemma: How Do I Clean Up After Sex? One Expert Answers The Messy Question!

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By Macaela Mackenzie

We talk about sex a lot around here. It's fun to gab about vibrators, sex tips and more. But one thing that doesn't get touched on too often is what to do after sex, that is, how to clean up all those bodily fluids.

A reader recently emailed us with this very practical question:

I have a question that I've never seen described anywhere. My boyfriend and I are monogamous, and after getting tested, we decided to go without condoms; I am on birth control pills. What NO ONE ever told me is that after he finishes, the semen leaks out of me! Ugh, what a mess. My question is this: how do I make a graceful exit and go clean up without first making a huge mess on the bed/floor on the way to the bathroom?!

I adore answering all of your flirty questions, but for this query, I reached out to an expert: longtime friend of Smitten, Dr. Rachel Needle Licensed Psychologist and Certified Sex Therapist. Here's what Dr. Needle has to say about post-coitus cleanup:

That is an excellent question! You are very right, we don't talk about how messy things can get when there is no protection being worn. I am glad you added that you are using birth control consistently AND that you are sure you are in a monogamous relationship where you have both been tested and do not have any known STIs. That is extremely important! OK, back to the mess factor. You have a few options. One such option is to put a towel or another sheet down just before engaging in intercourse, so that when you are done, it will drip on there rather than all over the sheets you are going to sleep on.

Another option is to have some wipes, small towels, tissues, or an old t-shirt next to the bed (or wherever you typically have sex) so that you can grab it as soon as you finish. Another option is to just get up and book it to the bathroom! You can do this with a graceful roll over clenching your legs together in an attempt not to "leak" and clench your PC muscles on your way to the bathroom as well. You can even put the towel, a t-shirt, or some tissues in between your legs while you are on your way there so that no cum drips out. Lastly, if it bothers you this much, you can always have your partner pull-out just before ejaculating and have him ejaculate somewhere on your body, such as your breasts, back, or stomach. Remember to be safe and have fun! I don't want you to ruin your sheets or anything, but messy isn't always bad!

Thanks, Dr. Needle!

Sweet readers, how do you clean up after sex? Maybe you lay a towel down? Or perhaps you and your partner take a shower after hooking up?

P.S. Dr. Needle is on Facebook and you can also follow her on Twitter!

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