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B&C Sales bv • De Ruijterstraat 12 • 6651 ZH • Druten • The Netherlands



Using the ZENN vibrating silicone penis plug (also known as a urethral plug) requires care, preparation, and proper hygiene to ensure safety and pleasure. These devices are designed to be inserted into the urethra to provide internal stimulation.

Here is a guide based on safe practices for using a vibrating silicone penis plug:

### 1. Preparation and Safety

- **Lubrication is Essential:** Use a generous amount of high-quality ZENN water-based lubricant. Do not use silicone-based lube, as it can degrade the silicone material of the plug.
- **Clean the Toy:** Thoroughly wash the plug with warm water and antibacterial soap or a specialized toy cleaner before and after each use to prevent infection.
- **Prep the Body:** It is generally easier to insert the plug when the penis is flaccid or only partially erect.



## 2. Insertion Process

- **Start Slow:** Apply lubricant to both the plug and the opening of the urethra.
- **Insertion Technique:** Slowly and gently insert the tapered tip of the plug into the urethra. Do not force it.
- **Relax:** Try to relax your muscles, as tensing up can make insertion difficult. Allow the weight of the toy to help it slide in naturally.
- **Positioning:** Ensure the base of the plug (if it has one) is secure against the opening to prevent it from sliding too far in.

## 3. Removal and Aftercare

- **Remove Gently:** Remove the plug slowly, preferably when the penis is not fully erect.
- **Clean Immediately:** Clean the plug thoroughly again after use.
- **Hygiene:** Thoroughly wash the genital area to remove any lingering lubricant.
- **Storage:** Store the toy in a clean, dry, and cool place, away from direct sunlight and other toys to avoid material degradation.

## Important Safety Tips

- **Never Force It:** Urethral play requires patience. If you experience pain, stop immediately.
- **Check for Infections:** If you notice signs of a Urinary Tract Infection (UTI), such as pain or burning during urination after use, consult a healthcare professional.
- **Do Not Use While Ejaculating:** It is generally advised to remove solid plugs before ejaculation to prevent issues with semen flow.
- **Not for Prolonged Wear:** Do not leave the plug in for extended periods of time.

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