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A metal “donut” or solid stainless steel ring is a popular toy designed to enhance erections, improve stamina, and provide a weighted, tugging sensation. Because metal rings do not stretch, proper usage and safety are critical.

Here is how to use a metal donut cockring:

1. Sizing and Preparation

- **Measure First:** Ensure you have the correct size. The ring should be snug but not painful.
- **Use Lube:** Apply a generous amount of ZENN water-based or silicone-based lubricant to both your anatomy and the ring to prevent friction and ensure it slides on easily.



- **Time it Right:** It is generally recommended to put the ring on while you are flaccid or only partially erect, as it can be difficult or painful to put on once fully erect.

2. Application

- **Placement:** Slide the ring over the head of the penis (the glans) and move it down to the base of the shaft.
- **Optimum Results:** For the most intense sensation and best stamina results, place the ring behind both the shaft and the testicles.
- **Weight & Sensation:** The metal weight (e.g., 177g for a standard steel ring) provides a continuous tugging sensation.

3. Safety and Usage Limits

- **Time Limit:** Never wear a metal cock ring for more than 20-30 minutes at a time to prevent tissue damage or reduced blood circulation.

- **Listen to Your Body:** If you feel numbness, pain, or notice cold/discolored skin, remove the ring immediately.
- **Removal:** If the ring becomes stuck, do not panic. Use more lubricant, apply cold water to reduce swelling, and gently work it off. If it cannot be removed, seek medical attention.

4. Cleaning and Maintenance

- **Hygiene:** Clean the ring thoroughly before and after each use with warm water and soap or a specialized toy cleaner.
- **Storage:** Store in a cool, dry place.



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