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How to use nipple clamps

Adjustable clamps are great for tailoring the level of pressure, so you can choose exactly how gently or tightly you'd like to squeeze.

Get aroused

It's helpful for the nipple to be erect before you attach the clamps. Take time to relax and slowly masturbate, without bringing yourself to climax just yet. Gently massage your nipples to encourage blood flow, until they become hardened and raised.

Place the clamps around the base of the areola

Fully open each nipple clamp, and slide it around the base of the areola; that's the area behind the main nub of the nipple. The clamp should lie on its side flat against your body, with the silicone grips pointing up as they grip your nipple and the adjustable metal clamp itself hanging below.

Tighten slowly



If you're new to nipple clamps, start by keeping them loose at first – then tighten them slowly to find the level of pressure that feels good to you.

Tease other erogenous zones

Part of the joy of using nipple clamps is, once they're in place, they're a hands-free sex toy! Take advantage of this by pleasuring other erogenous zones while you're wearing your clamps; this could lead to a breathtaking blended orgasm. (That's when you come from stimulating multiple erogenous zones at once!) Try using a slick of lube to stroke your clitoris or penis, and treat yourself to a masturbation session as you enjoy the nipple stimulation. If you're playing with a partner, try mutual masturbation or penetrative sex while the clamps keep your nipples erect and aroused.

Play for short times at first

It's best not to leave on your clamps for any more than ten minutes, to make sure you're not restricting blood flow for too long.

If you're using clamps as part of the fun in a bondage position, agree on a safe word before you play – in case you need to ask your partner to loosen them or remove them during your session.

Remove carefully

Slowly adjust the clamps to loosen them before removing them. Keep an eye on your nipples for any color changes; if you notice your nipples turning red, purple or even white, remove the clamps to allow blood flow to return to the area. Taking off the clamps and feeling the blood rush back into your nipples can feel incredible; a thrilling bonus sensation after all the clamping fun!

Practice aftercare

Your nipples have just gone on a bit of a journey, so it's important to give this sensitive area some care and attention! Holding an ice cube to your nipples right after play can feel amazing. It's a good idea to wear a soft, loose top after you've finished nipple play to avoid irritation, too – and to carefully massage in some soothing aloe vera moisturiser.

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