
Rubber Dams

Rubber dams, also called dental dams, are flat, thin sheets of latex. They are square or rectangular in shape and are usually translucent white or green. They were developed for dentists to use during dental procedures. The dentist uses a rubber dental dam to isolate a tooth so debris from the procedure doesn't fall into the mouth and to keep the surrounding surfaces from contaminating the area being worked on.

More recently, rubber dams are used during oral sex to create a barrier. Rubber dams can prevent sexually transmitted infections and gastrointestinal infections from being transmitted during oral sex. Rubber dams are available at pharmacies and medical supply stores, or online at condom stores. A rectangular latex barrier can also be made from a condom by using scissors to cut off the tip and cut down one side. Rubber dams are also available in polyurethane for those with latex allergies.

For more information on rubber dams and other risk reduction strategies, visit:

- <http://www.teachingsexualhealth.ca>

