

## Activity Specific Negotiations

Like every kinky thing you do, you'll want to use your standard negotiations but with medical play you'll also want to add a few extra to consider:

- **Blood:** Does your bottom have any blood-borne pathogens? You should always play as though they do, taking care to minimize exposure. Both partners need to acknowledge that the potential for accidental cross-contamination is possible.
- **Fears:** Needle fear is common, and you may need to start with a slower scene, just a few needles to start while you're gauging how your bottom will react. Make sure that you're clear because if they become hysterical when you're starting to poke them, it can make for a bloody mess.
- **Medications/Health:** Aspirin, diabetes medication, any blood thinners including alcohol are to be taken into consideration as they thin the blood and affect coagulation. Be aware of all possibilities prior to engaging.

## Safety and "Sterilization"

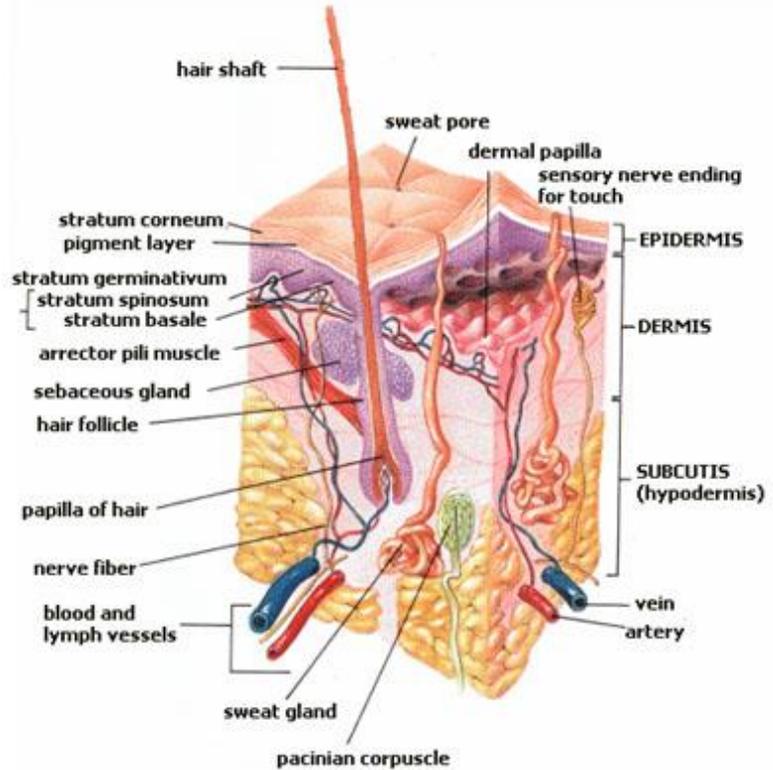
Needle play is **NOT** sterile. The only way to stay sterile is to be inside of a clean room. Be that as it may you still want to keep as clean as possible. Some tips to keep in mind when preparing your work area and bottom's skin for piercing:

1. Choose your location wisely:
  - Out of the flow of traffic
  - It's good to have the option to lie your bottom down (even if you plan to pierce with them sitting up) in case they feel faint.
  - Look for a safe place (a tray or a table) that you can set your supplies on instead of setting them on the same surface as your bottom.
  - Consider lighting, you can opt for a headlamp if the room is too dim
2. Clean your area, while most dungeons have a spray bottle of alcohol about but you're breaking skin, I recommend bringing your own PDI wipes to clean with before AND after.
3. Clean your tray, if you are using one, with a medical-grade antibiotic cleaner, let dry. Use a sterile drape, if you have one, to keep your equipment from rolling around.
4. Set up everything you will use on a clean, stable surface.
5. Mark your design, if applicable. Surgical markers work for this or brand new little sharpies or tattoo transfer paper if you're going big.
6. Wash your hands and wrists vigorously in the hottest water you can stand for 60 seconds. Let the water drip back towards your elbows.
7. Glove up. I like using multiple gloves stacked so all I have to do is peel a layer rather than risk contamination.
8. Clean the skin with alcohol pads or my favorite Hibiclens. Remember that alcohol isn't antiseptic but will wipe dirt away and then dry.
9. Pierce ☺ Dispose of the plastic sheaths in your trash bag or a large Ziploc as you go.
10. Needles should be disposed of in sharps containers. You do not need to put the sheaths back on, that increases your risk for an accidental stick.

## Skin Anatomy

Skin is awesome! Our largest organ, its functions is to provide protection, regulate body temperature and allow us to feel sensations through the millions of nerve endings it contains. There are three primary layers to our skin:

- Epidermis - tough protective layer that is made up of five sublayers that work together to continually rebuild the surface of the skin.
- Dermis - contains collagen and elastin, blood vessels, lymph vessels, nerve endings, sweat glands, sebaceous (oil) glands, and hair follicles.
- Hypodermis - the innermost layer of the skin is a fatty layer of subcutaneous tissue consisting of a network of fat and collagen cells



Below that is connective tissue and muscle tissue – which you want to avoid when engaging in play piercing.

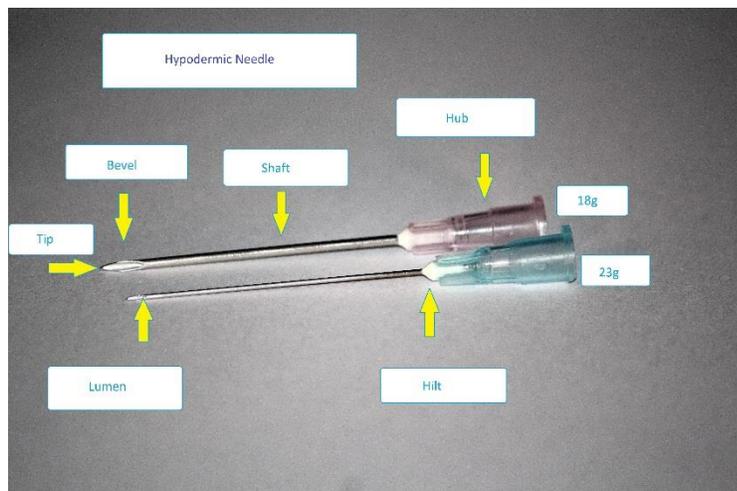
## Equipment and Supplies

Mandatory	Suggested	Optional	Avoid
Needles	Corks (mini size 000)	Ribbon (for corsets)	Cotton Balls
Antiseptic	Band-aids	Mini Glow Sticks	Latex Gloves
Nitrile Gloves	Sterile 2x2 Cotton Gauze	Hat Pin Clutches	Hydrogen Peroxide
Sharps Container	WoundSeal clotting powder	Beads/Pendants	Non-hollow pins/needles
Gauze Pads	Healing Ointment (Aquaphor)	Butterfly Board	
Trash Bag/Large Ziploc	Chux Pads	Nylon Footies	
EMT Shears or Diag. cutters	Surgical Marking Pen	Heating Pad	
	Surgical Lube	Soothing/Sexy Music	
	Thimble	Monofilament Fishing Line	
	Paper Towels	Virkon Tablets	
	Surgical Tray	Flexible Ruler	

## Technique and Placement

There are four main parts to a hypodermic needle: The Hub, Shaft, Bevel and Tip (or Point). Needles also come with a plastic sheath that maintains 'sterility' and safety until you are ready to use it. The color of the hub varies depending on the gauge of the needle, and bigger numbers mean smaller needles. Smaller needles deliver sharper pain whereas larger ones are great for the deep throbbing type.

When you are ready to pierce: Place the needle parallel with the bevel facing up, gently pinch up a bit of skin and push the needle steadily through. Avoid piercing too shallow (less than 1.6mm) or too deeply (more than 3.3mm) If you can clearly see the shaft of the needle, you're probably too shallow (which is painful!) and if the shaft is missing altogether, you're probably too deep (risk of piercing muscle). (Addington).



Maintain control of the needle and avoid sticking yourself. Whether you pierce towards yourself or away, that's largely a matter of personal preference. As with anything, practice makes perfect. If you are lucky enough to find a pincushion volunteer who is very forgiving, you can learn to gauge depth relatively quickly providing you listen to them and make adjustments when necessary.

If you are doing more than one needle, keep your needles lined up in the same direction as much as possible and work away from needles that have already been placed. To remove, grab the hub and pull the needle out slowly. Dispose directly into a sharps container. If you get

blood and don't want to play with it, apply pressure with a non-stick gauze pad.

## The "Twue" Way

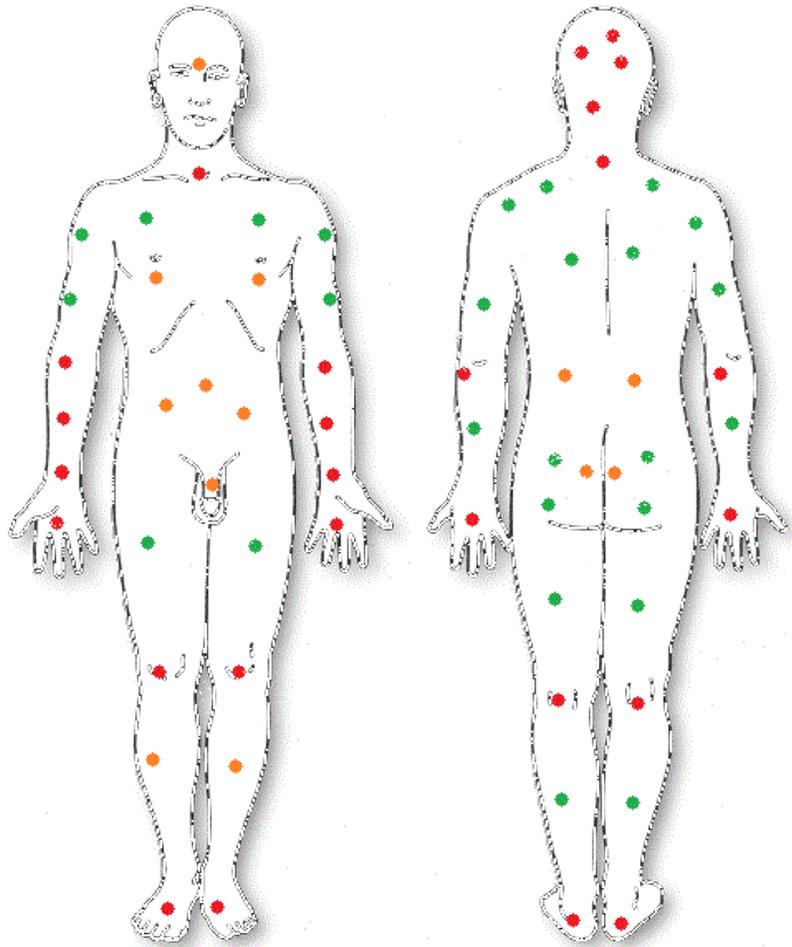
What I'm teaching here is safety, and the way that I do needleplay. Others may do needleplay in other ways, but as long as it's not putting the bottom at risk and follows the same basic guidelines, they're probably fine. It doesn't matter if your needle work isn't perfect, you get better with time and as long as you own your fuck-ups, you can keep learning from your mistakes.

Everyone loves posting their elaborate needle art on FetLife, but it's perfectly okay to place needles totally randomly. After all, this is about sensation and your interaction with your bottom. Not everything is going to be a work of art and your scene is probably still going to be pretty darn awesome if it's not.

**RED** – Don't

**Orange** – Caution

**Green** – Carry on!



### **How to Watch a Needle Scene**

- Needle Play is no different from Flogging in terms of being an activity that deserves respect in the form of giving the scene SPACE and keeping chatty conversation to a minimum. More than once I've heard somebody make an exclamatory comment from across the room that for some reason they feel is justified given the nature of Needle Play – It's not. As a needle top, I am trying to provide an experience for my pincushion – the audience is secondary. "OMFG THERE'S NO WAY I WOULD DO THAT?!" – Don't.
- If you want to observe to learn, do just that. If the needle top wants to explain what they are doing, they will. Keep your questions to a minimum and take a hint if the top is ignoring you. Sometimes taking the time to chastise a person disrupts the scene for the players even more than an unwanted hoverer.
- Setting up can take quite a while. This is a good time to ask if you can observe and ask whether questions will be welcome. It depends on the top (I'm usually fine with it) but more so the bottom's level of comfort with the disruption. Keep your questions academic and shelve any criticism for private inquiry.
- As with any BDSM activity, if you have a problem with what is going on in the dungeon – notify a DM. Never disrupt a scene in progress because you perceive the bottom is in danger.