

How to Use Penis Rings

By [Cory Silverberg](#) - Sexuality Expert

Penis Rings or Cock Rings are one of the few sex toys made specifically for the penis.

Rings are the popular version of a medical device, called a constriction ring, and while none of the penis rings available in sex shops come with clinical testing or medical promises, they can be a functional and fun part of sex play for guys.

By constricting the flow of blood out of the penis, rings can change the way erections feel, how long they last, and what orgasm and ejaculation feels like. These days many men buy rings just because they like the way they look and feel.

Like most sex toys, penis rings don't come with a user's guide. If you're curious, here's what you need to know.

Here's How:

1. Start simple.

Flexible, adjustable rings are recommended for first timers. They are easier to put on and take off, and if you're not sure how tight you want it, you can make it looser to begin with. If you're in a store, ask to see the ring out of the package and feel it, even stretch it a bit, to get a sense of how much give it has.

Some rings are very complicated, with many straps and buckles. Start simple and be sure you know how the ring is worn before you take it home.

2. Velcro and sliders or snaps and buckles.

Different penis rings use different methods to adjust the size. The benefit of snaps or buttons is that they won't ever slip. But the drawback is that it is easy (and painful) to get pubic hair caught in the snaps.

Velcro, or beads that slide, can slip, but they are easier to use and less likely to cause pain and the bad kind of screaming during sex.

3. *Personal lubricant.*

You can put some personal lubricant on the ring or on your penis before you put the ring on, and this can reduce any pinching of your skin or painful hair problems.

If you're using a penis ring that just goes on the shaft of the penis and you apply too much lube, it can make the ring slide off the penis more easily.

4. *Inspecting the product.*

Before you use your penis ring for the first time take it out of the package, wash it well, and then check it out carefully. Look for any tears, loose threads, or sharp edges.

If there are any flaws return your penis ring before you use it.

5. *Find time to explore.*

Even though you may want to use the penis ring with a partner, it's a good idea to try it on your own the first time. You'll feel less self-conscious and/or you can really concentrate on how it feels for you without being distracted (for better or worse) by a partner.

It can also be tricky the first few times you put a penis ring on and take it off, and practicing may make you more comfortable when you start using it with a partner. Make sure you have a little time and enough privacy before getting down to business.

6. *Start on your own.*

If you're using an adjustable ring, open it up all the way, slip it over the penis and behind the scrotum, and then tighten it. Once you've got the ring on, try masturbating with the ring on.

This will help you get used to the feel and also find out how the ring feels with movement and friction. Masturbate all the way to orgasm and ejaculation. If you feel pain or discomfort, remove the ring.

If it feels good you'll have a sense of what the ring will feel like when you use it with a partner.

7. *Using solid penis rings.*

Some solid rings are made to be put on before you get an erection. The larger rings can be slid down the base of the penis and the testicles and scrotum can gently be pulled through the ring so that it is around the base of the penis and behind the scrotum. As your erection grows the ring will constrict the skin and blood flow.

If you get an erection and don't like the way the ring feels it can be difficult to remove the ring until you lose your erection. This is why these rings are only recommended for people who know that they like the feel of penis rings.

8. *Pulling on penis rings.*

Penis rings can be fun as they give you something to hold on to, or grab on to, during sex play. Pulling or tugging on a penis ring can feel good for the wearer and can be a power play experience for the person doing the pulling.

It's safe to pull on rings, on the penis shaft, and even to pull down on the scrotum, as long as you're careful not to squeeze or pinch too much on any one point. The key is to have a wide grasp on whatever bits you want to pull on, and then start gently and get feedback from the wearer.

9. *Condoms and penis rings*

If you're using condoms while wearing a penis ring check to make sure the ring isn't rubbing against any part of the condom such that it could tear the condom.

The only concern with penis rings and condoms is that through friction the ring may tear the condom and increase the chances of it slipping off or tearing completely. If your penis ring is made of a hard material, or has snaps or studs, you need to be particularly careful.

10. *Using a penis ring with a partner.*

Most men want to use rings during sex play with a partner. Once you're comfortable on your own, you can either use the ring during sex without making a big deal of it, or you can let your partner put the ring on you as part of sex play.

Men have so few sexual accoutrements and penis rings give them the chance to accessorize their sex life in a way that can be fun and also highly pleasurable.

Tips:**1. *Penis ring safety.***

If you are using a penis ring and you feel pain or discomfort remove the ring immediately.

You should not leave a penis ring on for extended periods of time. Most documentation suggests 30 minutes is as long as you should leave a ring on for in one session.

Do not use homemade or makeshift penis rings (from elastic bands, nylon string, etc...) as they may be tricky to get off and may cut into your skin.

Penis rings aren't very expensive (basic ones start around \$10) and it's worth spending the money to avoid the need for scissors or a trip to the emergency room.