

The Importance of Aftercare

WHAT IS AFTERCARE?

Aftercare refers to the time and attention given to partners after a sexual experience. The purpose is to make sure all parties involved leave in a positive mental state. While common in the kink community, Aftercare is something that everyone should be doing. Sex ends abruptly, so Aftercare is about pampering and nurturing one another. It includes verbal communication as well as non-verbal communication, such as cuddling, touching, kissing, and caressing, and even gestures like taking a shower, having a snack, or taking alone time to digest *what just happened*.

TYPES OF AFTERCARE

Aftercare is unique to each individual. Use the information below to figure out the type(s) of aftercare you like and then ask your partner their preferences. It's essential to communicate, understand your partner's needs, and respect them!

Physical Contact

- **Cuddling**
 - Big spoon? Little spoon? *How long?*
- **Touching**
 - Too hot to cuddle?
 - Lay next to each other touching hands, feet or legs?
 - Face each other or away?
- **Hugs, Kisses, and Caresses**
 - None? All? Or a combination of some of these things?

Talking

- **Yes** - What do you want to talk about? What just happened? What do you want to do next? What's on your mind at that moment? *Do you want to be the first to talk, or should your partner initiate it?*
- **No** - Do you need a moment to yourself? Time for some quiet reflection?

Comfort

- **Snacks**
 - Do you want something to eat or drink?
 - What would you like?
- **Covers**
 - Do you want to be covered up or exposed to air out?
 - Would you like a blanket, sheet or a robe? *Maybe something fresh and warm from the dryer?*

Bath or Shower

- Do you hate feeling dirty or sticky?
- Is it a long or short one?
- Do you prefer to be alone, or can your partner join?
- Do you want to get back in bed and cuddle after?

Clean Sheets

- Does fresh sheets after sex sound nice? *Or do you use a play sheet, so there are no wet spots?*
- Whose job is it to change the sheets? *Do it together?*

Alone Time

- **Yes** - Do you want to be alone? *That's okay!* Just make sure your partner understands why. If your partner doesn't understand, it may come off unintentionally rude.
- **No** - Do you need to be with someone after sex? *That's okay too.* How long do you need someone to stay with you? Make sure your partner understands why this is important to you.

What would your ideal aftercare look like?
