

Sexual Rehabilitation Before and After Prostate Cancer Treatment

Intimate Play with a Soft Penis

The majority of men treated for prostate cancer will experience changes to sexual function, such as the inability to have an erection. Despite this change, men can still enjoy satisfying sexual activities. These activities increase blood flow and excite the penile nerves, which may help preserve erectile function. Sexual rehabilitation involves exploring pleasure and intimacy through methods other than penetrative sex (putting the penis into the vagina or rectum). Exploring these activities can be fun and may improve sexual function.

Masturbation

Self-stimulation, or pleasuring, helps you to understand how your body responds to different types of touch. Joint masturbation with a partner can increase intimacy in a relationship and gives your partner ideas about how you like to be touched. Below are some ways to try intimate play with a soft penis:

Fingertips – Using gentle touch use fingertips to pet, stroke, and tap different parts of the penis and scrotum. Pay attention to differences in texture and feel of the penis and surrounding area.

Cupping – Some people like the feeling of being cupped or contained. The soft penis is flexible and can fit into one or two hands.

Lift and Separate – Move the penis and scrotum around to encourage stimulation or arousal. With one hand make a ring shape with your thumb and forefinger and wrap it around the scrotum. While holding onto the penis with your other hand, gently tug downwards, away from the shaft of the penis. Again, gently bring both hands away from your body.

Perineum – Extend your reach to include the perineum, which is the area between the scrotum and the anus. This is a highly sensitive area for most people. You can run your fingers up and down, tap, or massage the area.

Avoid the up and down - The long stroking motion that is usually used with an erect penis is not going to do much and likely will not feel good with a soft penis. If you enjoy more active movements with your penis, try rolling it back and forth in two hands or squeeze and release while holding it in your hand.

Stuffing

As the name suggests, stuffing refers to inserting a soft penis into the vagina or rectum. To do this, gently guide the penis into the opening. Once inside, the couple may move their bodies together to increase stimulation. You may experience pleasure from the tightness around your penis and your partner may enjoy the feeling of the soft penis inserted. This can be a unique and pleasurable sensation for the couple.

Oral Sex

Oral sex is another pleasurable activity to do with a soft penis. Your partner may need to use their hands to hold the shaft or scrotum since a soft penis can fold into itself. A soft penis allows the opportunity for more aggressive oral play. Your partner can play with suction either with part of or your whole penis. Humming while performing oral sex may also improve the experience.

