**Urethral Sounds**

**(class by Master Varii)**

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Urethral Sounding is the method of stimulating the penis from the inside out by inserting a sound into the urethra and stretching it. Much like anal training, it can be an acquired taste for some, and it is strongly recommended to gradually increase the size of what you insert so you do not tear the urethra. Though you should increase the size of sounds very slowly, bigger is better **(up to a point)**. Many men find this type of stimulation addictive once the urethra has been properly “trained”, and most say it gives them stronger, more intense orgasms. It's also a mentally stimulating experience, especially when done with a partner. As you can imagine the energy exchange involved in this activity can be extreme, especially if you also include other things like bondage or anal play. (Said with a giggle, and an evil grin!)

**Is it safe?**

Like everything we do in our kinky world, that depends. Whether or not something is safe

depends on your knowledge of the risks, **and your observance of proper technique**. The urethral lining has the consistency of a wet paper towel and can be damaged if you don’t

know what you are doing. Additionally, the male urethra takes a bend just before the prostate. Negotiating that bend takes talent, and that’s where most sounding injuries occur. If you are a sounds beginner, you shouldn’t attempt to go beyond that bend, or use sounds like the Van Burren or the Guyon sounds for a while.

Even though you should start slowly and work your way up in size, it is best not to start with the smallest, thinnest sounds. If they are too thin they can be very sharp and can injure the urethra, or if you go too deep puncture the prostate. This is why it’s recommended to start with the second smallest sound in the kit, or even the third-smallest. Larger sounds feel better **IF** you are stretched enough to handle them, and they are usually safer.

**Cleanliness Matters!**

Clean is good, but the closer to sterile the better. For this reason, the type of material a sound is made from is very important. **Surgical or stainless steel is best.** Also good choices are aluminum, gold, or silver (yes, they do make those). Silicone is an option, but be careful there isn’t a tear or imperfection which would make proper cleaning difficult.

Many people choose to boil their sounds, or soak them in a 10% Clorox solution to clean

them, **but** with these methods it is possible to damage the smooth finish over time (smooth is good), and remember t**he storage case is NOT a sterile environment**! For this reason, I talked with a kinky urologist friend of mine and came up with the following procedure for me personally. It has proved to be both safe and easy. I’ve never had an issue, and I play with sounds a lot.

**After use:**

* Wash the sounds with an antibacterial liquid soap and hot water, then rinse well. If you are not near a sink, put them in a zip lock storage bag, and zip it closed until you can wash them…. Which you should do ASAP not days later.
* **Repeat!!** (Yes, I know they look clean… **do it anyway**!)
* Wipe thoroughly with a disinfectant wipe that kills 99.9% of everything viral or

bacterial. (You should have lots of those in your toy bags!)

* Let them dry (moisture is a breeding ground for nasty things)
* Store these very clean sounds in their case (not jumbled together where they will likely get scratched or dirty).

**Just before use:**

Have the bottom clean the sounds you plan to use on them. This starts the scene and gets them in the right head space as well as serving an important function. Do this by:

* Have them glove up and wipe the sounds with an Iodine or Betadine Prep Pad
* Then remove the orange Iodine residue by wiping with an alcohol prep pad. NOTE:

Iodine is sticky, and sticky is not good for our purposes. It is important to get ALL the iodine off, plus between the iodine and the alcohol you further ensure the sounds are as clean as it is possible to get outside a surgical suite.

* Lay them out on a surgical pad, or other clean absorbent, lint free surface, do not put them back in the case.

**\*\*\*This before and after procedure is fast, easy, accessible, and honestly as close as you can come to a sterile sound in a non-sterile environment, if done correctly. \*\*\***

**Lube:**

* Spit is **NOT** lube!
* Do not use regular lubes of any kind. They are more likely to become contaminated
* and cause urinary tract infections!
* **Use a “bacteriostatic” surgical lube!** Bacteriostatic means bacteria will not grow in that medium. I use a brand called “Surgilube” which is easily available on Amazon.

**Lastly (because common sense is not common)**

* Always use specially designed penis plugs and urethral sounds. **Never insert random household objects into the urethra, as much as it might appeal to you!**
* Never use glass sounds! If they were to break the damage could be catastrophic!
* Until you have gained substantial experience, it’s best to use the simplest sounds, preferably with a rounded, tapered tip like Dittles or Rosebuds (Dittle sounds are still my favorite).
* Make sure your hands are clean before you play with or handle penile plugs or sounds.
* Go slowly. **This can’t be stressed enough**. The urethra needs to be stretched gently and with care, slowly over time. Never rush this experience.
* Never force the plug or a sound down the penis. It’s best to let the sound slide naturally inside the urethra, pull back and repeat. More lube is better.
* Relax. Realize it may take a little time to get use to urethral stretching and all the new stimulation you will experience. Rome was not built in a day.
* For more advanced play, if you use urethral sounds with a curve, do not attempt to insert or remove the sound with an erection!
* You should take sounds and solid penis plugs out before ejaculation, when possible, to prevent retrograde ejaculation or shooting sounds. (n/a with curved sounds)

**Types of Sounds**

Urethral sounds are designed to be inserted into the male or female urethra, for the purpose of stretching or unblocking a stricture. There are a number of different types of urethral sounds:

* **Hank or Henk Sounds** have a pair of special ribs located near the tips of the sound. One
* rib is placed on each side, a few inches from the tip as a stop point. These are
* considered beginner to intermediate sounds.
* **Bakes sounds**, also known as **rosebud or bullet sounds**, have a long thin metal rod with a bulbous bud on the end.
* **Dittel sounds** have a flat end and a rounded end. You can buy these in different lengths, get the long ones.
* **Hagar sounds** have a more pronounced curve at the ends, as well as a metal rib on each end, and are short. These are often used if sounding a female bodied person.
* P**ratt sounds** are longer urethral dilators (double ended ones are usually almost a foot long) with rounded and slightly bent ends.
* **Van Buren sounds** have a very pronounced curved tips. Must be inserted and removed while flaccid. These are for advance and very experienced sound play only!
* **Guyon Sounds** have an extremely pronounced tip and are made for only the most experiences users. They are not for the faint of heart, provide extreme sensation, and must be inserted and removed carefully while flaccid. Used incorrectly these can cause serious damage to the urethra.

There are many other types of individual sounds. You can see a huge variety at

TheChainGang.com website, or Amazon..

There is also a huge variety of very short sounds, referred to as **plugs**, that may be worn for longer periods, and some designed for use with piercings.