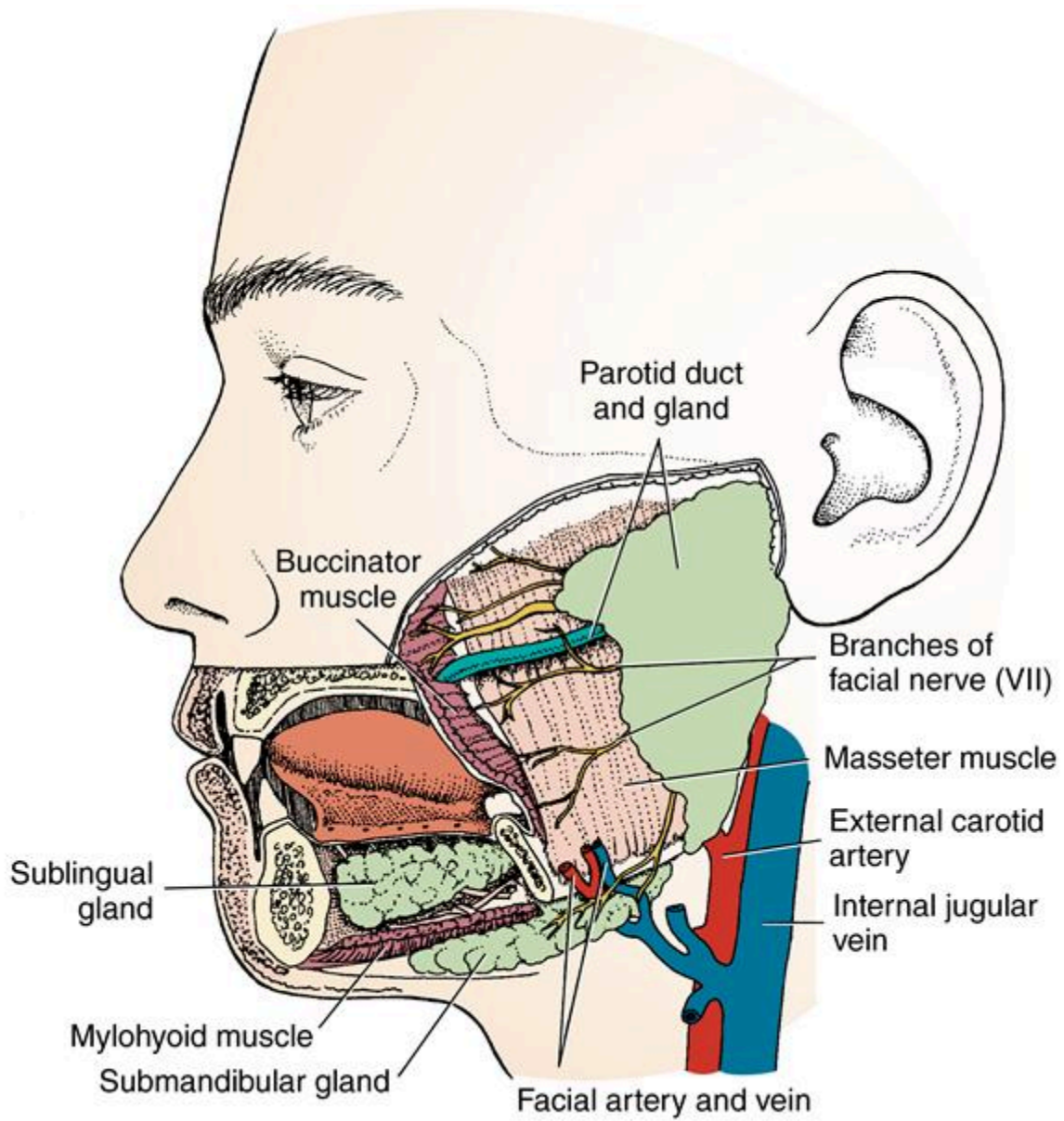
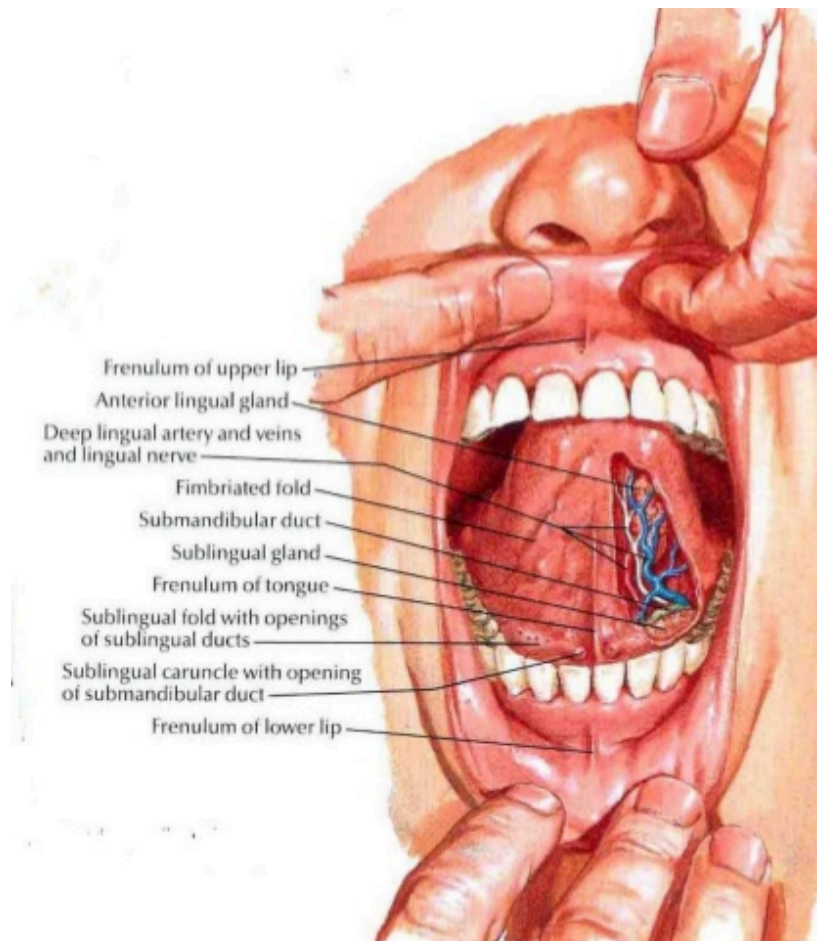


Tongue and Mouth Torture

By Carmen Monoxide



Be aware of nerves, glands, and blood vessels at all times. Image courtesy of pocketdentistry.com



- Sublingual gland and its duct.
- The deep part of the submandibular gland and its duct.
- Lingual frenum
- Deep lingual artery and veins.
- Lingual nerve.

Image of the mouth with a focus on the sublingual (under tongue) anatomy. On the right is a list of things to avoid or be very aware of. Image courtesy of a presentation by Dr. Nidra Sumra.

After Your Scene

- Check in with your bottom immediately after, 1-2 days after, and a week after.
- Ensure your bottom can speak and swallow before parting ways
- With each subsequent check-in, ask your bottom if they are experiencing any difficulty speaking or swallowing, any issues with taste, any tingling or numbness in the mouth or face
- Do not have any barrier-free oral sex or kiss a person you are not fluid-bonded with after having your tongue and mouth tortured
- When in doubt, seek medical attention!

Safety Notes

- Disinfect any and all items going into the mouth. Remove chemical product residue before use, or use boiling water as a sanitizing method when possible. Hibicleanse (chlorahexadine) is a body-safe disinfectant (though it tastes awful!)
- Wear gloves, especially if you have any cuts, scrapes or open wounds on your hands (even hangnails). Change your gloves often when moving from your prep/toy area to your Bottom's mouth, and vice versa.
- Use hand signals or a drop object so the bottom can communicate safely and quickly
- “Swallowing your tongue” is a myth, but your tongue can block your airway
- Avoid salivary glands, nerve pathways and large blood vessels, look up anatomy diagrams for reference
- Show caution with tongue and soft tissues, as nerve and tissue damage can affect speech
- Remember the tongue is a muscle, the rest of your mouth is soft tissue. These will react to trauma differently, and will heal differently
- Don't chip your bottom's teeth!
- Your bottom's head should be upright or tilted forward, never back, because they can have difficulty swallowing and aspirate saliva
- Swelling of tongue and mouth (angiodema) is the leading cause of asphyxiation. As you torture someone's mouth, swelling increases and the risk of that swelling causing airway blockage becomes more severe.
- Swelling and airway blockage is also a consideration to keep in mind when experimenting taste and food (unknown allergies are a thing, and just because you have eaten something before does not mean you won't have a reaction, or that a mild food allergy cannot become anaphylactic with subsequent exposure.)