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Does lube cause condoms to slip-slide away? ^[1]

Dear Alice,

If an individual is concerned about putting a condom on easily, would it be beneficial to use some lubrication on the inside of the condom? Would this increase slippage?

Answer

Dear Reader,

When using latex and polyurethane condoms, a touch of lube surely may help things feel slick 'n smooth. Not only may a little lubrication applied to the inside of the tip before it's rolled on help glide the condom right on, the extra lube at the tip may increase sensations to the glans of the penis.

Remember, a few drops of [lube](#) ^[2] usually go a long way inside the condom (no evaporation!) — just a little dab'll do ya! Using too much lube in the condom could cause the condom to slip off. For latex condoms, remember to use water- or silicone-based lube since oil-based lubes damage latex. Putting some lube on the body part to be penetrated may also help.

As for female condoms, which are made of a synthetic latex material called nitrile, not only does water- or oil-based lube increase comfort for both partners, it also decreases noise!

For more information on how to correctly put on a condom, check out the *Go Ask Alice!* [Sexual and Reproductive Health](#) ^[3] archives. Using a drop or two of lube inside the condom has both ease and pleasure benefits. Now, slide on home!

Alice!

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