



LESSON T · TOOLS · REFERENCE CARD

LUBE COMPATIBILITY

Friction reduction is infection prevention. The wrong lube can break a barrier.

MATCH THE LUBE TO THE MATERIAL

	LATEX	POLY-ISOPRENE	POLYURETHANE / NITRILE	SILICONE TOYS	GLASS, STEEL, HARD PLASTIC
Water-based Dries fast — reapply	YES	YES	YES	YES	YES
Silicone-based Waterproof, lasts	YES	YES	YES	NO degrades them	YES
Oil-based Massage, non-latex only	NO destroys it	NO damages it	YES	YES hard to clean	YES

DRILL UNTIL AUTOMATIC

WATER

works with everything — it dries, so reapply.

SILICONE

latex is fine — never with silicone toys.

OIL

never with latex (or polyisoprene).

FLASH CARDS — ANSWER FAST, THEN CHECK

1. Water + latex? _____

2. Silicone lube + silicone toy? _____

3. Oil + latex? _____

4. Oil + polyurethane? _____

5. Silicone lube + latex? _____

6. Oil + polyisoprene? _____

ANSWERS: 1 yes · 2 no · 3 no · 4 yes · 5 yes · 6 no

Lube isn't optional — not enough lubrication increases the chance a barrier breaks.

Irritation? Switch to a water-based, fragrance-free lube, skip warming, tingling and numbing products, and ask a clinician if it keeps happening.