

Examples from Reddit's /r/sex subreddit of misinformation or disinformation typically being upvoted and going unchallenged, along with examples of omission (e.g. no one pointing out the possibility of a preexisting condition, saying something like "doing that is a bad idea," mentioning the extreme danger of "rough" anal intercourse/insertions — including potential lethality plus likely criminality when more than one person is involved, etc.), can be seen in subreddit threads referenced below. All of the original URLs should be archived at least on web.archive.org (and some of the threads, or at least the original posts, no longer are present on Reddit; archive snapshots sometimes disappear as well). Relatedly, /r/sex has enshrined the "sex positive" bias into its posting rules.

Note: The archival date of a snapshot does not necessarily reflect the age of the original URL; some old threads might have been archived years later for instance. Furthermore, old.reddit.com is favored over www.reddit.com for newer material.

https://web.archive.org/web/202310/https://old.reddit.com/r/sex/comments/17kax3c/is_this_lube_even_safe_to_use_for_anal/
https://web.archive.org/web/202310/https://old.reddit.com/r/sex/comments/17jq7vq/help_receiving_anal/
https://web.archive.org/web/202310/https://old.reddit.com/r/sex/comments/17jbwyh/does_anyone_actually_enjoy_something_in_their_ass/
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https://web.archive.org/web/202303/https://old.reddit.com/r/sex/comments/11ng0zk/wanting_to_try_extreme_anal_play_with_my_boyfriend/
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https://web.archive.org/web/202303/https://old.reddit.com/r/sex/comments/11ls5hp/need_some_tips_on_anal/
https://web.archive.org/web/202303/https://old.reddit.com/r/sex/comments/11fw2so/how_important_is_lube_safety/
https://web.archive.org/web/202302/https://old.reddit.com/r/sex/comments/11ejte9/advice_for_taking_care_of_my_girlfriend_who_is/

The OP wrote: "I (36F) have been pegging my girlfriend (41trans MTF pre-op) and I still have a lot to learn. [...] We went at it pretty hard last night, twice, and she is hurting today, deep inside. She couldn't even sit up straight in one position when I took her to breakfast this morning." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that rapid thrusting is always a bad idea.

https://web.archive.org/web/202302/https://old.reddit.com/r/sex/comments/11e5s2m/how_to_get_back_into_anal_after_a_two_year_break/

The OP wrote: "I (23F) use to be 100% for anal, I loved anal so much but due to the lockdown 2 years ago I had to stop doing it. I have been trying to get back into it as it's something I loved doing so much. No matter how much I try it either makes me feel sick or I am extremely uncomfortable. I do not feel physical pain from it, I generally don't know why I just can't do it. [...]" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions (possibly caused by previous anoreceptive activities), nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor.

https://web.archive.org/web/202302/https://old.reddit.com/r/sex/comments/11c5lid/is_prepping_a_must_for_anal/
The OP wrote: "As of lately I've been talking about different things to try with my boyfriend. He brought up prepping when penetrating the "back end" and said that if it isn't done it could cause problems. So I was wondering if this was true and that cleaning out needs to be done first always." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that problems can occur regardless, as fragile tissues not far inside can be damaged both easily and without pain. [TODO: Consider reworking this.]

https://web.archive.org/web/202302/https://old.reddit.com/r/sex/comments/11bc6tm/haemorrhoid_banding_anal_sex/
The OP wrote: "Does anyone have any experience with anal sex after haemorrhoid banding (not to be confused with full on haemorrhoid surgery which I've heard is terrible). I've read that it should only take a few weeks to heal (I'm +5 weeks on from the banding now). But, when I've had anal sex with my partner, there was a fair amount of blood that came out afterwards when I, you know, cleaned up. Thinking about starting anal sex like a baby gay again. Some small butt plugs etc and working my way up to dick again." 1) Nobody covered anorectal fragility and traumatic risks, including hemorrhoidal disease. 2) No one advised refraining from anoreceptive activities entirely. 3) Nobody pointed out that the OP's hemorrhoidal disease could well have been caused by previous anoreceptive activities.

https://web.archive.org/web/202302/https://old.reddit.com/r/sex/comments/11altnt/anal_didlos_health/
The OP wrote: "Is it bad for my health to keep an big dildo inside of my ass for 3-6 hours while gaming, will it stretch my asshole permanently?" 1) Stenting the anal canal open is not a good idea. [TODO: Finish this.] 2) The top commenter wrote: "As far as i know you can only do harm to your butt when going into the extreme. That be size or duration." a) That is most certainly untrue: significant damage can occur both easily and without pain. b) Rapid thrusting is another factor.

https://web.archive.org/web/202302/https://old.reddit.com/r/sex/comments/118datr/i_just_tried_anal_for_the_first_time/

The OP wrote: "So last night my boyfriend and I agreed that we would give anal an attempt. [...] I didn't love the sensation, not going to lie. I found I would get this almost "burning" sensation in certain position, while not in others. Has anyone experienced this? Other

than just "keep doing it until you get used to it", what were some ways you gradually got more comfortable with anal, easier positions, ways to increase pleasure, etc??" 1) Nobody mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) Nobody covered anorectal fragility, nor did anyone go into detail on traumatic risks. 3) One commenter wrote: "When it comes to the act itself start veeeery slow. Stop if it hurts at all, anal should not be painful when done properly." a) Rapid thrusting is always a bad idea. b) Significant damage can occur with no pain. https://web.archive.org/web/202302/https://old.reddit.com/r/sex/comments/117bev9/am_i_sizing_up_too_much/

The OP wrote: "Am I sizing up too much? I currently have 9 Inch Realistic Dildo[...] I purchased: 11" Handmade Dual Layered XXL Silicone Realistic Dildo[...] I can fit my current one completely with absolutely zero hesitation. I regret not going for the 13" but I'm hoping the new one is thick enough! this is for vaginal use I've used my current one anally as well." The OP may not intend to use the new one anally. Regardless: 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter suggested stretching, which is a bad idea at least anally. https://web.archive.org/web/202302/https://old.reddit.com/r/sex/comments/10zeyl3/is_it_safe_to_do_anal_play_with_rectal_prolapse/

The OP wrote: "I have rectal prolapse (not from sex/anal, but just for other unknown reasons), where a pinky sized bulge comes out of my anus when i go poop, but i can push it back in. is it safe to do anal sex (sex toys) when i have this problem?" 1) Nobody covered anorectal fragility and traumatic risks. Several commenters actually did advise consulting a medical doctor, amazingly. 2) The OP could possibly have internal hemorrhoidal prolapse rather than rectal prolapse, or even both. Regardless, no one advised refraining from anoreceptive activities entirely with at least one obvious preexisting anorectal condition. https://web.archive.org/web/202302/https://old.reddit.com/r/sex/comments/10wm5ld/f24_what_should_i_expect_during_anal/

The OP wrote: "It's gonna be my first time trying anal since it's safer than vaginal and I'm curious what I'm getting myself into?" 1) It most certainly is not safer than vaginal for anyone who has a healthy vagina. 2) The top commenter wrote: "If done properly, you should have very little to no pain. If it hurts, tell him to slow down and/or use more lube." a) Significant damage can occur with no pain whatsoever. b) Some lubricants can painlessly irritate or damage the rectal lining. 3) Several commenters suggested anal stretching, which is a bad idea. 4) Nobody covered anorectal fragility nor details on traumatic risks. [TODO: Consider covering health-harmful information in <https://thedisorderlyhouse.com/anal-sex-tips/> referenced by one commenter.] https://web.archive.org/web/202302/https://old.reddit.com/r/sex/comments/10qcdge/females_did_you_know_you_would_like_anal/

The OP wrote: "I will say I have a very hard time orgasming vaginally, so that makes me nervous that I won't orgasm anally." 1) Nobody covered anorectal fragility and traumatic risks. The anorectum is not a realistic substitute for a young woman's healthy vagina. 2) One commenter wrote: "it always hurts at first. You just have to wait for a minute or so for that feeling to pass." a) The anus has nothing like a hymen. b) Significant damage can occur with no pain whatsoever. 3) Another commenter wrote regarding anoreceptive activities with her partner: "My partner's a little on the bigger side so we've been taking it hella slow and exploring, it's been maybe 5 or 6 months since we started using fingers/toys and we're still there, just to try and get used to the feeling before diving in." Nobody advised refraining from anal intercourse entirely with someone who has a girthy penis, nor did anyone point out that anal stretching (which was implied) is not a good idea. https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10pul95/not_wanting_to_do_anal_with_him/

The OP wrote: "I've (F20) started dating a guy (M24) that I've been friends with for years. [...] He wants to do more and fuck my ass. The issue is that his penis is much bigger than I've ever had before." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one advised refraining from anal intercourse entirely with someone who has a girthy penis. 3) Several commenters suggested anal stretching, which is a bad idea. https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10prbs3/good_lubricant_recommendations/

The OP wrote: "My boyfriend and I have a unique situation. We're only 25 and 26 but we have 2 kids together, 3 and 6 months. Our second baby really messed me up...down there. [...] so we started switching to anal at night and that works really well! [...] The only problem is the pain, I've solved that by applying some numbing cream to the area, and that helps a lot, I can't feel a thing!" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions potentially caused by their erotic activities and/or childbirth and obstetric trauma, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) The top commenter advised anal stretching, which is not a good idea. 4) One commenter wrote: "If it hurts, you're doing it wrong, and you need to be able to tell when you hurt inside." Significant damage can occur with no pain whatsoever. https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10pfiap/ladies_that_like_anal_how_can_i_make_it/

The OP's thread title: "Ladies that like anal, how can i make it pleasurable for her?" 1) The top commenter wrote: "start small and work your way up[.]" Anal stretching is a bad idea. 2) Another commenter wrote: "I love getting fucked in the ass as a woman, and often I don't need much lube if I have orgasmed first." Plenty of lubricant is always advisable due to the presence of somatically-insensitive and very fragile tissues not far inside. Speaking of which: nobody covered anorectal fragility and traumatic risks. https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10p7wrh/please_help_us/

The OP wrote: "My gf wants to try anal we have tried for months but no matter what I can't seem to get my dick in.... I have never had a problem with previous we use toys and lubes for months prior I'm very girth[y]... [...] could it just be I'm too big for her bum without sounding like a prick..." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one advised against engaging in anal intercourse with a girthy penis. 3) Nobody mentioned the possibility of one or more preexisting anorectal conditions. https://web.archive.org/web/202302/https://old.reddit.com/r/sex/comments/10on67b/has_anyone_used_the_numbing_lubricant_for_anal/

The OP wrote in the thread title "Has anyone used the numbing lubricant for anal?" then continued: "There is a guy that I have a casual, "down low" thing with in my morning fitness class. [...] However, issues with his length are making me lean towards ending it unless I find a solution. He likes to thrust all the way in, meaning balls deep. My issue is that sometimes when he does that, I get a dull ache in my tummy that lasts for a brief time after he's finished. It's not all the time, only sometimes. I figure he might just be pushing my gut the wrong way before I get used to his length sometimes." 1) Nobody covered anorectal fragility, nor did anyone go into detail on traumatic risks. 2) One commenter wrote: "Pain and discomfort are there to tell you that something is not right." Several others made similar assertions. Of course, significant damage can occur without pain: even perforation can happen without immediate pain. 3) Nobody mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10nlpnf/does_anal_ever_become_enjoyable/

The OP wrote: "I have tried anal 4 times now with the same guy, and the most comfortable position for me has been prone. I say most comfortable, not pleasurable. It's just bearable. I am quite submissive and my bf has a huge anal kink so I kind of just do it to please him. I'll probably keep doing it once in a while for him, but I was wondering if there was something I can do to make it actually feel good for me too?" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions. 3) Nobody suggested that OP's partner has unrealistic expectations possibly due to pornography (among other possibilities). https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10mdlra/small_amount_of_blood_after_using_butt_plug/

The OP wrote: "We've recently started adding butt plugs into the bedroom and really loving it. We have three sizes and have built up [to] the biggest pretty quickly but each time we've used it there has been a small amount of blood (three times)." 1) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) Nobody covered anorectal fragility and traumatic risks. 3) No one pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202302/https://old.reddit.com/r/sex/comments/10l3zrl/using_butt_plugs_for_anal/

The OP wrote: "I recently bought some silicone butt plugs in order to practice having something in there before my boyfriend and I try anal. They are wider in the middle and get thinner at the top and bottom (there is a flared base don't worry). In terms of stretching my ass for anal, do I put the plug in and leave it there, do I push in and out, do i leave it in halfway at the wider part?" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10inxwz/i_love_getting_my_ass_fucked/

The OP wrote in the thread title "I love getting my ass fucked" then continued: "but I've heard that there can be a lot of diseases, should I stop doing it? Should I take some pills or always use a condom? I've discovered that Anal is my weakness... now I can't stop doing it." One commenter mentioned "a higher risk of abrasions." Nobody covered details on anorectal fragility and the many traumatic risks.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10i5vcl/how_do_i_mentally_prepare_for_anal/

The OP wrote: "My boyfriend is bi. He enjoys receiving anal (and giving too, i think... but that's a whole other discussion for me) He hasn't pressured me, but I know he would like me to use a dildo or whatever toy on him. How do I get past the notion that butts are for pooping. Anal is gross. Anal is dangerous. Anal is evil...etc. (I was raised in a semi-religious home.. my mom is a prude)" 1) Nobody covered anorectal fragility and traumatic risks. 2) One commenter wrote: "One thing anal is not, when done carefully and properly, dangerous." Significant anoreceptive activities most certainly are dangerous, and that is true even when they are "done carefully" due to the presence of very delicate tissues not far inside that can be damaged without pain (even perforation can occur without immediate pain). As for doing them "properly," that is highly impractical. [TODO: Consider dropping this last bit, or reference what I wrote about ridiculously excessive care.] 3) One commenter suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10hofnk/any_tips_to_do_anal_on_my21f_own/

The OP wrote in the thread title "Any tips to do anal on my(21F) own?" then later on wrote: "I'm really "tight" (Am I using this word correctly in this context?) and can barely fit my pinky finger. I have some plugs, but even the smallest (and I mean smallest) is kinda uncomfortable." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities of relevance entirely and perhaps seeing a medical doctor.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10h14ju/how_do_i_get_more_than_three_inches_inside_me/

The OP wrote in the thread title "How do I get more than three inches inside me during anal?" then continued: "After three inches, it's like he hits a wall, and I don't understand what the issue is. The feeling isn't painful exactly, but I don't like it. Should I suck it up or what? Can I get hurt if I tell him just to force it?" Nobody covered anorectal fragility and traumatic risks, including the possibility of perforation.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10gn3h8/advice_on_doing_anal_for_the_first_time/

The OP wrote in the thread title "advice on doing anal for the first time?" then wrote later on: "2 things holding me back- i would be super embarrassed if i wasn't clean, and i'm not sure if it's gonna hurt. i know to take it slow at first, but does anyone have any other tips for preparing or any advice for first timers?" 1) No one covered anorectal fragility and traumatic risks. 2) Nobody pointed out that rapid thrusting is always a bad idea. 3) One commenter advised using a water-based lubricant: that kind in particular can be problematic due to hyperosmolarity, causing irritation and/or damage to the rectal lining with no pain. 4) Another commenter wrote: "Start slow, small, and brief." Rapid thrusting is never a good idea, and the same holds true for anal stretching.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10fqbbe/first_time_doing_anal_we_both_wants_to_do_it/

The OP wrote: "Me (23m) wants to do anal with my girlfriend (23f) but we afe not successful, not even 1 time because her hole is too tight to insert anything at all, not even a full finger goes in and my dick don't even enters the first base in the anal hole, so how do i do it we both badly wants to do anal but she is scared." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise OP to refrain from anoreceptive activities entirely with his girlfriend and perhaps have her see a medical doctor.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10fpjq9/will_rimming_after_anal_with_lube_be_safe/

The OP wrote: "Me and my partner have tried anal a few times and after each time I've wanted to rim them since they're loosened up but I'm concerned about the lube getting in my mouth, it's just standard water based life lube but I wanna check with you guys just to be sure." 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter wrote: "That lube is non-toxic, shouldn't be an issue[.]" Water-based lubricants in particular tend to be problematic due to hyperosmolarity, irritating and/or damaging the rectal lining without pain. [TODO: Maybe reword this.]

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10fb2ot/fear_of_penetration/

The OP wrote: "I know about anal and I really wanna be penetrated but the last time I tried to do anything with my bum it started to hurt so much that I started crying and 30 minutes after, when I tried to wipe myself, I saw traces of human juice (blood) on the tissue. Ever since then ive been terrified to try anal again eventhough I really really want to." 1) No one covered anorectal fragility and traumatic risks. 2) Nobody mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) The top commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10f24n6/how_to_prepare_for_anal/

The OP wrote: "my(22f) and bf(24m) have been together for years and i'm ready to try anal. i've never done it before and he's done it maybe twice with his last partner." 1) Nobody covered anorectal fragility and traumatic risks. 2) One commenter suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10duvre/how_do_you_get_used_to_and_start_to_enjoy_anal/

The OP wrote: "My boyfriend and I have been thinking about doing anal, we both have no experience in it. [...] He's larger than average but not a monster size[.]" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one advised refraining from anoreceptive activities entirely with someone who presumably has a girthy penis. 3) One commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10dqu66/can_i_show_up_wearing_a_butt_plug/

The OP wrote: "So this guy(m40) I(f21)'ve been seeing on & off is really into butt stuff but I haven't been. Last time we were together I agreed to try anal but it hurt so we stopped. Since then I bought a set of butt plugs for myself to maybe get a little more... ready..for him[.]" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that anal stretching is a bad idea. 3) Nobody mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10csv3f/how_to_begin_with_anal/

The OP wrote in the thread title "How to begin with anal" then continued: "I've been using a small butt plug for a few months now and I'm wondering what's the next step before I start leaving people use it, I'm very scared of it being torn and bleeding any tips?" 1) Nobody covered anorectal fragility and traumatic risks. 2) Several commenters suggested anal stretching, which is a bad idea. 3) One commenter wrote: "slow and steady in the beginning it isn't a race." Rapid thrusting is never a good idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10bw9z4/anal_pain_for_the_first_time_why_now/

The OP wrote: "So I (20 MTF) use toys and I don't have a problem with those. They just go right in. I had sex with a guy in the past and it felt like a hard pinch at first but then it felt really good during the rest. I am currently in a relationship and my partner (18 M) and I tried penetrative sex for the first time, but it didn't go exactly the way as I planned it. We used plenty of lube and I fingered myself a bit before he entered. But when he got it in, it felt incredibly painful. I don't know why this time it would be painful unlike my other

experiences." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions possibly caused by previous anoreceptive activities, nor did anyone advise refraining from such activities entirely and perhaps seeing a medical doctor.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/109ttnf/my_gf_brought_up_the_idea_of_pegging_me_but_i/

The OP wrote: "My (25f) gf wants to peg me (24m). [...] recently, she let me try anal with her (both our first times, and I suggested it), and I really liked it, but she had an indifferent reaction towards it. Now she's telling me that she wants to peg me first before she lets me do anal again because it would be "my turn" to get it up the butt lol." 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter advised anal stretching, which is a bad idea. 3) One commenter wrote: "after research, we started slow, making sure to properly stretch, used a small toy etc. worked our way up to bigger..." a) Nobody pointed out that rapid thrusting is always a bad idea. b) No one pointed out that anal stretching is not a good idea. 4) Two commenters, one of whom was RubyRyder, referenced RubyRyder's health-harmful disinformation. [TODO: Consider dropping this, or have proof ready.]

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/105nb06/risk_of_unprotected_anal/

The OP wrote in the thread title "Risk of unprotected anal?" then continued: "we had lube, he put some fingers in my butt while doggy styling, had some fun... In the back. And in the heat of the moment I asked him to put it in there. He poured around a metric ton of lube there, and slowly put it in. It hurt a little, but after a while, it was... Just weird?" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) The top commenter wrote: "As long as you're both free of STIs, there's no risk." That is blatantly false. 4) Another commenter wrote: "If you have no STDs, it's not particularly risky." That too is untrue.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/104s9sb/how_do_i_make_anal_more_enjoyable_for_my_bfs/

The OP's thread title: "How do I make anal more enjoyable for my BF's first time? (I am a female)" 1) Nobody covered anorectal fragility and traumatic risks. 2) Several commenters suggested anal stretching, which is a bad idea. 3) One commenter wrote: "Water based lubes are my choice for anal if toys are involved, silicone based if not using toys. Mostly a personal preference though, water based is perfectly good for all uses." Some water-based lubricants can irritate and/or damage the rectal lining without pain.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/104ipyp/does_coconut_oil_get_hot_with_friction/

The OP wrote: "me and my gf tried anal monday and both loved it. we've been doing it with spit and cant seem to get enough of it. today tho she spread coconut oil all over her ass and was looking fantastic, i spread it over my dick but on penetration all i could feel was some intense heat and i got soft after like 2 minutes..." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that saliva is not a good lubricant. 3) Nobody mentioned the possibility of one or more preexisting anorectal conditions possibly caused by their prior activities (i.e., anal intercourse with saliva as "lubricant").

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/102hc00/how_to_get_into_anal/

The OP wrote: "I'm terrified to do anal. But I'm also craving the experience and want to try it. [...] I brought up wanting to try anal (for myself) months ago. We were both excited and wanted to start prepping for it to happen. We tried a butt plug and it hurt so we just kept with fingers." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) The top commenter advised anal stretching, which is not a good idea. [TODO: The top commenter also referenced Morin: consider covering that problem.]

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/101rvgw/anal_virgin_looking_for_some_advice/

The OP wrote: "27F & I'm wanting to explore anal. I am just looking for some advice to get started. I am scared of potential pain/micro tears." 1) Nobody covered details on anorectal fragility and traumatic risks. 2) The top commenter wrote: "Go slow, use plenty of lube, and stop *immediately* if it starts to hurt or bleed. Stretch yourself with fingers and toys before your partner inserts their penis." a) Significant damage can occur with no pain. b) Anal stretching is a bad idea. 3) Several other commenters suggested anal stretching as well.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/101j6h4/gfs_butt_hurts_after_anal/

The OP wrote in the thread title "GF's butt hurts after anal" then continued: "Whenever we've done it she's really enjoyed it, we have done things slowly and bulding up the excitement, used lots of lube, etc, but no matter what her butt hurts a lot during the next days, which makes her not want to do it. Obviously we won't be doing it if she's going to be in pain, but is there any way to avoid that?" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise OP to refrain from anoreceptive activities entirely with his girlfriend and perhaps have her see a medical doctor. 3) The top commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/1017gxt/what_type_of_anal_plug_do_i_needhelp_needed/

The OP wrote: "Im gay and planning to have sex with a man (who is ~7.5 inches) and I wanted to know how big my anal plug should be going into it or does it even matter?" 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/100a39v/how_does_anal_get_a_woman_off/

[TODO: Come back to this one.]

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/10096jg/any_tips_for_anal_i_think_im_too_tight_m_18/

OP's thread title: "any tips for anal? i think i'm too tight (M 18)[.]" 1) Nobody covered anorectal fragility and traumatic risks. 2) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/1000vh9/boyfriend_didnt_know_we_were_doing_anal/

The OP wrote: "Me and my boyfriend were spooning and things got a little heated. We ended up doing anal for the second time and to my surprise it didn't hurt, even without warm up (which he is usually very good with)." 1) Nobody covered anorectal fragility and traumatic risks, including the potential for significant damage to occur with no pain whatsoever. [TODO: Consider expanding this and/or covering issues with some comments.]

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/zzjybp/am_i_doing_irreversible_damage/

The OP wrote: "Will doing anal sex permanently damage to[sic] my anus. Am I damaging my body without knowing it?" 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter wrote: "Totally fine, and you aren't damaging yourself." Significant damage can occur with no pain whatsoever. 3) Another commenter wrote: "Unless you are stuffing yourself with monster dildo you will be fine. Edge it on slowly and build it up to pounding." a) Considerable damage can occur even without inserting a "monster dildo," especially if rapid thrusting is involved. Speaking of which... b) Rapid thrusting is never a good idea. 4) The last commenter wrote: "Anal will not damage you unless horribly rough without any prep. My partner and I do it all the time. No issues for either of us." a) There are very delicate tissues not far inside that can easily be damaged without pain. b) It is highly unlikely that no anorectal issues have occurred as a result of frequent anoreceptive activities if they ever involved significant girth and/or rapid thrusting.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/zzgkql/anal_play_m25_straight/

The OP wrote: "Im a virgin and i have been wanting to try some stuff in my butt i bought a dildo to play with it 1.57in in girth and 5.7in long when inserted will this stretch me out also will it fill my butt up?" 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter suggested anal stretching, which is a bad idea. Even 1.57 inches could be problematic: damage to the internal anal sphincter has been reported after insertion of a rectoscope of the same width (40mm/4cm) during transanal endoscopic microsurgery.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/zybhw/should_i_be_concerned_about_this_extent_of_anal/

The OP wrote: "I just had a really rough anal session (amongst other things), lubricated mainly with spit and blowjobs prior to entering. It was really deep, internally very painful (would not be able to move or do anything other than make loud dry crying sounds), and

hitting the back of my rectum (before it bends into the end of the sigmoid colon). There were a few guys but the one that did it the roughest, deepest, most extreme was the largest out of all of them, both in length and girth. Imagine being able to take only 1/2 to 2/3 of his dick in deepthroat, and then imagine him slamming himself balls deep into my ass and then some." 1) Nobody pointed out that rapid thrusting is always a bad idea. 2) No one mentioned that girthy anal insertions are a bad idea. 3) Nobody brought up potential criminal implications.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/zy9yn8/anal_penetration_problemquestion/

The OP wrote: "I'm a gay guy who prefers being penetrated. But every time I penetrate myself with a dildo, a lot of anal mucus starts coming out pretty quickly. No matter how much I use my anal bulb to clean out beforehand, it always happens. I'm probably going to start having sex with my bf soon, which will be my first time." 1) Nobody covered anorectal fragility and traumatic risks. 2) Excess mucus production is one characteristic of inflammatory bowel disease. [TODO: Have references handy.] Nobody mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/zxkor0/ptsd_surrounding_anal_sex/

The OP wrote: "I also had the unfortunate experience of seeing one of his tabs open to an anal sex porn channel when he was showing me something on his phone. I'm not anti-porn or anything as long as it's ethical, but it has made me feel a little bit insecure and pressured to try anal before I feel ready, even though he hasn't verbally pressured me beyond asking if I'd be interested and sharing that he'd really like to try it with me. A bit of background, I have done anal in the past with an ex and both times were pretty traumatic in the sense that I was pressured into it and asked that we at least go very slow, but it was extremely rough." 1) No one covered anorectal fragility and traumatic risks. 2) Nobody mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) The sole commenter wrote: "perhaps incorporate different sized butt plugs and anal beads / dildos to get used to having something up there, from something less noticeable to something larger. [...] if your partner is long, make sure you guys discuss going shallow first, and not going balls deep the first few times. increase depth and vigour slowly over time, at a pace you're comfortable at." a) Anal stretching is a bad idea. b) Rapid thrusting is never a good idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/zx9n0b/is_it_safe/

The top commenter wrote: "Make sure that you do research on how to do anal safely if you've never done it before because if you do it incorrectly, you can injure yourself." [TODO: Consider dropping this. Otherwise cover how doing it "correctly" is highly impractical and certainly not what people typically expect/profess.]

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/zwb29v/first_anal_experience_pls_help/

The OP wrote: "today my bf and i did anal for the first time. but we were almost entirely unprepared. i had lubricated and tried to relax but i didn't realize how fast it went in. it literally slipped in, even he was shocked. it only went half way before i asked him to pull out bc of the pain. it's been about 8 hours and it hurts pretty bad." 1) Nobody advised going to see a medical doctor ASAP. 2) The top commenter suggested anal stretching, which is not a good idea. 3) One commenter wrote: "Start slowly, and then go deeper and increase speed[.]" Rapid thrusting is never a good idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/zvtp5/first_anal_experience_this_morning_m2f/

1) Nobody covered anorectal fragility and traumatic risks. 2) One commenter wrote: "Anal doesn't have to be painful. It's usually painful if it's done to fast, without enough lube and if the person receiving is to nervous. Just as when you start vaginal sex, you go even slower with anal especially if the person receiving isn't experienced or nervous." a) Significant damage can occur with no pain whatsoever. b) Rapid thrusting is never a good idea. 3) Several commenters suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/zsu2i9/anal_issues_vent_kind/

[TODO: Probably drop this.]

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/zsoirc/my_boyfriend_24m_and_i_25f_have_been/

OP's thread title: "My boyfriend (24M) and I (25F) have been experimenting with anal and it's super painful and nearly impossible for me." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) One commenter wrote: "Anal should never hurt if you're doing it right." Significant damage can occur with no pain whatsoever. 4) Several commenters suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/zsl3kz/why_cant_i_go_deep_at_all_in_anal/

The OP wrote: "I've tried doing anal masturbation and before that i was excited about anal sex, but i really cant seem to go deeper than 2 or 3 inches. I have no idea whats wrong, but im pretty sure its the rectum." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) One commenter suggested anal stretching (hand insertion), which is a bad idea.

https://web.archive.org/web/202301/https://old.reddit.com/r/sex/comments/zprw1g/weird_pain_in_the_stomach_during_anal_sex_with_my/

The OP wrote in the thread title "Weird pain in the stomach during anal sex with my bf" then continued: "I'm gay and my boyfriend is usually passive. But we tried me being passiv 2 times now. It was my first time being bottom and my second time being bottom. But both times, I had such a weird pain in my stomach, every time he pushed. It feels like I would imagine a knife stab could feel in my stomach. He is much much younger than me..." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) Nobody pointed out that anorectal health issues tend to arise with age due to the typical functioning of the region. [TODO: Consider rewording this last part.]

https://web.archive.org/web/202212/https://old.reddit.com/r/sex/comments/zns588/how_to_start_anal/

The OP wrote: "My girlfriend and I have been wanting to try anal for a while. We tried to lube it up and slowly stick it in but I guess she's too tight and it wouldn't work. She has done anal before though." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions possibly caused by previous anoreceptive activities, nor did anyone advise refraining from anoreceptive activities entirely and perhaps having the OP's girlfriend see a medical doctor. 3) Several commenters suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202212/https://old.reddit.com/r/sex/comments/zhax05/how_do_i_make_anal_safe/

The OP wrote: "I've recently wanted to try some solo anal stuff[...] If my ass stretches will it go back to normal?" 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter wrote: "Will it return to normal: Absolutely, does pooping make your anus stretch and not return to normal?" Anal stretching can easily damage the internal anal sphincter muscle at the least. Repeated/regular insertion of girthy objects, especially of increasing circumference, could well result in fecal incontinence due to muscle damage. 3) The second commenter wrote: "if you use toys, buy a water based lubricant (also labeled as such). It has to be water based because this will not damage the toy." Some water-based lubricants can irritate/damage the rectal lining without pain.

https://web.archive.org/web/202212/https://old.reddit.com/r/sex/comments/zh2dgg/girls_that_like_anal_what_does_it_feel_like_and/

OP's thread title: "Girls that like anal, what does it feel like and how does it compare to vaginal sex?" 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter wrote: "Don't stick anything the size of a penis in there until you've worked your way up by using smaller toys, first. [...] Anal, when you ease into it, should not hurt. If you feel pain, that means you (or someone else) is doing something wrong." a) Anal stretching is a bad idea. b) Significant damage can occur with no pain.

https://web.archive.org/web/202212/https://old.reddit.com/r/sex/comments/zfg6ji/how_do_you_get_ready_for_anal/

The OP wrote: "My friend with benefits are wanting to do anal and he likes to put his thumb in my ass when we're fuckin and it seems like a lot. I get really nervous to do anal. I know I probably shouldn't eat that whole day when we want to do it lol I like it when he massages the opening but once he enters with one finger it's send adrenaline. It hurts but I want to make it feel good." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor.

https://web.archive.org/web/202212/https://old.reddit.com/r/sex/comments/zbg7hm/is_crying_during_and_after_sex_okay/

The OP wrote: "My wife (35/f) and I (35/m) occasionally have anal. I'm honestly not a huge fan for the following reason: she will start to moan, whimper as soon as I enter her asshole. And when we have anal sex she will cry during and after. This is all consenting, in fact she wants it more I think. But when I asked why she cried since it's kind of a downer for me, she says it's painful but she really enjoys it. I'm confused by that response. How should I interpret that? Should we stop having anal even through she says she likes it?" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) Nobody mentioned sexual masochism disorder, a severe case of which the OP's wife may well have. 4) The top commenter wrote: "Anal should never be painful." Other commenters echoed that. No one pointed out that significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202212/https://old.reddit.com/r/sex/comments/zaitg8/so_21f_and_i_26m_had_a_baby_this_year_11months_old/

[TODO: Consider dropping this.]

https://web.archive.org/web/202212/https://old.reddit.com/r/sex/comments/za6kkc/does_dildo_use_impact_bowel_movements/

The OP wrote: "I'm curious does using a dildo impact bowel movements in any way? Will I have trouble controlling my bowel movements, will they become more or less frequent, etc.? I want to get a dildo, but I'm afraid of hurting myself even with lube." 1) Nobody covered anorectal fragility and traumatic risks. 2) One commenter wrote: "Start small with dildos and work your way up. And if it hurts, slow down, use more lube." a) Anal stretching is a bad idea: it's likely to permanently damage at least the internal anal sphincter and could lead exactly to what the OP is concerned about (fecal incontinence). b) Significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/z8hxpc/how_do_you_make_anal_easier/

The OP wrote: "We like trying new things and we've done anal on occasion starting about 9 months ago, usually during that time of month. The only struggle is that I make him go so slow to start that he ends up losing his hard on a lot of the time. I enjoy anal with him once we ease into it, but if we go too fast I have a tendency to get a little blood and discomfort afterwards." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone point out that rapid thrusting is always a bad idea. 2) No one mentioned the possibility of one or more preexisting anorectal conditions possibly caused by their activities, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/z82p72/need_help_finding_a_dildo/

The OP wrote: "I'm looking for a dildo for anal. Insertable length of 8-10 inches Circumference of 6-7 inches (shaft, not the head)" Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that anal stretching is a bad idea. [TODO: Consider expanding this.]

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/z7tx94/i_f22_need_advice_about_first_penetration/

The OP wrote: "I've never had any form of penetration before, and my BF (M22) and I both agreed we wanna do anal first (to spice things up). I would like advice for this. We agreed that if I don't like it then we'll do PIV, but if I like we're gonna be kinky and not have PIV for a while as I keep my hymen intact until a special day. Is this a bad idea or no?" 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/z7j66r/how_to_stretch_my_anus_tricks/

OP's thread title: "How to stretch my anus, tricks?" Nobody covered anorectal fragility and traumatic risks, nor did anyone point out that anal stretching is not a good idea.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/z73rvo/brown_discharge_on_bedsheet_after_anal/

The OP wrote: "I'm a girl who is new to anal. This is the 3rd time ive done it but it still hurts, so im getting used to it. Usually after i do it, i notice brown stuff in the toilet when im using the washroom. But this time, there was brown orangey discharge on the bedsheet. The thing is it didnt smell like poop, it smelled like cum or even nothing." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one advised refraining from anoreceptive activities entirely, although one commenter did suggest seeing a medical doctor. 3) The top commenter wrote: "Anal should not hurt or something is wrong." Several other commenters echoed that. Nobody pointed out that significant damage can occur with no pain whatsoever. 4) Several commenters suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/z6gwj1/discomfort_inserting_anal_toy_how_to_do_it_the/

The OP wrote: "Sometimes, while me o my gf are inserting a toy like a prostate massager or smthng it enters "wrong" and it hurts a bit. There's a lot of trial and error till we get it right, but sometimes i still feel a little hurt of the other attempts. How to insert it in a way it wont hurt?" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) The top commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/z4x03n/why_do_anal_toys_cause_me_an_excruciating_burn/

The OP wrote: "I'm (18M) a bisexual dude but have never had anal sex. [...] I got some 6 inch dildo and a water based lube. Now, I feel like I use a good bit of lube, at least as much that will get on the dildo, but I can't really get lube inside my ass besides with my finger so I get a little in there too. But if I stick my dildo in, the inside of my ass just burns really really badly. I cannot move the dildo back and forth or anything, its too painful. I just a few days ago got a set of anal trainers and have used the biggest one only once so far. It initially burns when I put it in for a few seconds but then it doesn't and I can keep it in. Even when I put my finger in my ass, it burns pretty badly." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone point out that anal stretching is a bad idea. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. [TODO: Maybe rework this.]

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/z3phxd/anal_with_fwb/

The OP wrote: "i (20F) have been casually seeing this guy (20M) for like two months now. [...] i brought up wanting to try anal with him. he's pretty big and it's making me kinda nervous..." Nobody covered anorectal fragility and traumatic risks, nor did anyone advise refraining from anoreceptive activities entirely with someone who presumably has a girthy penis.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/z35zgn/is_it_actually_okay_to_use_lidocaine_creams/

OP's thread title: "Is it actually okay to use lidocaine creams before anal?" 1) Nobody covered details on anorectal anatomy and traumatic risks. 2) The top commenter wrote: "Do not use numbing agents down there. You need to feel everything to make sure something doesn't get damaged." Several other commenters echoed that. Nobody pointed out that significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/yzp8qn/vaginal_sex_after_anal/

The OP wrote: "Can you get an infection from having vaginal sex after anal? I like doing anal every once in a while, and they always want to put it back in after but I won't allow it cause I'm worried. I've seen them do it in porn videos so am I just over thinking it?" 1) Nobody pointed out that taking inspiration from pornography is foolish when it has normalized behavior that could be described as insane

by every definition. 2) No one covered anorectal fragility and traumatic risks. 3) Nobody mentioned the possibility of a fecal bacterial infection for anal intercourse alone. [TODO: Consider reworking this.]

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/yve60i/do_you_have_any_way_to_know_if_a_girl_can_do/

OP's thread title: "Do you have any way to know if a girl can do fisting?" The OP didn't specifically say whether it's vaginal and/or anal. Regardless, no one pointed out that anal fisting, at least, is a terrible idea. One commenter also suggested gradual stretching, which also is a bad idea at least anally. [TODO: Consider reworking this.]

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/yy6lka/preparation_for_anal_women/

The OP wrote: "How to have safe anal sex? I've heard some horror stories from my girl friends about it and was wondering if there are any good tips out there." 1) Nobody covered anorectal fragility and traumatic risks. 2) Several commenters suggested anal stretching, which is a bad idea. 3) "Safe" anal intercourse isn't really practical: [TODO: Expand on this, or perhaps drop it.]

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/ywjdae/how_would_i_go_about_trying_to_enjoy_anal/

The OP wrote in the thread title "How would I go about trying to enjoy anal?" then continued: "Tried it once, absolutely hated it. It was so painful and I felt so embarrassed and awkward." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) One commenter wrote: "It should not hurt or you are doing something wrong[.]" Another commenter stated: "stop if it hurts." Significant damage can occur without pain. 4) One commenter suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/yvmxtd/trying_anal_for_the_first_time_tomorrow_advice/

The OP wrote: "i (20f) and my partner (21m) have been together for nearly a year, and he is absolutely insane in the best way imaginable. [...] we have amazing sex and are both into more rough stuff, and i'm always willing to try anything with him. for months he has been wanting to do anal and i agreed, but we never got around to it, until he told me last night that he will be seeing me tomorrow night and we'll be doing it for the first time. i'm not hesitant about doing it, i want to try it, but i want to make it as painless and clean as possible for me (emphasis on the painless, i've heard horror stories)." 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter wrote: "Start out very very slow and then build the intensity." Rapid thrusting is never a good idea. 3) Another commenter wrote: "it shouldn't hurt." Significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/yv8yjs/whats_the_difference_between_the_male_and_female/

whats_the_difference_between_the_male_and_female/

[TODO: Consider dropping this.]

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/ytwq9/is_anal_supposed_to_be_sore/

The OP wrote in the thread title "Is anal supposed to be sore" then continued: "I'm a bisexual male and never done anal. I started fingering myself but my finger barely fits. If I can't take a finger I don't know how I'll take a dick." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone mention the possibility of one or more preexisting anorectal conditions. 2) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/ytu2zj/how_do_i_make_anal_easier_for_my_partner/

The OP wrote: "Me (m28) and my partner (f27) have been trying to get back into anal recently we've tried to get back into it because she loves and i enjoy it as well but we had to take a hiatus on anal and trying to get back into it is harder than it initially was at first i've lube up well but to no avail she still has some pain and no i don't force it i back off when she tells me of any discomfort." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone mention the possibility of one or more preexisting anorectal conditions possibly caused by their prior activities. 2) Several commenters suggested anal stretching, which is not a good idea. 3) One commenter wrote: "Tell her to push out when you push in[.]" Doing so causes internal hemorrhoidal cushions to engorge, rendering them more likely to be damaged painlessly by frictional sliding and making for a tighter fit, also increasing the likelihood of significant damage occurring.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/yrv1v1/preparing_for_anal/

The OP wrote: "My SO and I are talking about doing anal. I'm fine with it but it will be for first time." 1) Nobody covered anorectal fragility and traumatic risks. 2) Several commenters suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/yptufz/blockage_in_bagging_area_help/

The OP wrote: "me and my girlfriend are trying to experiment with anal, we've both read up about it, and we've tried once, sort of jumped the gun and ended being too uncomfortable for her so we stopped. On a second attempt we used much more lube, took it slower and it worked well, but it still hurt her a bit too much." 1) Nobody mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps having OP's girlfriend see a medical doctor. 2) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/yox1jf/what_size_to_look_at_when_buying_anal_stretching/

The OP wrote: "I am fairly experienced in anal stimulation and have quite a few toys. Right now i have a toy that i cant quite take all the way, so i was looking for butt plugs to stretch. But lets say i wanted to stretch to be able to take 8cm comfortably." Nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/yo1mxj/best_tips_for_anal/

The OP wrote: "Ladies, what are some tips for anal? Any positions that make it feel insanely good and reduce the pain?" 1) Nobody mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) No one covered anorectal fragility and traumatic risks. 3) Several commenters suggested anal stretching, which is a bad idea. 4) One commenter wrote: "You need to stop immediately if it hurts at all." Another commenter wrote: "It shouldn't be painful if done correctly, slow and steady to start then go go go." a) Significant damage can occur with no pain whatsoever. b) Rapid thrusting is never a good idea.

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/ymz5gg/is_it_healthy_if_i_dont_have_to_use_lube_to/

The OP wrote: "So I (19M) am straight and recently developed a strong desire to be pegged by a woman with a strap-on. I started experimenting with toys and have managed to have three pretty strong prostate orgasms. The crazy thing is that the only lube I've had to use is saliva for the initial penetration. It's gotten to a point where the toy goes in and out with no resistance because my ass secretes a fluid that is a lot like precum. There is also no pain while I'm doing it." 1) While several commenters did advise using lubricant instead of saliva, and one did allude to the presence of delicate tissue, nobody provided details about anorectal fragility and traumatic risks. 2) Nobody pointed out that significant damage can occur without pain. 3) No one mentioned the possibility of one or more preexisting anorectal conditions: the OP may have been experiencing excess mucus production, which is one symptom of inflammatory bowel disease. [TODO: Ensure I can cite some studies plainly stating as much.]

https://web.archive.org/web/202211/https://old.reddit.com/r/sex/comments/ymo4bb/best_position_for_anal/

The OP wrote: "My girlfriend (20F) and I (21M) are slowly getting into anal play. Licking, fingering and stretching with plugs. It's finally all going towards anal sex..." Nobody covered anorectal fragility and traumatic risks, nor did anyone point out that anal stretching is a bad idea.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/yew51w/concerns_about_anal/

The OP wrote: "We are long distance and we don't see each other very often but whenever we do, we have anal sex at least once alongside regular and oral. I don't mind the anal sex but I am worried about long term negative effects. Prolapses scare me and I don't want to end up with my buttohole so stretched out that i'll have trouble controlling my bowels in a few years time." 1) The top commenter, alittlebirdy1, wrote: "Assholes are made to stretch. Anal won't hurt you any more than shitting will hurt you, assuming you do it right." a) There are many medical studies pointing out that anal dilatation (stretching) is likely to damage the internal anal sphincter muscle at the

least. b) Anoreceptive activities typically involve more than defecation alone: one or more of bidirectional and often far-too-rapid frictional sliding, considerable girth, and a prolonged duration; the first two, especially combined, have a high probability of causing significant trauma even without a prolonged duration. Furthermore, significant trauma can occur very easily considering the presence of delicate tissues not far inside that can be damaged without pain. 2) Another commenter claimed: "I have done anal fisting and never have a problem with prolapse or any other problem related to stretching." That is highly unlikely. The same person also wrote: "If your anal sex or other anal play is comfortable and free of pain and discomfort you are not going to run into any problems!" Significant damage can occur with no pain. 3) Yet another commenter wrote: "Actresses train for many years to be able to do prolapse for the camera. It isn't something that happens from anal sex." That is blatantly false: both internal hemorrhoidal prolapse and rectal prolapse can result from anoreceptive activities.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/yat7j8/will_anal_dildo_go_inside_as_easily_as_same_width/

The OP wrote: "So my current butt plug is 2.8 cm at its widest point. I take it fairly easily. I want to buy a dildo next, but am unsure should I go safe (a 2.9 cm wide one) or bigger to train myself a little (a 3.3 cm wide one)..." Nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/y9wglr/questions_for_the_anal_enjoyers/

The OP wrote: "My partner really enjoys everything anal. I want to fully satisfy him but it's been difficult. [...] A few times ok a few times absolutely horrendously painful[...] I'd love to get some lube with some sort of numbing agent, at the same time I'm unsure whether they're perhaps too strong and I could end up with fissures from not feeling the pain. [...] Do progressive butt plugs really make a difference? I would be open to 'training' le butt to being more...open to the experience." 1) No one mentioned the possibility of one or more preexisting anorectal conditions that could well be present from prior anoreceptive activities, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) Nobody went into detail about traumatic risks, nor did anyone cover anorectal fragility. 3) No one pointed out that significant damage can occur with no pain. 4) No one pointed out that anal stretching is a bad idea. 4) Nobody suggested that the OP's partner has unrealistic expectations possibly due to pornography. Sexual sadism disorder and/or psychopathy may be factors as well.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/y9v2of/anus_wont_stretch_as_well_as_it_used_to/

The OP wrote: "I like to do anal play and have got some experience. Recently (couple of weeks) I haven't done any anal play. I'm getting back into it again but I noticed that toys that used to effortlessly fit in with some lube are now somewhat painful to insert. When I do some stretching I manage to get them in painlessly and they don't cause pain once inside. However, I was able to fit in even bigger toys before that now I'd probably be unable to fit." 1) Nobody pointed out that anal stretching is a bad idea. 2) No one covered anorectal fragility and traumatic risks, including the potential for formation of constricting scar tissue (anatomic anal stenosis).

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/y83gjo/is_a_bigger_plug_or_any_plug_at_all_needed_to/

The OP wrote: "I'm F and so far my biggest plug is 2.8 cm wide at its widest place. Goes in easily, and the insertion/taking out parts feel good - while the plug is inside, I don't feel it much. I guess this is a good sign to get a bigger one - maybe 3.5 cm wide one? Do I gradually need to work up to one with a width of like 4.5 cm to be ready to have anal penetration?" 1) Nobody pointed out that anal stretching is a bad idea. 2) Nobody covered anorectal fragility and traumatic risks.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/y5t218/anyone_have_some_could_advice_for_firsttime_anal/

The OP wrote: "I am very much into anal play and am wanting to try anal with my current FWB. He is VERY anxious to try it as well, but dude has a big, long dick." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone advise refraining from anoreceptive activities entirely with someone who has a girthy penis. 2) The top commenter wrote: "Start small." Anal stretching is a bad idea.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/y5bvjl/how_wide_should_my_first_anal_dildo_be_iv/

The OP wrote: "The buttplug I currently use is 2.8 cm at its widest part. It's beginners' plug, and I take it easily. Now I'm thinking of buying a beginners' anal dildo, and there's one that's 2.9cm wide, and another bit bigger that's 3.3 cm wide. Should I immediately go for the 3.3 one and do slight stretching out?" Nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/y3eqqe/i_tried_anal_for_first_time/

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/y1iz6l/anyone_who_experienced_a_pregnancy_who_can_give/

The OP wrote: "I had my son 7 years ago and during birth my entire asshole ripped however after stitching my asshole is extremely tight and the skin doesn't stretch far without feeling like it's ripping all over again even with lube and Desensitizing creams I'm unsure if it's because the skin can't stretch the same because it's tight but it's been 2 years of trying anal with the same results..." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one advised refraining from anoreceptive activities entirely due to the obvious presence of at least one preexisting anorectal condition. 3) One commenter suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/y1472j/i_19f_tried_anal_for_the_first_time_recently_and/

The OP wrote: "I (19f) have never done anal until very recently. I tried it with a guy I trust and tried to do everything right. Like using a lot of lube and reapplying every so often, going slow and trying to relax as much as I can. [...] It was a little painful but weirdly good and I did end up having an orgasm, I don't know how. I don't know how to explain it exactly, its like the pain was a part of the pleasure." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/y048zo/does_anal_change_the_look_of_the_anus/

The OP wrote: "Does anal sex change the look of one's anus?" Several commenters claimed that it doesn't, yet it most certainly can — and in this era of prevalent (willful) ignorance, apathy, and misinformation about anorectal topics it likely does quite often due to the normalization of significantly traumatic anoreceptive activities. [TODO: Consider reworking this.]

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/xzzcz1/tummy_aches_from_anal/

The OP wrote: "24F here. I recently had a threesome with a guy (42M) and another girl (20F). At one point he had us bent over and he took turns fucking us in the ass (like back and forth). It's not the first time I had anal, but it wasn't the most enjoyable experience (he had a really big dick). I ended up getting tummy aches this past week..." 1) Nobody covered anorectal fragility and traumatic risks, including perforation. 2) No one advised refraining from anoreceptive activities entirely with someone who may have a girthy penis.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/xwpsi8/advice_for_anal_postplay/

The OP wrote: "So I (20F) been doing anal play for a long time now, mainly since it's my only way of doing penetration, however that's not the matter here. I need some advice for post-play, I find myself usually feeling weak the next day or even two after a session and I don't really know how to help it." 1) No one covered anorectal fragility and traumatic risks. 2) Nobody advised refraining from anoreceptive activities entirely and seeing a medical doctor.

https://web.archive.org/web/20221006/https://old.reddit.com/r/sex/comments/xwewab/solo_anal_for_beginner/

The OP wrote: "I f(18) want to start trying anal with myself. Any suggestions for toys or things I should knowb3fore getting into it?" 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter wrote: "Start off small..." Another commenter also suggested anal stretching: nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/xvwb9v/advice_and_tips_for_first_time_pegging/

The OP wrote in the thread title "Advice and tips for first time pegging?" then continued: "I've ordered a harness, "extra slick" lube, and a set of training dildos..." Nobody covered anorectal fragility and traumatic risks, nor did anyone point out that anal stretching is a bad idea. [TODO: Consider rewording this. Also, a commenter linked to RubyRyder's site.]

https://web.archive.org/web/20221005/https://old.reddit.com/r/sex/comments/xvhvvt/first_time_with_butt_plugs_advice/

The OP wrote: "24, female. I'm pretty new to exploring butt play[...] We've worked up to things, him eating my ass, then fingers, and one night, we even tried to get it in. Lots of lube. We couldn't, he's pretty big and it hurt. Regardless, I've found myself enjoying double penetration, and anal play alone. I still want to try having full on anal sex, but now understand it takes a few things to make that happen. Doing research, I ended up buying a beginner's [butt plug] kit..." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that anal stretching is a bad idea, nor did anyone advise refraining from anoreceptive activities entirely with someone who has a girthy penis.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/xvgxcx/pain_in_abdomen_after_being_penetrated_anally/

The OP wrote in the thread title "Pain in abdomen after being penetrated anally with a dildo" then continued: "afterwards, the dildo was gross, but I was in horrendous abdominal pain. I went to the toilet straight afterwards, but the pain persisted. He's never used a dildo like that on me before, just normal anal sex so he was a little bit rough with it to the point where it hurt and I had to pull it out. It's not as bad now, but I'm still really scared. The pain in my abdomen is mild, it comes and goes, my actual anus is fine (no tears or anything) but I'm struggling to fart. I feel like I need to go to the toilet but can't." Nobody mentioned the possibility of perforation with potential for subsequent peritonitis, systemic sepsis, and fatality. Both commenters suggested that the OP should be fine: nobody advised going to the ER immediately.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/xvdrok/i_think_i_have_an_std/

The OP wrote: "I had unprotected anal sex and a few days later my anus starts itching and irritating like crazy, I don't know if its caused by how rough we went or if i caught something." 1) Nobody pointed out that rapid thrusting is always a bad idea, nor did anyone advise refraining from anoreceptive activities entirely and seeing a medical doctor. 2) No one mentioned potential criminal implications. 3) The top commenter, alittlebirdy1, wrote: "If the sex was rough, then you likely got some micro tears. These are absolutely nothing to worry about - next time, use more quality lube and go a little slower to start with." a) Again, rapid thrusting is always a bad idea. b) Even excepting STIs there are numerous potential consequences and sequelae of anorectal trauma beyond "some micro tears," and some of them most certainly could be significantly concerning.

https://web.archive.org/web/202210/https://old.reddit.com/r/sex/comments/xtb5mt/i_want_to_do_anal_with_my_husband/

The OP wrote: "I have been wanting to do anal for so long now but every time we're getting close to it, I get so nervous and can't follow through. [...] We will do foreplay for a long time, he will eat my ass, we will use butt plugs, everything to warm me up. When I finally feel like I'm ready for his penis I get so nervous, tense up, and it starts hurting A LOT." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone mention the possibility of one or more preexisting anorectal conditions (potentially caused by their own activities). 2) The top commenter suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xrxywn/im_not_sure_how_to_process_the_sex_i_had_with_my/

The OP wrote: "It was my (23F) first time doing anal. My boyfriend (25M) and i talked about it a lot before hand, we did a lot of prep for it, we used a lot of lube and everything[.] It still hurt quite a bit. The issue is that when i complained about the pain he didn't stop or pull out. He would hold still for a moment but would keep pushing. He kept saying that i had to relax and it would get better even as it was very sore at the start and i told him that." 1) Nobody covered anorectal fragility and traumatic risks, including the possibility of significant damage occurring with no pain whatsoever. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xqpqg4/boyfriend_wants_to_do_anal_but_im_really_scared/

The OP wrote: "I (18 f) get on well with my boyfriend but he keeps asking to do anal every time we have sex. I don't like the idea, and every time he's tried it, even for a second, it hurt really bad." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) One commenter suggested anal stretching, which is a bad idea. 4) One commenter wrote "It should never hurt when done properly" and another commenter made a similar claim. Significant damage can occur with no pain whatsoever. 5) The top commenter referenced an article containing health-harmful information: suggesting to start slow (rapid thrusting is never a good idea), advising anal stretching (another bad idea), and saying to stop if there is pain (significant damage can occur without pain).

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xqioi0/how_to_fit_advanced_xl_butt_plug_without_damaging/

The OP wrote: "As anyone who likes anal play (should) knows, the longer you enjoy this type of activity, you're constantly seeking for something more "filling". [...] Last week, I ordered a XL glass butt plug from Amazon and it arrived last Friday. The measurements are 6" in L, and 3.25" in W." 1) Nobody covered anorectal fragility and traumatic risks, including perforation and stretching permanently damaging one or both anal sphincter muscles at the least. 2) One commenter wrote: "The human anus can expand to over 8" without taking any damage." Internal anal sphincter damage/rupture has been reported after insertion of a 40mm/4cm-wide (1.57 inches) rectoscope during transanal endoscopic microsurgery.

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xqd0s6/is_it_just_my_mind_or_did_something_really_tear/

The OP wrote: "Me and my partner had rough sex when it happened. With a little force, he thrustured unintentionally into the wrong hole and the pain was one of the worst I ever had in my life. The next days my asshole hurt, I believe it was kinda purplish, but maybe it was my imagination. So now, many months later, I feel like I am unable to do anal ever again, even completely by myself. It has become too tight, even after relaxing, stretching and all that stuff." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one advised refraining from anoreceptive activities entirely due to the likely presence of one or more preexisting anorectal conditions probably caused by the documented trauma.

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xq2vmp/painful_analysis_for_me_butt_not_him/

The OP wrote: "I'd like to have anal sex with someone, wherein it is very painful for me, but comfortable for him. I don't want him to hurt his dick by pushing it against my dry asshole. And using lube would just make it more comfortable for me." 1) Nobody mentioned that the OP may well have a severe case of sexual masochism disorder. 2) The top commenter wrote: "Try using the juices from your pussy to lube the outside of your asshole & not the inside then have him shove it inside[.] My gf is a squirter and we never do anal. Sometimes tho when we change positions and I'm dominating her I'll force my dick inside her ass. She screams but I keep forcing it in. She's in pain but I have consent before the act..." Nobody pointed out that rapid thrusting is always a bad idea, nor did anyone mention potential criminal implications (a possibility or actual result of serious injury and even fatality does invalidate legal consent in some regions and arguably should everywhere). 3) One commenter wrote: "Keep in mind that pain means something is wrong. If you are in pain, then you are likely taking physical damage." Significant damage can occur with no pain.

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xpiwnz/how_do_you_cum_from_anal/

The OP wrote: "I'm a guy and no matter how hard I try I can't cum from anal. I've been able to go 5-7 inches with my dildo but I've never felt any pleasure down there. Only a bit of pain from the friction." 1) Nobody covered anorectal fragility and traumatic risks, especially relating to frictional sliding. 2) The top commenter wrote: "there shouldn't be any pain." Significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xon9v4/anal_sex_with_polyps/

[TODO: Probably drop this.]

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xn7bxi/anal_is_nt_working_cant_go_in/

The OP wrote: "Me and my partner tried anal for the first time or at least attempted for some reason he said it was too tight and couldn't get it [in]..." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone point out the possibility of one or more preexisting anorectal conditions. 2) No one advised refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xleivq/fwb_doesnt_like_slow_anal_penetration_because_its/

The OP wrote: "I(25M) would like to know from people on this sub how do you prefer the tempo when performing anal sex. Do you like it consistently slow or is it better to start slow and gradually speed up or it doesn't matter to you? [...] My fwb(24MTF) who I had just been seeing for a few months says whenever she receives anal from me its painful because I go slow and wants me to go faster. I've never been told this before. I try to go faster but because my penis is bigger than the average size I am more conscious that I will hurt her because its happend with others in the past. She mentioned that she never felt pain that way from anal until I met her." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone point out that significant damage can occur with no pain whatsoever. 2) No one pointed out that rapid thrusting is always a bad idea due to the presence of delicate tissues lacking somatic innervation not far inside. 3) Nobody advised refraining from anoreceptive activities entirely with a (presumably) girthy penis. https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xjrt1e/boyfriend_finally_told_me_about_his_fetish_and/

OP wrote in the thread title "Boyfriend finally told me about his fetish, and it's anal..." OP then went on to write: "I never have ever had any interest in anal whatsoever. I've never done it and I haven't even enjoyed using fingers. I really don't want to crush his spirit but at the same time I really don't want to do it. Should I suck it up and try for him, or just tell him no even though it'll disappoint him?" 1) Nobody covered anorectal fragility and traumatic risks. 2) Several commenters suggested anal stretching, which is a bad idea. 3) One commenter wrote: "start to experiment with having him thrust just a little, and very slowly. It may be that eventually you'll like it hard and fast." Rapid thrusting is never a good idea. 4) The OP wrote in a later post: "He told me that the only porn he can possibly get off to is anal and for some reason it's the only sex that seems appealing for him from a sexual gratification standpoint." Nobody suggested that the OP's boyfriend has unrealistic expectations due to pornography. https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xhwg9o/i_asked_her_if_anal_hurt_she_said_no/

The OP wrote: "Met someone online and we've been exclusive for around 3 months. We did anal for the first time on Friday and my cock went in without lube because I didn't want to go upstairs and get anal lube[...] she moaned a little but other than that my cock when in with ease. She's done anal in the past but the last time was around 4 years ago. My question is... Why did my cock go in pretty much easy with her and she hardly flinched?" 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone mention the possibility of one or more preexisting anorectal conditions possibly connected to previous anoreceptive activities. 2) No one pointed out that rectum-safe lubricant should always be used due to the presence not far inside of delicate tissues that can be damaged without pain. https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xfweor/she_prefers_anal_over_vaginal/

OP's thread title: "She prefers anal over vaginal." The OP went on to write: "I can't complain, but ain't it a bit weird? She seems to prefer anal sex over "normal" sex. Actually she seems a bit obsessed about it, always trying to engage buttplay... Anyone figure where that may come from?" 1) Nobody covered anorectal fragility and traumatic risks: the anorectum most certainly is not a realistic substitute for the healthy vagina of an aroused young woman. 2) No one mentioned the potential involvement of sexual masochism disorder. https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xfot6v/sex_between_two_uninfected_people/

The OP wrote: "I am curious about what the potential risks are of having unprotected anal sex between two men, if neither of them have any kind of identifiable STI. I know obviously unprotected sex provides more opportunity to transmit something, but if there are no STIs to transmit, what are the remaining dangers?" 1) Nobody covered anorectal anatomy and fragility, nor did anyone document traumatic risks beyond "potential for tissue damage." 2) The top commenter wrote: "None." That is blatantly false. 3) Another commenter wrote: "The risks are very low..." That most certainly is not true in light of the region's fragility and lack of somatic innervation not far inside. https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xec58b/question_regarding_the_veracity_of_someones/

The OP wrote: "I was talking to someone today on the subject of sex, and we ended up talking about spermicidal condoms and when they shouldn't be used etc. Rectal use is off limits according to the box. Anyways, they said to me the following "every single time someone has anal sex there will be some degree of lacerations/cuts and there will be blood" So basically he was saying every time you fuck someone rectally you are causing them minor injury (cuts, which will then bleed) and drawing blood. Is this true? To me it seems like nonsense." [TODO: Add commentary on this.] https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xebfkz/im_wanting_to_start_anal_training_but_am_unsure/

The OP wrote in the thread title: "I'm wanting to start anal training but am unsure of the proper way to go about it. What toys are recommended, is there a best lube to use? I want to eventually get trained enough to let a woman use a strap-on on me." 1) Nobody pointed out that anal stretching is not a good idea. 2) The top commenter linked an article that suggests stopping if there is pain, and the other commenter suggested the same. Significant damage can occur with no pain whatsoever. https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xe939t/i_want_to_surprise_my_gf_with_an_anal_plug/

The OP's thread title: "i want to surprise my gf with an anal plug[.]" The top commenter wrote: "Get a small one since its first time. You can also do a set of multiple sizes." Another commenter wrote: "For the first time, stick with small unless you can find a set that has all 3 then by all means go for that. But it's something you have to work up to..." Anal stretching is a bad idea. https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xc3es9/anal_play_on_men/

[TODO: RubyRyder podcast link; cover her bullshit.] https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xbnmbx/im_ashamed_of_being_a_woman_who_enjoys_anal_more/

The OP wrote in the thread title "I'm ashamed of being a woman who enjoys anal more than anything else. why can't I get over it?" then later pointed out "we have been doing alot of anal now..." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone suggest that frequent anal intercourse is not a good idea. [TODO: Consider reworking/expanding this.] https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/xa30bm/we_want_to_have_anal_but_are_unsure_about_how_to/

The OP's thread title: "We want to have anal but are unsure about how to go about it[.]" 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter wrote: "Don't "push past the pain" because pain means something is wrong." Significant damage can occur with no pain whatsoever. 3) One commenter wrote: "When we do it, I ease into it and tease with a finger first, then thumb, then head, then sloooooooooooooowly go in. It'd be a shock just to jack hammer right away..." Rapid thrusting is always a bad idea. https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/x9xnwj/im_having_problems_in_my_sex_life/

The OP wrote: "I fear to have sex from anal. I also wants to do but my husband penis is big like 6.5." 1) No one covered anorectal fragility and traumatic risks, nor did anyone advise refraining from anal intercourse with someone who presumably has a girthy penis. 2) Several commenters advised anal stretching, which is a bad idea. https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/x9wftp/how_to_loosen_my_gfs_anus/

The OP wrote: "So basically me and my gf are interested in anal but long story short her anus is so tight I couldn't manage to penetrate her. Is there any natural way to loosen her up without using toys or anything similar to that?" 1) Nobody mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) The top commenter wrote: "have her push out a bit like she trying to push out a shit. It relaxes the sphincter enough for large shits to come out, so a dick going in is easier enough." Bearing down causes hemorrhoidal cushions to engorge, making for a tighter fit

and increasing the likelihood that the internal hemorrhoidal cushions lacking somatic innervation will be damaged without pain by frictional sliding. 3) Several commenters suggested anal stretching, which is a terrible idea.

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/x7fl6a/anal_advice_36m/

The OP wrote in the thread title "Anal advice [36M]" then continued: "I recently bought a dildo for myself. It's nothing huge, 6.5" with a 5" girth. I've only played with it once and some water based lube. How long should I be warming myself up for? I spent about 30mins of fingers and working my way up to get it in." 1) Nobody pointed out that anal stretching is a bad idea, nor did anyone mention that some water-based lubricants can irritate and/or damage the rectal lining without pain. 2) The top commenter wrote: "If there's pain/blood you might need more lube/relaxation." Significant damage can occur with no pain whatsoever. 3) One commenter wrote: "If you're new to anal-remember slow and steady wins the race." It doesn't matter whether someone is new to anoreceptive activity or not: rapid thrusting is always a bad idea.

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/x7dgyb/anal_relax_cream_vs_anal_numbing_cream/

The OP wrote in the thread title "Anal relax cream vs. Anal numbing cream" then continued: "I used the numbing stuff a long time ago on a past partner and she liked it but I made my dick kinda numb. Any feedback on the relax cream?" 1) Nobody covered anorectal anatomy and traumatic risks. 2) The top commenter wrote: "Using numbing stuff to make it less uncomfortable or painful is dangerous. If it is uncomfortable or painful you're both doing something wrong." Several others wrote comments along the same lines; no one pointed out that significant damage can occur with no pain whatsoever even without a numbing agent. [TODO: Rework this.]

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/x535qa/my_boyfriend_is_nervous_about_giving_me_anal_as/

The OP wrote in the thread title "My boyfriend is nervous about giving me anal as he says it hurts me too much" then continued: "My boyfriend (25m) and i (22f) have only recently started doing it. He is very gentle and we prepare a lot, with toys, fingers, lots and lots of lube[.] But i admit it still is sore at times and i can be vocal about it. Plus i have gotten emotionally overwhelmed and cried a couple of times. I know its not supposed to be sore but i kind like that it is, mentally it does something for me. Obviously this has made him nervous, we have talked about it a good few times, i have told him he has my consent to keep going and that its more mental than physical for me. That i do want it. But hes still nervous, obviously i respect that and we have stopped doing it. But i do still want it..." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone mention the possibility of one or more preexisting anorectal conditions. 2) No one mentioned that the OP may well have a severe case of sexual masochism disorder, which in some regions can invalidate legal consent (and arguably should anywhere). 3) Several commenters suggested anal stretching, which is a terrible idea.

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/x4yyp7/anal_how_often_is_ok_30f/

The OP wrote: "How often could you realistically have anal sex and not see any negative effects? Most we've ever done is 3x in one day and 4x in a week with a day or two of no anal in between. I don't think I could do it everyday but am curious how much is "too much"?" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that negative health consequences are very likely for anyone on the receiving end of regular/repeated anal intercourse (among other significant anoreceptive activities) due to the region's anatomy and physiology among other factors (including widespread ignorance, misinformation, and disinformation about anorectal topics): the anorectum is no substitute for the healthy vagina of an aroused young woman.

https://web.archive.org/web/202209/https://old.reddit.com/r/sex/comments/x3vbio/how_long_does_it_take_to_recover_from_anal/

The OP wrote: "I had receptive anal about a week ago, and I was sore for a couple of days after. I've had a varying bowel movements (diarrhea and now constipation) since then, and some heartburn. And I'm wondering if this is normal if your partner is well-endowed. I have a doctor's appointment scheduled for next week, but I just wanted to hear what other people's experience are regarding this, thanks!" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one advised refraining from anoreceptive activities entirely with someone who may have a girthy penis ("well-endowed").

https://web.archive.org/web/202208/https://old.reddit.com/r/sex/comments/wyjnss/is_it_possible_for_assholes_to_get_looser_from_sex/

The OP wrote in the thread title "is it possible for assholes to get looser from sex?" then continued: "I'm a woman that loves anal sex, and have it almost weekly[.] Something I've noticed though is that my ass is a lot more looser than before we started anal play, like a bit of lube/spit with no preparation beforehand and I could easily take my bfs dick. before we started doing it weekly I could barely do a finger so I'm guessing that's too much sex might be the cause[.]" 1) Nobody covered anorectal fragility. 2) No one mentioned the risk of causing permanent damage to one or both anal sphincter muscles at the least due to insertion of a girthy penis/object. 2) Several commenters linked articles containing health-harmful falsehoods.

https://web.archive.org/web/202208/https://old.reddit.com/r/sex/comments/wx3p29/tips_for_anal/

The OP wrote: "Boyfriend wants to get into bum play, I am pretty small & well my bum is tight[.] I've got a butt plug to train my bum but as soon as he put it in it hurt and I made him take it out & honestly my bum felt weird for days. I've also tried using a dildo but it hurts too much even with lube." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) Nobody pointed out that anal stretching is not a good idea: several commenters suggested it as well.

https://web.archive.org/web/202208/https://old.reddit.com/r/sex/comments/wx240m/huge_size_first_time_anal_with_hemorrhoids/

The OP wrote: "He seems very well-practiced in anal. I am not. He has an above average penis (I've never seen a larger penis, I've been with 50+ men), and has told me he wants to go slow. Start with tongue, then go to fingers, and use plugs, then finally his penis. The issue is that I've had [diseased] hemorrhoids for a while." 1) Nobody advised refraining from anoreceptive activities entirely due to at least one mentioned preexisting anorectal condition. 2) No one advised against engaging in anal intercourse with someone who has a girthy penis.

https://web.archive.org/web/202208/https://old.reddit.com/r/sex/comments/wx0i7r/how_to_start_anal/

The top commenter wrote: "For both men and women, you need to start out gentle." The top commenter also suggested anal stretching. 1) Rapid thrusting is always a bad idea. 2) Anal stretching is a terrible idea. 3) Nobody covered anorectal fragility and traumatic risks.

https://web.archive.org/web/202208/https://old.reddit.com/r/sex/comments/wul8ih/help_for_anal_play/

The OP wrote: "Lesbian couple here. Would any ladies be up for messaging me about anal play? My girlfriend wants to fuck my ass, and I'm totally okay with that, just don't really know how to prepare for it?" 1) Nobody covered anorectal fragility and traumatic risks. 2) Several commenters suggested anal stretching, which is not a good idea. 3) The top commenter suggested preferably using water-based lubricant: many water-based lubricants are hyperosmolar and can irritate and/or damage the rectal lining without pain.

https://web.archive.org/web/202208/https://old.reddit.com/r/sex/comments/wtbax9/best_starter_butt_plug_or_set/

The OP wrote in the thread title "Best starter butt plug or set?" then continued: "Only use fingers on wife, looking to step up." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that anal stretching is not a good idea.

https://web.archive.org/web/202208/https://old.reddit.com/r/sex/comments/wojim8/how_does_anal_sex_work_how_can_it_be_done_cleanly/

The OP wrote in the thread title "How does anal sex work, how can it be done cleanly, and can you have anal sex if you have intestinal issues?" then continued: "I barely know anything about anal sex. I know I refuse to have it until I fully clean, with water, my entire anal cavity, but about the actual methods to clean, how to stretch and prepare without pain..." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone mention that significant damage can occur without pain. 2) No one pointed out that anal stretching is a bad idea. 3) Nobody advised refraining from anoreceptive activities entirely and perhaps consulting a medical doctor about the mentioned preexisting intestinal condition(s).

https://web.archive.org/web/202208/https://old.reddit.com/r/sex/comments/wmtkjc/does_anal_start_to_feel_good/

OP's thread title: "Does anal start to feel good?" The OP continued: "I just started anal, and I think it hurt a bit I managed to relax but it still hurt a bit. Plus it was only the handle of a hairbrush so how do I go up in size to "stretch myself out" just wondering." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone point out that anal stretching is a bad idea (several commenters even supported the idea). 2) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) One commenter wrote: "it should not be painful. Uncomfortable at first, but pain is a bad sign." Significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202208/https://old.reddit.com/r/sex/comments/wef1s3/f19_first_butt_plug_advice_part_2/

The OP wrote in the thread title "[F,19] First butt plug advice, part 2" then continued: "A lot of people are saying I need to start off small and slow..." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that anal stretching is a bad idea, as is rapid thrusting. 3) One commenter wrote: "there are two sphincter muscle rings on the entrance to your butt. Outside or first one works voluntary and you are able to relax it with your mind and intent. The second one, just inside the first one is more tricky and where most pain comes from." The involuntary internal anal sphincter lacks somatic innervation, so it can be damaged without pain.

https://web.archive.org/web/202208/https://old.reddit.com/r/sex/comments/wdc83l/how_can_i_prepare_myself_for_anal_it_hurts_so_bad/

The OP wrote: "my boyfriend sometimes slips a finger in, sometimes it feels okay, sometimes a little uncomfortable, and sometimes full on hurts. ill tell him to stop when it does obviously, and he will. twice he has asked to try anal and im eager too, so we've tried, and both times the second he puts it in ive told him to get off and sat in fetal position for 5 minutes. obviously he would never pressure me to keep doing butt stuff, but im genuinely interested to make this work too, mainly because i used to put a brush handle in my ass and it would feel really great. not sure what happened and why its so painful now. any help? how do i work up to anal?" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out the possibility of one or more preexisting anorectal conditions possibly caused by previous anoreceptive activities. 3) Nobody advised refraining from anoreceptive activities entirely and perhaps seeing a medical doctor.

https://web.archive.org/web/202208/https://old.reddit.com/r/sex/comments/wcu0ju/how_to_start_getting_better_at_anal/

The OP wrote: "I (f26) have had anal sex with two different partners, a total of 3 times, years ago in my early twenties. [...] the first time it happened was when I was on my period so I didn't wanna have sex but I put his hard cock in between my butt cheeks, directed towards my asshole and started rubbing him there, his pre-cum lubed me up and I was very horny as well, I guess I was very relaxed cuz when I tried to put it in, it went in and did not hurt, he fucked me a lil and came in my ass. When we tried a couple other times I was not fully relaxed I guess cuz it hurt and I didn't want to continue. [...] I wanna be able to enjoy it whenever so Im thinking I need to get toys and practice it on myself often. I bought a plug that's smaller than a cock but I guess it's too big. I use lube and it still kinda hurts so then I just stop and masturbate normally. One time (after I had experienced anal for the first time) I took my curling iron, put a condom on it and put it in my ass and that felt so good and that's definitely the size of a dick. What's the issue? Should I get smaller plugs and work my way up?" 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone point out that significant damage (even perforation) can occur without pain. 2) No one mentioned the possibility of one or more preexisting anorectal conditions possibly resulting from prior anoreceptive activities, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) Nobody pointed out that anal stretching is a bad idea: every commenter other than the OP even recommended anal stretching.

https://web.archive.org/web/202208/https://old.reddit.com/r/sex/comments/wbxe65/how_to_find_people_who_are_into_anal_fisting/

OP wrote in the thread title "How to find people who are into anal fisting?" then continued: "I have self-practiced for about a year now, using proper technique and everything, and it actually feels amazing and not painful or anything at all. I'm straight and I wish I could find a female partner who would be interested in this kink, both as a top and as a bottom. But how does one find people who are into this extreme kink?" 1) Nobody covered anorectal fragility and traumatic risks, including the possibility of significant damage occurring without pain: even perforation can happen without immediate pain. 2) No one pointed out that anal stretching is a bad idea. In fact, one commenter wrote: "It's not harmful if the fister is mindful of how they're doing it, as with every other kink. You also need to train for while with fingers and gradually bigger toys until it becomes much easier to insert a fist." Anal stretching can easily cause permanent damage to the internal anal sphincter muscle at the least.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/w9w1qg/are_hemorrhoids_on_women_a_turn_off_for_men/

The OP wrote: "me and my partner have been trying out some butt play / anal. Neither of us have a ton of experience, but i have had more then him. I know the rules and understand lots of lube is required, when I'd reapply he'd say "more???" And later admitted he liked the sensation of friction when there was less lube. I explained that's really not good for me and isn't enjoyable for me and that i only let him continue like that for a short while bc he was about to finish. But between the recent butt stuff and the enema i did to prepare, i def got some [diseased] internal hemmies. But like, im concerned if he's up close and personal or doing butt stuff or even hitting it from the back PIV, would seeing that make him turned off or feel like im gross ? Im sure im not the only woman who gets them but I'm curious to hear from mens perspective[.]" Nobody covered anorectal fragility and traumatic risks, nor did anyone advise refraining from anoreceptive activities entirely and seeing a medical doctor.

https://web.archive.org/web/20220728064054/https://old.reddit.com/r/sex/comments/w9v93x/how_was_your_first_butt_plug/

[A different snapshot is referenced since the original post was deleted in later ones.] The OP wrote: "Im going to surprise my gf with her her first butt plug. She loves when I stick my thumb in when we're in doggy but my thumb is slightly smaller than a medium. So I'm not sure if the Large will be too big to start with or to play it safe and get the medium. I'm considering the large more as we also want to try anal." 1) Nobody covered anorectal fragility and traumatic risks. 2) One commenter (two commenters in a later snapshot) suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/w8jswa/advice_on_anal/

OP's thread title: "Advice on anal?" 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter advised: "If it hurts, stop." Significant damage can occur with no pain whatsoever. 3) Several commenters suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/w6tyce/how_to_introduce_wife_to_anal_play/

OP's thread title: "How to introduce wife to anal play?" 1) Nobody covered anorectal fragility and traumatic risks. 2) Both commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/w5n2ag/why_sex_in_butt/

The OP wrote: "My bf really wants to try to have anal sex, I'm all for trying new things although I feel slightly uncomfortable by the idea of it, does anybody do this as well and enjoy it? Are there steps I have to take before we do it? Also why do most men fantasize about this?" 1) The top commenter suggested starting small and also anal training: anal stretching is a bad idea. 2) The top commenter along with another commenter advised to stop if there is pain: significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/w4ecgr/fisting_what_now/

The OP wrote: "I (M33) have a question about fisting, specifically anal fisting. A few days ago, I did it and my partner's hand was completely inside me. What a great feeling! A mixture of slight stretching pain and horniness. Now the question for you, what to do when the hand is completely inside? We tried it with a slight twist, which was nice, but I guess it can go much further. What are your recommendations and what do you like?" 1) Nobody pointed out that anal stretching, inclusive of anal fisting, is a terrible idea. 2) Nobody covered anorectal fragility and traumatic risks, including the risk of perforation. 3) No one pointed out that significant damage can occur with no pain whatsoever, even including perforation (although pain may arise later in connection with systemic sepsis, peritonitis, etc).

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/w3w3sd/would_using_too_big_of_a_dildo_anally_hurt_me/

The OP wrote: "So I LOVE anal play and get pegged regularly. I'm considering picking up a 9 inch suction cup dildo to play with. I don't think I've ever used anything that big, if I work up to it is there any risk in using a toy that is this big?" 1) Several commenters did mention the possibility of perforation, but no one pointed out that it can occur without immediate pain. 2) One commenter wrote: "Not sure if by bigger you mean in diameter or length. The asshole is a muscle and can be gradually trained to take bigger things. People have inserted fists in there... yes, plural!" Nobody pointed out that anal stretching is a bad idea, and anal fisting an even worse one. https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/w3hde4/i_know_its_tmi_but_whateva_lol_someone_help_me/

The OP wrote: "So I have a consistent fwb. [...] I've been thinking about trying anal for a while and we talked about it a few times. So the other day we did it and when I say it hurt like a b*. I liked it at the same time though lol ! My question is, what makes anal easier?" 1) No one pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) Nobody mentioned sexual masochism disorder (deriving pleasure from one's own pain/injury), which the OP may well have. 3) The top commenter wrote: "Don't use anything the numbs or desensitizes your hole. You'll need to know if something is tearing." Significant damage, including tearing, can occur with no pain whatsoever. 3) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/w36ro5/celebration_first_anal/

The OP wrote in the thread title "Celebration! First anal" then continued: "I managed to take a big c*ck comfortably!" 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone advise refraining from anoreceptive activities entirely with someone who has a girthy penis.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/w1z9i2/need_help_with_my_wife_getting_warmed_up_for_anal/

The OP wrote: "Wife and I enjoy pegging and a bunch of other kinks . How ever while I take larger objects in my self M she has a hard time dealing with me in her butt . I love PIA and she does as well . She finds so much discomfort at times when we try PIA to the point where we have to stop ." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one mentioned the possibility of one or more preexisting anorectal conditions. 3) Nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vzvd4t/is_it_dangerous_to_do_anal_without_training/

The OP wrote in the thread title "is it dangerous to do anal without training?" then continued (reformatted): "I want to surprise my boyfriend while riding him by switching him to my ass and having him cum in it. Neither of us have ever done anal. I've toyed with some butt plugs in sex and they feel good, but it just feels gross to me to shove random things in my ass and does nothing for me except when he's intimately involved. Mentally to me, the only thing that makes sense is his dick being in there. [...] He's girthy. I know it will hurt. I'm honestly a slut for pain, so the idea of shocking him by switching holes and his dick hurting as it goes in me makes me a bit wet. So my question... is there anything inherently dangerous about this as long as I load my asshole up with lube?" 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone suggest refraining from anoreceptive activities with someone who has a girthy penis. 2) No one mentioned sexual masochism disorder (deriving pleasure from one's own pain/injury). The OP may well have a severe case of it, which does in some regions and anywhere else arguably should easily invalidate legal consent.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vzdf74/what_are_the_best_positions_for_getting_used_to/

OP's thread title: "What are the best positions for getting used to anal?" The OP continued: "I used to be able to take it hard and fast in any position without a second thought. After a particular bad "wrong hole" incident, it's been almost 6 months since my bf has been able to fuck my ass, and I can't recall what the beginner positions are! I've been doing some anal training, so I should be okay, but I want to increase the likelihood of success." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone point out that rapid thrusting is always a bad idea with potential criminal implications. 2) No one mentioned the possibility of one or more preexisting anorectal conditions possibly resulting from their previous activities, nor did anyone advise refraining from anoreceptive activities entirely. 3) Nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vxrqk4/how_to_enjoy_anal_f19/

The OP wrote: "I tried anal recently, used a vibrator for my clit during it. [...] Any tips for making it feel Good? Should I just realise it isn't for me or carry on trying[?]" 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter advised anal stretching, which is a bad idea.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vx5ixr/how_to_make_anal_hurt_less/

The OP wrote: "My (22f) boyfriend (33m) has really wanted to try anal, I didn't want to at first but i gave into the pestering especially because i want to keep him happy and satisfied and there was no harm in trying it once. As soon as he put it in it was so painful and continued to be painful all through out that i couldn't help but cry the whole time, I was even bleeding a little bit after. I expected a little discomfort since he's pretty big down there but i didn't expect that kind of pain especially because I made sure to use a lot of lube. My boyfriend on the other hand wants to try again since he loved it and it felt good for him. How do i make it less painful?" 1) Significant harm (damage) can occur from one instance of trauma. 2) Nobody covered anorectal fragility and traumatic risks, nor did anyone advise refraining from anoreceptive activities entirely with someone who has a girthy penis. 2) Several commenters suggested anal stretching, which is not a good idea. 3) One commenter wrote: "if it's painful, and he keeps still for a moment and it doesn't get better, then stop!" Significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vvwgq0/my_girlfriend_wants_to_peg_me_and_ive_never_taken/

The OP wrote: "my gf (17F) wants to peg me (17M), and i've never taken anything up my ass before, i don't know what to do because i really don't want to have an anal injury." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone point out that significant damage can occur with no pain whatsoever. 2) One commenter suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vvfx0n/such_thing_as_not_having_the_dick_for_anal/

The OP wrote: "I'm about 7.5x5.2 inches. My gf is quite petite too. We have worked on her being able to comfortably take me vaginally, but we've done anal fully once and it was terrible. [...] as soon as my dick enters, it's extremely uncomfortable for her. We've come to the conclusion that I just haven't got the dick for anal. Is this the case or are we doing something wrong?" 1) No one covered anorectal fragility and traumatic risks, nor did anyone advise refraining from engaging in anoreceptive activities entirely for someone who has a girthy penis. 2) The top commenter claimed: "The sphincters relax more the more aroused you become both vaginal and anal are easier this way when your partner is rather large." The external anal sphincter relaxes when a person bears down, while the internal anal sphincter is an involuntary muscle that relaxes with rectal distension.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vv9194/need_cherry_summers_recipe_now_or_another_holiday/

The OP claimed that he engaged in anal intercourse with his girlfriend for the first time with no lubricant. 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that forgoing lubricant is a terrible idea.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vtvkza/tried_doing_anal_and_thought_i_was_going_to/

The OP wrote: "me and my boyfriend were fucking around, having PIV sex, experimenting with different positions, we've already discussed in the past how we both didn't mind doing anal so we were like fuck it, why not. used lube cuz I read it makes it less painful but not even the fucking tip went in and I screamed like a madwoman, rushed to the bathroom all while feeling like the insides of my ass were going to fall out. [...] I honestly think it's the most pain I've ever been in, is that like normal? Imfao. sex the first time also hurt but not half as much. for reference, I've actually never stuck anything up my vagina or ass, the only thing to go in my vagina was and is his dick, so is that why it hurt so much? or what's the deal. I could barely walk for days, the pain didn't go away for DAYS." The OP could well have been

exaggerating or even lying. In any case: 1) No one covered anorectal fragility and traumatic risks, nor did anyone mention the possibility of one or more preexisting anorectal conditions. 2) Nobody advised refraining from anoreceptive activities entirely and seeing a medical doctor. 2) Several commenters suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vtt09c/does_this_happen_to_you/

The OP wrote: "I've been anal masturbating with a 2 inch diameter dildo for about 6 months regularly 2 to 3 times a week, sometimes more. I've stopped now for about 2 weeks but often lately I have this feeling (back there) that it is open or looser and sometimes when I check, I'm wet (especially after reading an especially sexy book). I know that is not suppose to happen since rectum sphincters are supposed to just go back to their normal tightness..." 1) Nobody pointed out the possibility of internal anal sphincter damage due to insertion of a girthy object, especially repeatedly. 2) No one pointed out that excess mucus production (if that's what the OP is talking about) is a potential symptom of proctitis (rectal inflammation). [TODO: Find one or more references for that or drop it. Research references & relations for PMID 657932; I may want to change what I wrote to point out that hyperosmolar agents may cause such excess mucus production.]

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vq9eqy/how_to_make_anal_less_painful/

The OP wrote: "I feel like pooping during anal. Also, it hurts hours after sex. How do I prevent both[?]" 1) No one covered anorectal fragility and traumatic risks. 2) Nobody advised refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 3) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vpy5by/boyfriends_fetish_is_anal_but_i_really_dont_like/

The OP wrote in the thread title "Boyfriend's fetish is anal but I really don't like it" then continued: "he has an INSANE fetish for anal sex. He apparently has exclusively watched anal porn for most of his life and has always had an insane attraction to all things related to anal. We only did it did once but he had possibly the most intense and hard orgasm I've ever seen. It was so fun to see him like that, but...honestly I wasn't a fan. It just felt kinda uncomfortable and it hurt a bit and it just didn't feel amazing. [...] Should I try to do it more just for him[?]" 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) No one pointed out that pornography a) can, and often does, give people unrealistic/warped expectations, and b) often features blatantly violent anoreceptive activities that should not be emulated yet far too often are.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vp9t1w/a_lot_of_women_actually_like_anal/

The OP wrote: "In my experience, a lot of women actually do like anal - they're just scared to try it because of fear of it hurting, and possible past bad experiences. Once they try it - a lot of em actually end up liking it." 1) Plenty of people have unhealthy habits that they enjoy, such as drinking alcohol, smoking cigarettes, etc. Enjoyment doesn't make something a good idea healthwise, and that's certainly applicable as well to significant anoreceptive activities. 2) Nobody mentioned anorectal fragility and traumatic risks (beyond one commenter writing "I don't want mine gaping or permanently damaged"). 3) The top commenter wrote: "Correction- a lot of woman like anal when they try it and it's done correctly. [...] We need to get back to it since it's been months and it hurts again." Concerning anal intercourse and other significant anoreceptive activities, "done correctly" may not even be possible for a variety of reasons in any receptive person's particular case (due e.g. to one or more preexisting anorectal conditions, a penis that is simply too girthy, etc.), and is likely to be highly impractical in other cases (e.g. how do you determine what constitutes "too rapid" when there are delicate tissues that can be easily damaged without pain not far inside?). 4) One commenter suggested anal stretching, which is a bad idea. [TODO: Consider reworking/shortening this.]

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/voq35w/straight_male_loves_anal_with_her_and_myself/

1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter (same as in the previous thread with the exact same paste) suggested anal stretching, which is not a good idea. 3) The top commenter also advised: "Go slow and communicate if you feel pinch or pain." Significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/volihh/how_to_prepare_for_anal_f18/

The OP wrote: "My bf has shown a but of interest in exploring the last of the 3 holes I have and has begun to ask me of I want to try it. I've said not yet a couple times, mostly cause I'm afraid it'll hurt..." 1) Nobody covered anorectal fragility and traumatic risks. 2) The top commenter suggested anal stretching, which is not a good idea. 3) The top commenter also advised: "Go slow and communicate if you feel pinch or pain." Significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vnq2f0/how_do_i_learn_to_enjoy_anal_more_i_want_it_but/

OP's thread title: "How do I learn to enjoy anal more? I want it, but it just hurts." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone point out the possibility of one or more preexisting anorectal conditions. 2) One commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vmrh5l/lost_virginity_bled_a_lot_but_it_didnt_go_in/

OP's wrote in the thread title "lost virginity, bled a lot but it didn't go in" then continued: "my boyfriend wanted to try anal first, he went in painfully and fucked me hard, it hurt the whole time but it was tolerable." 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that rapid thrusting is always a bad idea. 3) Nobody mentioned potential criminal implications. 4) Several commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/vj00a6/do_you_always_prep_before_anal/

The OP wrote: "Do you always prep, diet/enema, before having anal intercourse? Or do you sometimes end up having anal without notice." 1) Nobody covered anorectal fragility and traumatic risks. 2) Several commenters claimed to engage in spontaneous anal intercourse and/or suggested it's fine: anal intercourse is highly risky even with preparation.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/viga3m/i_can_only/

The OP wrote: "My boyfriend and I have sex regularly. He's got a nice size package, so I don't enjoy anal. I tried so many times but it's too tight! But when he fingers my ass... whilst engaging in sex time, my orgasms are STRONG. Why is that? How can I work my way up to fitting his penis?" 1) No one covered anorectal fragility and traumatic risks, nor did anyone advise refraining from anoreceptive activities entirely with someone who has a girthy penis. 2) Several commenter suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/vh5ih3/is_the_use_of_lidocaine_gel_safe_for_anal_play/

OP's thread title: "Is the use of lidocaine gel safe for anal play?" The top commenter wrote: "No. You need to be able to feel if something isn't right." Significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/vg6jpg/bf_doesnt_like_piv/

The OP wrote: "So my [F23] boyfriend [M30] loves anal sex and I really enjoy it too. However I noticed that he almost always insists on having anal sex over PIV. He doesn't force me to do it and I'm honestly enjoying it, but it made me wonder whether he there's something wrong with my vagina. I asked him why does he always prefer anal to PIV, and he admired that he doesn't really like PIV and enjoys butt stuff far more better." 1) Nobody covered anorectal fragility and traumatic risks: the anorectum is not a realistic substitute for a young woman's healthy vagina. 2) No one pointed out that the OP's boyfriend has unrealistic expectations possibly due to pornography. [TODO: Consider reworking this.]

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/vfz1b5/my_husband_wants_a_fuck_machine_im_not_sure_how_i/

The OP wrote: "My Husband is into receiving anal. Not as a every time we have sex thing. But, He described it to me as "a itch he needs scratched every so often". [...] He recently started hinting that a fuck machine would be fun to try." 1) Nobody pointed out that significant damage can occur without immediate pain, including colorectal perforation. 2) No one covered anorectal fragility and traumatic risks.

https://web.archive.org/web/202207/https://old.reddit.com/r/sex/comments/vedegf/question_about_anal/

The OP wrote: "I read in an online anal sex article that during anal sex: the receiver should "push out" during penetration, and then clench down/tighten the sphincter as he pull outs, and basically repeat this to match the rhythm." 1) Nobody pointed out that bearing down causes the internal hemorrhoidal cushions to engorge, making them more likely to be damaged by frictional sliding. Clenching also would make that more likely to occur. 2) No one covered anorectal fragility and traumatic risks.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/vd30cg/making_her_used_to_anal_1st_time/

The OP wrote: "my girl has made very clear her intentions of doing anal. Thing is I'm kind of big, and she just can't take it obviously. And that's totally OK; I know we have to go little by little, gentle, and with loads of lube and even more patience. Obviously I need something to introduce there which are mi fingers." 1) No one advised refraining from anoreceptive activities entirely with a girthy penis. 2) Nobody pointed out that anal stretching is not a good idea.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/vcx567/my_gf_said_yes_to_anal_training_any_tips_or_advice/

OP's thread title: "My gf said yes to anal training, any tips or advice?" Nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/vbj4cm/missionary_anal_with_wife_for_first_time/

The OP wrote: "I (31m) and my wife (26f) just had anal in the missionary position for the first time. In the past when we have done it, it has either been her bent over, her laying on her stomach, or her on her hands and knees. [...] We warmed her ass up with toys/my fingers before sex, we used plenty of lube, and I started off very slow..." Nobody pointed out that rapid thrusting is always a bad idea, nor did anyone mention anorectal fragility and traumatic risks.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/vbcf8n/anal_hurts_for_my_girlfriend_despite_lube_and/

The OP wrote: "Hey, so me and my girlfriend tried to do anal for a while now and we are both into it but we always run into the same issue. She often experiences pain even when I'm only using my little finger. Even though we use lots of lube she says it feels to dry and there's too much friction. And I even feel that it's not as slippery as it should be." No one pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and seeing a medical doctor.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/v92gva/what_are_some_common_mistakes_when_pegging_a_man/

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/v8th1e/during_anal_i_feel_something_pleasurable_and_im_a/

The OP wrote: "I know a lot of women hate anal and all they feel is pain or discomfort. For me, I feel pleasure (much to the delight of my boyfriend) as if it's hitting a spot? It's heightened if he goes faster too." 1) Nobody pointed out that OP could well have a severe case of sexual masochism disorder (deriving pleasure from one's own pain/injury). 2) No one covered anorectal fragility and traumatic risks. 3) Nobody pointed out that rapid thrusting is always a bad idea, nor did anyone mention potential criminal implications.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/v5ps45/anal_skin_tag_removal/

The OP wrote: "So I have anal skin tags and am planning to get them removed. If I go through with this will Anal sex be harder or even impossible afterwards?" 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone point out that the OP's anal skin tags could well have been caused by anoreceptive activities. 2) No one mentioned anatomic anal stenosis, i.e. narrowing due to constricting scar tissue: that could result from both anal skin tags AND surgery to remove them. 3) Nobody advised refraining from anoreceptive activities entirely and asking a medical doctor.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/v5k14f/thoughts_on_anal_after_first_time/

The OP wrote: "My bf (23m) and I (20f) took the leap this afternoon and we tried anal. [...] 1) it didn't really hurt at all; I think this was because I had prepped over the past month with plugs and because he was sensitive to my needs during (he stopped/slowed down when I asked him to and didn't go any harder or faster until I gave him the go ahead). 2) I wouldn't say it was pleasurable either. It was a weird sensation[...] 3) even though it didn't actually hurt during, I am noticeably sore right now. It kind of hurts to sit down. And it hurt when I touched my ass in the shower to clean up. I think I'll likely be sore for days." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone point out that significant damage can occur with no pain whatsoever. 2) No one pointed out that rapid thrusting is always a bad idea. 3) Nobody advised refraining from anoreceptive activities entirely and seeing a medical doctor.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/v52h32/is_anal_play_safe_with_a_benign_hemorrhoid/

The OP wrote: "So I've had this one persistent little external bump for a long time now. It seems to come and go but more often than not it's there. I only know this because I take a mirror and check to see if it is. No pain or bleeding ever. Just unsightly. And only visible if I "push" a little and give it a few seconds to show up fully. I have no symptoms of a hemorrhoid other than it just exists there sometimes. I'm wondering if it's unsafe to proceed with anal play given the fact it's there?" 1) No one advised refraining from anoreceptive activities entirely. 2) The top commenter actually advised seeing a medical doctor, to which the OP responded "I have no reason to see a doctor for it." An evident preexisting anorectal condition and OP's desire to engage in anoreceptive activities regardless most certainly are good reasons.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/v4x7ew/bf_said_anal_was_not_good/

The OP wrote: "So today me (19f) and my bf (23) both had our first anal . For me it obviously hurted..." 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) No one covered anorectal fragility and traumatic risks. 3) The top commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202206/https://old.reddit.com/r/sex/comments/v2ezsy/anal_advice_to_a_girl_wanting_to_try_it_for_the/

The OP wrote: "I (F22) always wanted to try anal as I love using a butt plug and getting my arse eaten however, I find it a very scary prospect as the guy I am with is very large and I've hear horror stories from my friends." 1) Nobody covered anorectal fragility and traumatic risks, nor did anyone suggest refraining from anoreceptive activities entirely with someone who has a girthy penis. 2) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/v1ffgo/how_can_i_get_more_comfortable_with_anal/

The OP wrote: "I like when I give my bf anal, but not only does it not happen nearly as frequently as we want, but when we do k can only handle it for a few minutes, if not seconds before I start to feel ehm... 'full' and it makes me uncomfortable and I have to stop, even if I had prepared beforehand in that way and cleaned. Is there anything I can do to get more comfortable with it. Maybe products that numb my insides a little?" 1) The top commenter wrote: "No numbing agents. You need to feel in the case of an accident or tear." Significant damage can occur with no pain whatsoever even without a numbing agent. 2) One commenter suggested anal stretching, which is not a good idea. Another commenter advised wearing a buttplug for gradually longer periods of time, which also is not a good idea. 3) One commenter suggested bearing down, which causes the internal hemorrhoidal cushions to engorge and become more susceptible to being damaged by frictional sliding. 4) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and seeing a medical doctor.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/v0rnvc/burning_sensation_after_anal/

The OP wrote in the thread title "Burning sensation after anal" then continued: "Rarely done it but have a few times, how long does that last? New sensation since had not felt it from previous sessions. Did he just go too hard?" 1) Nobody mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) One commenter did allude to anorectal fragility and even mentioned traumatic risks. However, that same person also suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/v0op9n/best_starter_anal_toys/

OP's thread title: "Best starter anal toys?" The top commenter wrote: "You can move up in sizes..." Nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/v0ihbz/vaginal_sex_is_so_bad_that_anal_feels_like_heaven/

The OP wrote: "I've been with my partner for 3 years and I can count the times we've had successful (piv) sex, about 7. The rest was painful attempts. Every single time was torture, it feels like ripping a wound apart and sandpaper. [...] With vaginal relaxing and lube is not enough, it feels like a totally useless organ. We could only have anal sex but it also has its drawbacks like not being able to do it spontaneously and obviously not wanting to have bowel problems in the future if we do it too often." One commenter wrote: "Anal sex does not create bowel problems, this is a myth based in fear and ignorance. The anus is a set of muscles and relaxing and stretching (within reason) is actually healthy and beneficial..." 1) Anoreceptive activities most certainly can result in anorectal health problems. 2) Anal stretching can easily cause permanent damage to one or both anal sphincter muscles at the least.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/v0ejq0/our_sex_drive_is_getting_incompatible_and_i_dont/

The OP wrote: "I am male 40, married for 10 years and we have 2 young kids. Before the children we enjoyed a very varied and exciting sex life. We had anal sex regularly (huge kink for me) and we had sex often enough - 2-3 times a week. After the children (they are 6 and 4) everything changed. I was very understanding of course - it was a stressful time for the both of us so sex went to the back burner for the last 6 years. [...] We just had a huge fight again and she basically told me that those kinky things are not interesting to her anymore (anal, bdsm, etc.). I just can't imagine to live the next 20 year so unfulfilled and vanilla just for the kid's sake." 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions possibly caused by their prior erotic activities and/or childbirth and obstetric trauma. 2) No one mentioned anorectal fragility and traumatic risks.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uz6edx/how_to_stretch_butt_for_anal/

The OP wrote: "How did you stretch your ass before your first penetration? How much time did it take? How would you recommend stretching it?" Nobody pointed out that anal stretching is a bad idea, nor did anyone mention anorectal fragility and traumatic risks.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uws8so/my_fianc

[%C3%A9_let_me_film_our_first_anal_session/](https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uws8so/my_fianc/%C3%A9_let_me_film_our_first_anal_session/)

The OP wrote: "My fiancé and I had been talking about trying anal for some time. [...] I'm no pornstar, but would say I'm on the threshold between average and big[...] We went from going gently to me pinning her right down and her yelling at me "make me take it". After our first session (around 20 minutes) she asked for it again..." 1) No one pointed out that rapid thrusting is always a bad idea. 2) Nobody advised against anal intercourse with a girthy penis. 3) Nobody mentioned the traumatic risks nor anorectal fragility.

<https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uw9ndv/>

[anal_fisting_and_large_toys_help_with_my_anatomy/](https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uw9ndv/anal_fisting_and_large_toys_help_with_my_anatomy/)

OP wrote in the thread title "Anal fisting and large toys - help with my anatomy" then continued: "I am having trouble getting past my "butt bone," the base of the ball and socket joint one sits on (ischial tuberosity). When I put something large and hard in, it knocks against this bone at the 2.5" diameter mark." 1) No one mentioned anorectal fragility and traumatic risks (including the possibility of colorectal perforation without immediate pain). 2) Nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uut1t4/my_wifes_sensitive_butt_hole/

The OP wrote: "We've been together for 13 years. When we first started dating, anal was something that we would do. But as our relationship progressed she stated she didn't want to have anal sex again. Though it highly turns me on, I subdued my desire. Fast-forward to nearly 12 years of no buttssex[...] She does enjoy me eating her ass now and has some amazing orgasms from it. But after she is done she no longer wants any stimulation to her butt. When we discussed this she said that it's great but if I do more than just my tongue she feels sensitive and sore the next day." 1) No one pointed out the possibility of one or more preexisting anorectal conditions possibly caused by their previous activities. 2) Nobody covered anorectal fragility and traumatic risks.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uuqtx2/super_into_anal/

The OP wrote: "(M32) I just recently split up with GF of 8 years and I constantly (weekly) sometimes exclusively had anal sex and I loved it. I wouldn't have to worry much about getting her pregnant and it just felt tighter and it was hotter and sexier it worked for me, and now since we split up it's like I'm missing it in my life and now I'm wondering if I'm going to be able to find another gf who's just as much into anal as I am!" 1) Nobody covered anorectal fragility and traumatic risks. 2) No one pointed out that the anorectal region is highly unsuited for frequent anoreceptive activities. 3) Anal intercourse is not a sensible form of birth control, plus using a condom for it is a good idea anyway due to the possibility of a fecal bacterial infection in one or both people involved (although a condom could prevent that only for a penetrative person). [TODO: Rework this, and maybe cover mental aspects including compulsion and psychopathy/sadism/masochism. Also consider pointing out that the anorectum is not a realistic substitute for a young woman's healthy vagina.]

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/utaxgc/how_to_prevent_cross_contamination_during_anal/

The OP wrote: "So...obviously I don't want his dick going from my ass and into my vagina without a fresh condom or a wash. But I find once we pick up the pace it's really easy for him to miss by an inch and slide into the wrong spot. Are there positions that minimize this? Am I missing some obvious solution?" Nobody pointed out that rapid thrusting is always a bad idea, nor did anyone cover anorectal fragility and traumatic risks.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/ut0ij3/my_19mtf_doctor_wont_tell_me_if_its_safe_for_me/

The OP wrote: "recently i (19MTF) was diagnosed with severe pelvis floor dysfunction. it's to a point were some days i can't walk, etc. i'm a special case for how bad it is, how young i am, and my sex. it's most common in pregnant people/postpartum or older people. [...] because of this disorder, i haven't been able to have pleasurable sex, not even masturbation. everything hurts when i do anything relating to it. so after my diagnosis, i messaged my doctor asking if the treatment will lead to me being able to have anal sex and pleasure from it. it took me asking five times before she responded and all she said was "i don't know. see a specialist." i get it, i'm a special case, whatever, but she is the specialist!" 1) Nobody advised refraining from anoreceptive activities entirely due to the presence of at least one preexisting and possibly anorectal condition: pelvic floor dysfunction. [TODO: Rework/expand this.]

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uqyze0/married_how_to_anal_experiment_and_other/

The OP wrote in the thread title "Married- How to Anal Experiment and Other Recommendations" then went on to write: "M/50 married to F/51. All of the 5 kids are out of the house this week. Inlaws are gone this week. Have the place to ourselves. First time in 16 years of marriage that we are alone in our own house. Naturally we are planning a day of debauchery. [...] In year 0-1 of our relationship we experimented with anal and found that she was not enjoying it. She was in the "grit your teeth and take it" mode and would tell me to hurry because it hurts. We used lots of lube and a few different positions but ultimately took it off the table because I don't enjoy sex with someone who is in pain. [...] Any way, in her friend group there are several ladies who seem to really enjoy anal and have sold her on the idea of trying again." 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions: they can arise from pregnancy and/or obstetric trauma. Anorectal health problems also tend to arise with age. 2) The top commenter wrote: "You have to go slow at first" — Rapid thrusting is always a bad idea. 3) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uqpi21/is_spontaneous_anal_possible/

OP's thread title: "Is spontaneous anal possible?" 1) Nobody pointed out that it's a bad idea. 2) One commenter suggested anal stretching, which is not a good idea. [TODO: Consider reworking/expanding this.]

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uq8bcp/anal_fisting_and_how_do_i_get_there/

The OP wrote: "I have a partner who really loves anal and recently I've been stretching. I bought a blow up butt plug trying to possibly stretch to the point of fitting his hand in there but it seems that no matter how much I stretch it doesn't work. I always feel like I'm

stretching too much or something is going to deep when inserted and it'd just be a tiny dildo. Any advice on people who first started and how they got to the point of fitting a fist?" 1) Nobody pointed out that anal stretching, inclusive of anal fisting, is a bad idea. 2) Nobody mentioned the possibility of one or more preexisting anorectal conditions possibly caused by their activities.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uogfst/how_do_i_prepare_my_bf_for_pegging_what_kind_of/
[TODO: Consider dropping this; otherwise present solid evidence against RubyRyder material linked in the thread.]

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/um2her/female_here_supposed_to_be_having_anal_tonight/

OP's thread title: "Female here, supposed to be having anal tonight for the first time. How do you prep?" The top commenter, alittlebirdy1, advised: "You need to push out like you're pooping. This dilates the sphincter and makes penetration WAY easier and more comfortable." Doing so does indeed relax the external anal sphincter, but it also causes the internal hemorrhoidal cushions to engorge with blood and become (much) more likely to be damaged by frictional sliding. The internal hemorrhoidal cushions are covered by fragile simple columnar epithelium and lack somatic innervation, so they can easily be damaged without pain. This is sort of a "damned if you do, damned if you don't" situation: the anorectal region is quite simply not durable enough for many far-too-common receptive activities, and people's expectations have been severely distorted partly due to pornography.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uk8y3p/have_i_gone_too_far_with_anal_22m/

The OP wrote: "I frequently like to play with dildos and butt plugs. Yesterday I was at it again and noticed it took me maybe 4 minutes of fingering to warm up to insert a 2 inch diameter butt plug. Have I ruined my asshole? It used to be a challenge to get this in but now I barely feel stretched when it's there." 1) No one mentioned the possibility of permanent damage at least to the muscles of the internal anal sphincter complex that can be caused by anal stretching. 2) The top commenter wrote: "It's pretty hard to ruin a butthole lol." That is not the case: the anorectal region is quite delicate and easily damaged, and some traumatic consequences most certainly can result in externally-visible changes. [TODO: Consider reworking this.]

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uilzdp/how_to_start_doing_anal/

The OP wrote: "my boyfriend wants to have anal and I'm not against it and we've used butt plugs before and I enjoyed it but I'm scared to go all the way. from what I understand I need to do some stretching before we can dive into full anal. any tips on how to get started?" Nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uhtznw/painful_anal_experience/

The OP wrote: "I have recently discovered that I am very interested in anal play. I don't have anyone to do it with, but I have been playing solo with a dildo. My issue is that, as much as I enjoy it, I find it becomes very uncomfortable if not downright painful after about 2/3 inches. I've tried a few different positions and use plenty of lube. I just can't figure out what I'm doing wrong." 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) The top commenter suggested anal stretching, which is not a good idea. 3) One commenter advised: "If you feel pain, stop." Significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/uggtlz/how_to_make_anal_more_enjoyable_for_my_girlfriend/

The OP wrote in the thread title: "How to make anal more enjoyable for my girlfriend?" The OP continued: "She said it was overall fine and she thought it was hot how much I enjoyed it, but I caught her wincing once and she wasn't moaning a whole lot." 1) Nobody mentioned anorectal fragility and the traumatic risks, nor did anyone point out the possibility of one or more preexisting anorectal conditions. 2) One commenter claimed: "That inner sphincter responds really well to positive emotions like affection and trust." That is likely to be a blatant falsehood: where is the evidence? There are many studies documenting rectal distension causing the IAS to relax: none of them mention emotions doing so. [TODO: Verify this at least for studies included in my compilation, and also do some additional research.] 3) One commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/uejkjq/is_there_any_tips_to_recover_from_rough_anal/

The OP wrote in the thread title "Is there any tips to recover from rough anal" then continued: "Firstly i dont want anyone to worry, its very consensual. Often its me telling my boyfriend he can go harder [...] We have regular sex most of the time but we do enjoy the power difference in anal and for some reason if it hurts i seem to get a strong emotional high after, even being sore its like it balances me out." 1) Nobody pointed out that rapid thrusting is always a bad idea, nor did anyone mention potential criminal implications. 2) No one mentioned sexual masochism disorder (deriving pleasure from one's own pain/injury). 3) Nobody covered anorectal fragility nor the traumatic risks beyond one commenter mentioning anal fissures.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/uby1so/how_to_take_a_dick_in_the_butt/

The OP wrote: "I'm a guy so my only option is anal and I fantasize about taking it in the butt all the time. I bought a dildo and lube and all the required stuff but it just feels uncomfortable[...] I just don't know how to make it better because I wanna take a dick so bad but the dildo just feels uncomfortable (not painful but def not pleasurable) right now." 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions. 2) The top commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/u8t175/any_anal_tutorial/

The OP wrote: "Hi, what is the best anal tutorial online? (Preferibly video) M to F.] I and girlfriend are into anal but we are really beginner and we are looking for something more specific than just "start slowly, lube a lot"." 1) The top commenter advised anal stretching, which is not a good idea. Worse still, the same person in a later comment suggested that it's "safe." 2) No one mentioned the traumatic risks nor anorectal fragility. 3) Nobody pointed out that rapid thrusting is always a bad idea in response to the OP's "start slowly" notion.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/u8nsd4/the_idea_of_anal_drives_me_crazy_but_the/

The OP wrote in the thread title "The idea of anal drives me crazy but the experience isn't the same" then went on to write: "So my boyfriend (32m) and I (24f) do anal regularly. [...] I read erotic stories about it, watch anal porn. All of it just makes me so hot that when we are fooling around I usually ask for it. But it's like once it starts the sensation of it overwhelms me and I don't get as much pleasure from it than I thought I would. [...] We have tried slow and gentle, fast and hard. Is it just the case that some kinks are hotter in the mind than in action?" 1) Nobody mentioned anorectal fragility and traumatic risks, nor did anyone point out that rapid thrusting is always a bad idea. 2) Several commenters suggested anal stretching, which is not a good idea. [TODO: Maybe add some points about preexisting anorectal conditions and being inspired by pornography.]

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/u7a12o/looking_for_advice_on_anal/

The OP wrote: "I'm 60 and have always wanted to try getting anal. [...] Today I tried with a guy I feel comfortable with. He was able to get about halfway in. But I am very tight and it started to hurt. Any advice on getting looser?" 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions. 2) The top commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/u770xm/tips_for_solo_anal_play/

The OP wrote: "I'm f20 i just bought a few toys (smaller dildo and butt plug). the only experience i have with anal was basically during my sa a few years ago. even though i've only had a horrible experience with it i want to start experimenting with anal by myself." 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions. 2) Several commenters advised to "start small:" anal stretching is not a good idea.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/u67bqb/anal_dosent_work/

The OP wrote: "Married guy here, 42 wife is 44. [...] I have a question about anal sex. We've been trying for literally a year to have anal but I just don't seem to be able to get it in. Followed all the normal advice, loads of lube, small toys etc. I Just can't seem to get my penis in." 1) Several commenters suggested anal stretching, which is not a good idea. 2) Nobody mentioned the possibility of one or

more preexisting anorectal conditions. 3) No one advised refraining from anoreceptive activities entirely (perhaps his penis is too girthy) and having his wife see a medical doctor.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/u5p0ud/everyone_i_do_anal_there_is_this/

The OP's thread title: "[Every time] I do anal, there is this burning/irritating feeling in my inner rim of my anus." The top commenter did note the fragility of the tissues involved, which is surprising and good. However, that same commenter went on to write: "the burning or other pain is indication of irritation and/or injury." Significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/u5csi6/does_anal_penetration_hurt/

OP's thread title: "Does anal penetration hurt?" 1) The top commenter wrote: "All penetration hurts at first..." The anus has nothing like a hymen, nor does the mouth for that matter. 2) Another commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/u50r1e/anal_is_painful_only_in_doggy/

The OP wrote: "I like doing anal with my bf, we always prepare properly, go slow and use lots of lube. But anytime we try it from behind it really hurts. Though all I have to do is flip over or we go into a spooning position and suddenly there's no pain at all. The thought of doggy anal is very sexy to me, I want to do it, is there anything to make it not painful?" 1) Nobody mentioned the possibility of one or more preexisting anorectal conditions possibly caused by their activities ("slow" may not actually be so, especially for the delicate tissues not far inside that can be damaged without pain). 2) No one pointed out that some lubricants can cause problems. [TODO: Maybe rework this.]

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/u2jj17/had_anal_for_the_first_time_last_night/

The OP wrote: "F told my boyfriend the night before that I wanted to try Anal (I'd had some solo practice before). WHAT an experience... I know it's not for everyone but I was relaxed, ready, lubricated and he was so slow and gentle to begin with. IT FELT AMAZING and I don't think I've ever cum so hard." 1) No one mentioned anorectal fragility nor the traumatic risks at all. 2) Nobody pointed out that rapid thrusting is always a bad idea. 3) No one mentioned the possibility on her part of sexual masochism disorder (i.e., derivation of sexual arousal from one's own pain/injury).

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/u1wtqb/blood_on_dildo_after_anal/

The OP wrote: "I somewhat recently started experimenting with anal sex toys, started with a small vibrator, then I got some anal beads and a medium sized dildo. Everything was fine until I decided to try and use the dildo. despite the copious amount of lube i had used, and having used the vibrator beforehand to try and prepare, it stung a bit without it going very far in. I tried to simply wait it out, thinking it would maybe wear off a bit if I just let it sit where it was, but gave up on that rather quickly. Once it did come out though, i saw it had a fair amount of blood on the tip." 1) No one mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) The top commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/u1nnkb/how_do_i_get_my_wife_to_enjoy_anal_again/

OP's thread title: "how do I get my wife to enjoy anal again?" The OP went on to write: "We've been together for almost 10 years and for the first 5 I'd say we had anal minimum once a month. Many times we wouldn't even use lube, I would spit a little on her entrance and ram away. She would love it and moan with pleasure. I even have videos of me going in with little lube and her telling me to go faster, slower, etc." 1) No one pointed out the possibility of one or more preexisting anorectal conditions probably caused by their prior activities, nor did anyone advise refraining from anoreceptive activities entirely and having his wife see a medical doctor. 2) No one mentioned the potential involvement of psychopathy along with sexual sadism disorder on his part and sexual sadism disorder on his wife's part. 3) Nobody brought up potential criminal implications.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/u1a1qq/how_to_prepare_for_anal/

The OP wrote in the thread title "How to prepare for anal" then went on to write: "I'd like it to be less painful to start and as clean as I can make it! [...] The first person I ever did it with told me to push so it would hurt less and while it worked, there were way too many shitty situations with my current partner. Hence, we don't do it very often even though we both enjoy it." 1) Nobody mentioned the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) The top commenter wrote: "The thing about pain comes from the two anal sphincters. The outer ring is a voluntary muscle and you can control that one. The inner ring is not voluntary but it is possible to kind of teach the muscle to relax or get it used to being more stretched enough to get past the pain. I did it just by increasing the size of the dildos I used on myself." 2a) The internal anal sphincter lacks somatic innervation, so it can not be a source of perceptible pain even when it's being damaged. 2b) Anal stretching doesn't teach the anal sphincter muscles to relax: rather, it causes permanent damage to them. 3) One commenter advised to "go very slow in the beginning." Rapid thrusting is never a good idea. 4) The OP mentioned pushing out, and a commenter advised doing so. Doing so makes the internal hemorrhoidal cushions more likely to be damaged by frictional sliding; of course, NOT doing so is also a bad idea (it's basically a lose-lose situation, almost as if the region evolved to push things out and not allow them in, most especially for prolonged and vigorous bidirectional thrusting). [TODO: Consider making this less lengthy.]

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/tyxs6j/how_to_do_anal/

The OP wrote: "I'm F 23, and my bf M 28. him and I havent done anal with any partner at all, its gonn be our first time to do anal together. my boyfriend tried to do anal with me, but it didnt go in. he tried to put lube on it, but still didnt work. How to do anal?" 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions. 2) No one suggested refraining from anoreceptive activities entirely, especially if the OP's boyfriend has a girthy penis, and perhaps seeing a medical doctor. 3) Several commenters suggested anal stretching, which is not a good idea. 4) One commenter advised wearing buttplugs for a prolonged period of time: stenting the anal canal open is not a good idea. [TODO: Consider rewording the last part.]

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/tyncj9/how_to_train_for_anal_advice_needed/

OP's thread title: "How to train for anal? advice needed." 1) The top commenter suggested anal stretching, which is not a good idea. 2) Another commenter wrote: "Put a butt plug in for a couple hours a day and play with it. You'll soon be accustomed to controlling your sphincter muscles..." There are several medical studies pointing out that one effect of rectal prolapse is stenting the anal canal open for a prolonged period of time, leading to dysfunction of one or both anal sphincter muscles at the least. Furthermore, the internal anal sphincter is not under voluntary control, so it's impossible for someone to become "accustomed to controlling" it. [TODO: Probably rework this and maybe drop the last sentence.]

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/tx3fym/is_it_possible_to_have_fairly_safe_anal_without_a/

The OP asked in the thread title: "Is it possible to have fairly safe anal without a condom?" The OP went on to ask: "Is there any way to make it possible to most likely avoid infections as much as possible?" Nobody mentioned anorectal fragility nor the possibility of fecal bacterial infections for anyone involved in anal intercourse: the receptive person as well as any penetrative person. A receptive person can even develop a fecal bacterial infection with no pain and no immediate symptoms (later there may be evident sequelae including abscess / fistula / systemic sepsis).

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/twft3/i_need_help_with_anal/

The OP wrote: "My boyfriend really wants to do anal and we tried it and I wasn't relaxed because he's 9 inches and his dick is thick so it's not as easy going in." 1) Nobody recommended refraining from anoreceptive activities entirely with someone who has a girthy penis. 2) Several commenters suggested anal stretching, which is not a good idea. One commenter implied as much, to which another responded "if she approaches it gradually, she should be able to do it without pain or injury." Anal stretching can easily and painlessly damage the internal anal sphincter muscle at the least even with gradual increases in size.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/tv23bp/tips_for_anal/

The OP wrote: "I (23f) agreed to try anal with my boyfriend(26m), and I'm nervous because I've never had a good experience with it plus he's pretty well endowed." 1) Nobody advised refraining from anoreceptive activities entirely with someone who (presumably) has a girthy penis. 2) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/tuw4hz/successful_anal_convincing_stories/

OP's thread title: "Successful anal convincing stories." The OP went on to write: "So my GF and I are extremely happy in our relationship and I've brought up anal a couple times. She wants to do it for me and is kinda hesitant cause her friends say it hurts and it's really steering her away." 1) Several commenters suggested that there should be no pain: significant damage can occur with no pain whatsoever. 2) Several commenters suggested anal stretching, which is not a good idea. 3) The top commenter suggested moving at a faster pace after a bit: rapid thrusting is never a good idea.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/tugw6h/i_cant_get_enjoy_or_even_get_comfortable_with/

The OP's thread title: "I can't get enjoy or even get comfortable with being penetrated anally, even with a lubed finger. I want to, but can't." The OP went on to write: "I've tried taking deep breaths before, relaxing, everything and it still hurts, no matter how small." Nobody pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and perhaps seeing a medical doctor.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/tr0oxu/anal_without_lube/

OP's thread title: "anal without lube ?" The OP went on to write: "... being drunk I told him to just go for it. He was really cautious the whole time and kept checking in to make sure I was ok, but I just was ? Like I can't really explain it, it felt really good and I never even thought about needing lube. In the past when I've done anal (using lube) the next morning I've always been really sore, but this time I wasn't at all. We did it a few more times before I left with the same results. I just want to know if this is a common thing? I know your butthole doesn't get wet but it felt like it did honestly. Also am I going to fuck up my rectum by doing this??" 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions from documented prior activities. 2) Several commenters suggested that the OP would be fine if there's no pain: not only can significant damage occur in the absence of pain, but also alcohol can reduce or inhibit pain sensations.

https://web.archive.org/web/202204/https://old.reddit.com/r/sex/comments/tojk6d/chance_of_infection/

The OP wrote: "I recently had anal to vaginal sex and was too in the moment to worry about stuff being clean. Am I at risk of getting an infection (potentially to my uterus from the strings) from potential bacteria?" 1) No one mentioned the traumatic risks nor anorectal fragility. 2) Nobody pointed out that anal intercourse can result in fecal bacterial infection in the anorectum (it is very common for people to ignore/omit that possibility entirely, which is not the case for anal to vaginal and UTI/cross-contamination risk). [TODO: Consider reworking this.]

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/tnuypy/any_tips_for_trying_very_large_dildos/

The OP wrote: "I want to progress with anal play and try very thick and girthy dildos." 1) Nobody pointed out that anal stretching is a bad idea. 2) The top commenter advised to stop if there is any pain: significant damage can occur with no pain.

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/ti3ejx/me_and_my_partner_tried_anal/

The OP wrote: "Me and my partner tried anal today. I've never had anything in my ass before so it was totally new for me. We used lots of lube and after a while of sliding more and more of his dick in and then moving in and out it didnt hurt at all. So i told him to go faster and faster an eventually he was pounding into me and it felt amazing." 1) No one pointed out that significant damage can occur without pain. 2) No one stated that rapid thrusting is always a bad idea. 3) Nobody mentioned potential criminal implications: rough anal can even lead to fatal consequences. 4) It is possible that OP may be lying outright about an absence of pain and/or other things.

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/tgg7ph/trying_anal_for_the_first_time/

The OP wrote: "So tomorrow is my gfs birthday, and for over a year she has wanted to try anal, but I wasn't so keen on it. For the past week tbh I am quite liking the idea of trying it. So, tomorrow I want to try it with her. Any suggestions on what preparation she or I have to do[?]" 1) The top commenter suggested anal stretching, which is not a good idea. 2) The top commenter also suggested that injury will be uncomfortable: significant damage can occur without pain.

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/tfhm4j/some_questions_about_anal_play_from_a_m37/

The OP wrote: "I had the house to myself the other day and decided to engage in a bit of this. First a smaller butt plug then a bigger one, and I started fucking myself with it. It looked very hot in the mirror. My hole was very loose. However I couldn't get it to gape like in porn. [...] The other question I have is as at what point this will cause my butt to be permanently more 'open'. People say it goes back to normal but that's obviously not true if you keep going to bigger and bigger sizes. You only have to look at porn and people with wrecked holes where they've obviously used big toys continuously and they are now looser." Nobody pointed out that anal stretching can cause permanent damage to one or both anal sphincter muscles at the least. Several commenters suggested that the anorectal region will return to normal. [TODO: Maybe expand on this.]

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/tfd42r/im_only_interested_in_anal_and_ensure_how_i_feel/

The OP asked: "Is there something wrong with me, as a straight guy, to only want to have anal sex with my partner?" 1) No one pointed out that the anorectal region is very clearly not a realistic substitute for the healthy vagina of an aroused young woman. 2) Nobody suggested that the OP might have a pathological obsession, or at the very least unrealistic expectations possibly from pornography. [TODO: Maybe rework this.]

https://web.archive.org/web/202310/https://old.reddit.com/r/sex/comments/tf63rl/any_tips_to_get_into_anal_or_alternatives/

[A newer snapshot is referenced due to the previous one lacking comments.] OP's thread title: "Any Tips to Get Into Anal? Or Alternatives?" The OP went on to write: "I feel like no matter how much I try, anal will always feel like a new asshole is being ripped and I'm reverse shitting." Later in the thread, OP wrote: "I have successfully done it for him twice. But after those 2 times it rly hurt." 1) While one commenter did in response point out the possibility of one or more preexisting anorectal conditions possibly caused by their previous activities, nobody advised refraining from anoreceptive activities entirely and seeing a medical doctor. 2) The top commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/tf3xct/tried_double_anal/

The OP wrote: "M31 f31 tried double anal last night with me and a dildo..." Nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/tergw/unable_to_do_anal_after_not_doing_it_for_2_months/

The OP wrote: "I used to love anal, but I got stuck in quarantine with my brother and his family so I got stuck sharing a room which meant I had no time to play with my ass for well over a month. Since then I haven't been able to enjoy anal, I have been working slowly trying to work myself up to being able to take my dildo but it's just uncomfortable, makes me feel sick and makes me swollen, no matter what I try I just can't get it be like like I used to." Nobody pointed out the possibility of one or more preexisting anorectal conditions probably resulting from prior activities, nor did anyone suggest refraining from anoreceptive activities entirely and seeing a medical doctor.

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/tdpm5n/does_anybody_know_what_possibly_happened/

The OP wrote: "I was receiving anal penetration and I didn't feel as much pleasure as I normally would, infact not really much at all just a sort of pressure. But since I didn't feel any pain or discomfort, I allowed things to continue and noticed I was able to handle a much quicker pace than usual, I thought maybe because I am becoming more experienced. [...] When I went into the washroom to clean myself up immediately after (even before dealing with the sheets) I noticed blood coming out of my butt. This hasn't happened to me before with anal and it makes no sense that I felt no pain... even the one time I did feel pain we stopped immediately and there was no blood." 1) Nobody pointed out that significant damage can occur with no pain whatsoever. 2) No one covered the traumatic risks and anorectal fragility, particularly the presence of delicate and pain-insensate tissues not far inside.

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/tcb11l/anal_really_hurts_my_partner/

The OP wrote in the thread title "Anal really hurts my partner" then continued: "Me and my boyfriend 18M have been trying almost everything. No matter how much lube we use, and I mean a lot. Like a whole tubes worth. He still gets uncomfortable after the first couple thrusts, we've been trying to get him used to it but literally the entire time he's in pain and I'm the only one who is receiving pleasure when I'm in him." 1) Nobody advised refraining from anoreceptive activities entirely and seeing a medical doctor. 2) No one pointed out the possibility of one or more preexisting anorectal conditions. 3) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/tb3mhh/how_long_did_it_take_you_to_do_anal/

OP's thread title: "How long did it take you to do anal?" The OP went on to write: "I (21F) ask because I've used butt plugs and fingers before in sessions with my bf (27M) but getting to his dick really scares me. He's quite well endowed (20cm/8inch)... Should I give up or will it take some more time?" 1) No one suggested refraining from anoreceptive activities entirely with someone who has a girthy penis. 2) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/t93qbr/tried_anal_does_it_get_better/

The OP's thread title: "Tried anal... does it get better?" The OP went on to write: "I really want to make it work but it was just so painful I had him take it right out We used a lot of lube... foreplay and he went in slow..." 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone suggest refraining from anoreceptive activities entirely and seeing a medical doctor.

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/t8g016/i_want_to_do_anal/

The OP wrote: "F28, I've been wanting to successfully do anal for years. I find it soooo hot. It's most of the porn I watch now. But it's so painful. Even with lube no one can seem to get in." 1) No one pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and seeing a medical doctor. 2) The top commenter referenced an article that recommends anal stretching, which is not a good idea, and that contains several falsehoods. 3) Several other commenters also suggested anal stretching. 4) Several commenters suggested using a numbing agent; one person responded: "Pain is your body's way of telling you something is wrong." Significant damage can occur with no pain whatsoever. 5) Nobody pointed out that pornography may give people unrealistic expectations and ideas, and that there are plenty of behaviors portrayed in it that should not be emulated (most especially many all-too-common anoreceptive activities).

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/t72ask/wife_has_expressed_interest_in_anal_but_it_might/

OP's thread title: "Wife has expressed interest in anal, but it might not be possible." The OP went on to write: "The problem is that she has had minor surgery in the not-too-distant past for an anal fistula (insert adolescent laughter here). In reality, it's no joke, and her cries from the bathroom as she recovered were heartbreaking. As a result, she has scar tissue which make the anal play very icky." [TODO: Finish this; probably mention age-related anorectal decline, the anorectum being unsuited for anoreceptive activities even for a young person in the best of health, etc.]

https://web.archive.org/web/202203/https://old.reddit.com/r/sex/comments/t65o19/i_think_i_have_an_anal_obsession/

The OP wrote: "I literally don't even want to have vaginal intercourse anymore, like I can and it feels good, but all I want is anal penetration. Is there something wrong with me?" Nobody covered anorectal fragility, the traumatic risks, or pointed out that the anus really is not a realistic substitute for an aroused young woman's healthy vagina.

https://web.archive.org/web/202202/https://old.reddit.com/r/sex/comments/sxb8kl/i_dont_think_i_can_do_anal_at_all/

The OP wrote: "My friend and I tried to do it last night. We did a lot of foreplay and used a bunch of lube but it didn't help at all. I tried to relax but still hurt a lot. He got it in a little bit but I could only do it for a minute at most before I told him i couldn't do it and we finished vaginally. I am burning really bad and it feels like I have hemorrhoids or something. What do I do?" 1) No one pointed out the possibility of one or more preexisting anorectal conditions despite the OP outright suggesting such a prospect. 2) Several commenters suggested anal stretching, which is not a good idea. 3) Nobody suggested refraining from anoreceptive activities entirely and perhaps seeing a medical doctor.

https://web.archive.org/web/202202/https://old.reddit.com/r/sex/comments/slxeji/how_long_should_a_newbie_to_plugs_wear_them_when/

The OP wrote: "I'm not completely new to anal but I'm still sort of new to the idea of training and going up sizes in plugs. I'm a 33 male, My question is. How long should you wear a plug when training?" No one pointed out that anal stretching is a bad idea. [TODO: Maybe expand on this by referencing one or more studies such as PMC3140335 about keeping a girthy insertion inside for a prolonged length of time.]

https://web.archive.org/web/202202/https://old.reddit.com/r/sex/comments/sk5u21/come_one_come_all_lets_talk_about_anal/

The OP wrote: "I wanna try anal with my partner. I am female, partner is male. But I have a few questions... how? I am killer in the sack apparently but incredibly inexperienced with anal it's almost sad. The only experience I have is trying a butt plug a couple times many years ago, and an intentional "slip and miss" from a fuck buddy in my late teens. Now that hurt like a bitch and gave me the delightful experience of having to wear a tampon in my butt until I got home. Bloody hell. So, question time. Where do you even begin? My partner is rather large as well." 1) No one pointed out the possibility of one or more preexisting anorectal conditions from the documented past experience with a previous partner. 2) Nobody advised against engaging in anoreceptive activities entirely with someone who has a girthy penis. 3) The top commenter wrote: "never use numbing lube that just makes it harder to tell if your going to fast or not using enuf lube." Significant damage can occur with no pain whatsoever even in the absence of a numbing agent. 4) Several commenter suggested _starting_ small: anal stretching is not a good idea.

https://web.archive.org/web/202202/https://old.reddit.com/r/sex/comments/sifvzx/ass_bleeding_after_anal/

OP's thread title: "Ass bleeding after anal?" The OP went on to write: "Ok so I penetrated myself with a dildo and then started using my fingers, and then I noticed blood on my fingers. And I'm not talking about spotting here, I mean I pulled it out and there was quite a bit of blood. I lied on my side for a bit then I touched my anus and there was some blood, but not nearly as much." 1) No one pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone advise refraining from anoreceptive activities entirely and seeing a medical doctor.

https://web.archive.org/web/202202/https://old.reddit.com/r/sex/comments/sibz6j/bleeding_after_anal_plus_tips/

OP's thread title: "Bleeding after anal?" The OP went on to write: "Lately, me and my boyfriend have been very experimental with anal . Though the process of getting it inside (because Of his massive size) is quiet difficult..." 1) Nobody advised refraining from anoreceptive activities entirely with someone who has a (presumably) girthy penis. 2) No one suggested seeing a medical doctor. 3) The top commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202202/https://old.reddit.com/r/sex/comments/si4vbv/what_risks_are_associated_with_anal/

The OP's thread title: "What risks are associated with anal?" Nobody covered anorectal fragility nor traumatic risks beyond the top commenter claiming "your bum is a muscle. So it's possible to strain it." [TODO: Consider expanding this.]

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/selxka/my_f21_boyfriend_m23_is_significantly_rougher/

The OP wrote: "something that confuses me is that whenever we have been having anal (probably at least 5 times at this point since starting mid last year), it's like his whole personality changes. he's rougher and more dominant with me, grabs me by my hair, and says things along the lines of how he's going to wreck me and make me take it. that's not an issue with me, i actually LOVE that." 1) Nobody pointed out that rapid thrusting is always a bad idea. 2) No one mentioned potential criminal implications. 3) Nobody mentioned sexual sadism disorder, sexual masochism disorder, or psychopathy.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/sa6ozz/when_your_anal_training_how_long_do_you_practice/

The OP wrote: "I bought a set of training plugs and even the smallest feels too big so I'm starting with my fingers, making sure I'm relaxed and using lots of lube, how often/long should I practice with my fingers before moving up to the next size?" Nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/s8vudo/i_am_concerned_my_fetish_damaging_to_my_health/

The OP wrote: "I am kind of an oddball woman in the fact that I strongly prefer anal sex to conventional sex. It's to the point where any relationship I have where the guy doesn't want to do anal leaves me completely sexually dissatisfied. When I want sex, I pretty much only want anal ever. This has led to issues in my relationships with men. Additionally I am concerned that I may cause long lasting damage to my rectum from frequent/exclusive anal play." Nobody mentioned the traumatic risks nor anorectal fragility. Several commenters suggested that the OP has nothing to worry about and that frequent anal intercourse is fine. 3) The top commenter wrote: "As far as wrecking your bung hole, you sound versed in comfortably taking cocks of various sizes, and I'm not aware of any problems (researched it to quell similar concerns of a GF that also enjoyed anal often, CMIIW fellow redditors) frequent anal sex causes as long as you are keeping things appropriately lubed and don't have pain during or following your play sessions." 1) Significant damage can occur with no pain. 2) Some lubricants can cause problems themselves. 3) There are other variables to consider here as well, including the possible presence of one or more preexisting anorectal conditions possibly caused by anoreceptive activities, any partner's girth and thrusting tempo, etc. Anal intercourse is not a good idea in general: the anorectum is not a realistic substitute for a young woman's healthy vagina; frequent anal intercourse is a terrible idea. [TODO: Consider making this shorter / less wordy.]

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/s6mn8r/how_realistic_is_it_for_me_to_be_ready_for_anal/

The OP wrote: "My partner and I are doing anal this weekend. We've done it once before and it was a challenge. I basically alternated between intense pleasure and intense pain throughout the whole thing. I really want to try again. I know I should have started planning for this earlier than now, but I basically want to loosen my asshole enough so that I can lower the amount of pain and increase the pleasure." 1) No one pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone suggest seeing a medical doctor. 2) One commenter advised to "start very slow" and to "Maybe hit up the sex store and pick up a butt plug or even anal beads to graduate yourself to be able to take something larger....like his penis." Rapid thrusting is always a bad idea, as is anal stretching.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/s52sga/weird_stomach_feeling/

The OP wrote: "so i recently bought a dildo(9.2 inches with a 14cm girth) and i did anal(not my first time) the feeling was superb and after my orgasm i removed the dildo and then i started to notice this weird feeling in my stomach it was ok as i thought it was normal but a few hours ago while i was sleeping i felt bursting pain from my stomach along with the weird feeling and up until this day i feel it, how do i fix this?" While the top commenter did suggest seeing a doctor (along with making many other suggestions), nobody mentioned the possibility of colorectal perforation.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/s38o6o/am_i_just_not_meant_to_ever_have_anal/

The OP asked in the thread title: "Am I just not meant to ever have anal?" The OP went on to write: "I literally can't get past the first knuckle of my pinky without burning, terrible pain." 1) No one pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone suggest refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/s32rti/i_can_have_sex_thrust_in_slow_tempo_a_lot_but/

The OP wrote: "I would like to know how to improve my stamina during very very fast and hard thrusting. I've always loved it and my new gf cums in a matter of seconds now especially during anal." 1) No one pointed out that rapid thrusting is always a bad idea, nor did anyone mention the traumatic risks. 2) Nobody mentioned potential criminal implications.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/s1k5pd/question_for_girls/

The OP wrote: "Every time my bf wants to do anal it hurts really bad we have tried lube but it doesn't really work to well it starts to hurt more when he speeds up..." 1) Nobody mentioned the traumatic risks, nor did anyone point out that rapid thrusting is always a bad idea. 2) No one suggested refraining from anoreceptive activities entirely and seeing a medical doctor. 3) Nobody mentioned potential criminal implications. 4) One commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/s1690j/things_that_should_be_said_more_often_regarding/

The OP wrote: "My boyfriend told me he was into anal[...] It took me a long time to go bigger in the plug scale, over time[...] I admit into being a little frustrated about the prep and post sex, though. The douching, having to use a plug, the time I feel kinda sore after and it takes me to recuperate - I never thought it would take so long and be so intricate. I'm curious about what are the untold things about anal sex. Is this a common issue in general or is it because of my lack of expertise in it? Does it generally take that long? [...] Is there anything to promote anal healing afterwards?" 1) No one pointed out that anal stretching is a bad idea, nor did anyone cover traumatic risks and anorectal fragility. 2) No one suggested refraining from further anoreceptive activities entirely and seeing a medical doctor. 3) One commenter wrote regarding his wife: "when she is ready she can take it as hard as in her pussy." Nobody pointed out that rapid thrusting is always a bad idea due to the presence of very delicate tissues not far inside that can be damaged easily and without pain.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/s0kx1l/want_to_do_butt_stuff_but_anus_does_not_cooperate/

The OP wrote: "My bf (27M) is indifferent when it comes to anal, he describes the concept of anal as "meh". [...] I want to have full-blown anal sex but I can't. Fingers and small butt-plugs are all fine and good, but even a thin dildo is way too much and starts to feel uncomfortable/painful. It doesn't help that he's very girthy." 1) The top commenter along with several others suggested anal stretching, which is not a good idea. 2) Nobody pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone cover the traumatic risks and anorectal fragility. 3) No one suggested refraining from anoreceptive activities entirely, especially with a person who has a girthy penis.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/s0elao/partner_refuses_anal_in_fear_of_getting/

The OP wrote: "My FWB is refusing to have anal sex because she believes that it might lead her to develop hemorrhoids. How can I tell her that her fear is completely absurd." No one pointed out that hemorrhoidal prolapse, at least, most certainly is a potential consequence and a valid concern.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/rznxuw/why_is_my_bf_drooling_when_i_fuck_him_from_behind/

The OP wrote: "last night we did rough anal for the first time..." Nobody pointed out that rapid thrusting is always a bad idea, nor did anyone mention traumatic risks at all.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/rzf6ak/im_thinking_about_trying_anal_with_my_girlfriend/

The OP wrote in the thread title: "I'm thinking about trying anal with my girlfriend but i'm not very educated on how to prepare for it." The OP then went on to write: "I've been thinking with my girlfriend about trying anal sex but she nor I don't know how to prepare for it to minimize the risk of an injury..." 1) The top commenter suggested using "Lots of lube(water based)" — water-based lubricants in particular may irritate or damage the rectal lining. 2) Another commenter suggested wearing a plug then using a larger toy: anal stretching is not a good idea. 3) No one pointed out that significant damage can occur with no pain nor mentioned the fragility of the anorectal region: minimizing the risk of injury means abstaining entirely. [TODO: Maybe reword this.]

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/rycr89/how_to_easily_have_anal_penetration_or_use_bigger/

The OP wrote in the thread title "How to easily have anal penetration or use bigger butt toys" then went on to ask: "Any suggestions on how I can get in bigger toys with ease or less pain?" No one pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/rxm791/gf_afraid_of_anal_prolapse/

The OP wrote: "we've spoken about Anal before and she's very nervous about anal prolapse. She says that because I'm very big (18.5 x 14.5cm) and have an intense dominant nature, She's afraid she'd prolapse." 1) No one pointed out that internal hemorrhoidal prolapse is a potential consequence of girthy and vigorous anal insertions, nor did anyone mention that significant damage can occur above the pectinate line (inclusive of the internal hemorrhoidal cushions and their supporting tissues) with no pain whatsoever. 2) Nobody differentiated rectal prolapse and internal hemorrhoidal prolapse. 3) Many commenters claimed that "prolapse" (presumably referring to rectal prolapse) and rectal prolapse is rarity and unlikely to result from anal intercourse. That may be true for rectal prolapse, but most certainly is not true for internal hemorrhoidal prolapse, which can easily arise as a consequence of strong and/or repeated frictional sliding force in the anal canal. [TODO: Consider reworking this.]

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/rwul34/what_are_the_best_methods_of_anal_dilation/

OP's thread title: "What are the best methods of anal dilation?" No one pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/rvud9a/anal_with_girlfriend_is_inconsistent_and_difficult/

The OP wrote in the thread title "Anal with girlfriend is inconsistent and difficult" then went on to write: "Recently my girlfriend and I decided to try anal. So far I haven't been able to get my dick inside but there's been a lot of fingering. [...] She sometimes says she feels a stinging sensation with literally the tip of my finger inside. This has happened after a lot of massaging too." 1) No one pointed out the possibility of one or more preexisting anorectal conditions. 2) One commenter suggested anal stretching.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/rvr7x9/intro_to_anal_play/

The OP wrote: "based on my understanding, it seems anal plugs have two main purposes: firstly to serve as an introductory point for anal, because it stretches out the hole gently so that it's easier to fit a dick in." No one pointed out that anal stretching is a bad idea: the internal anal sphincter muscle at least can be damaged without pain.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/ruzi5k/struggling_with_anal/

The OP wrote: "I haven't had anal sex in many years so decided to try it again with my boyfriend however, he is much much larger than the person I had done it with previously and he just couldn't fit it in even though he had used a butt plug on me before hand and we used a LOT of lube. Any pointers? I'm trying to relax as much as possible whilst he's trying but it hurts!" 1) No one suggested refraining from anoreceptive activities entirely with someone who has a girthy penis. 2) The top commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/rur8xd/anal_advice_for_newbies/

OP's thread title: "Anal Advice For Newbies." The top commenter wrote: "Water based [lubricant] is best[...] Pain is there to tell us we're being hurt..." 1) The top commenter also suggested anal stretching, which is not a good idea. 2) Many water-based lubricants can irritate or damage the rectal lining. 3) Significant damage can occur above the pectinate line with no pain.

https://web.archive.org/web/202201/https://old.reddit.com/r/sex/comments/ruqsbk/anxiety_after_anal/

The OP wrote: "I've been doing some anal masturbation for a long time now and every single time I do it I spend the next day just paranoid that I'm going to get sick from it. If anything on my body isn't working normally I attribute it to something in my ass being damaged or somehow infected. [...] Just as an example I'll use yesterday: I decided to try a dildo so I used one I already own. I was worried any leftover vagina residue might give me an infection so I washed it for a good 10 minutes beforehand and used the jet on the shower head to basically powerwash my ass then I drowned myself in lube and I'm sure you can piece together the rest." 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone cover anorectal fragility and the traumatic risks — most especially the possibility of colorectal perforation if the OP used the shower jet's spray internally. 3) No one suggested seeing a medical doctor. [TODO: Maybe rework some of this.]

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rsaajp/how_can_i_make_anal_enjoyable_again/

The OP wrote: "So I'm a gay guy and I used to love being a bottom but because of this pandemic I didn't have sex for over a year and now that I have a men and tried to do it I literally can't it's painful and it's like my ass doesn't even open, I don't know why this is happening it used to be easy and felt good, any tips?" 1) No one mentioned the possibility of one or more preexisting anorectal conditions that could well have arisen from past anoreceptive activities. 2) Nobody suggested refraining from anoreceptive activities entirely nor seeing a medical doctor. 3) Every commenter suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rs8xm3/how_to_relax_for_anal/

The OP wrote: "My boyfriend and I want to try anal, but [...] it hurts really bad when we try." 1) No one pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone suggest refraining from anoreceptive activities entirely and perhaps seeing a medical doctor. 2) The top commenter suggested anal insertions of gradually increasing size: Anal stretching is not a good idea.

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rs39mr/advice_on_butt_plugs/

The OP's thread title: "Advice on butt plugs?" The top commenter suggested anal stretching with graduated butt plugs: no one pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rrtsha/is_it_dangerous_to_put_ice_up_my_anus_and_in_my/

The OP asked in the thread title: "Is it dangerous to put ice up my anus and in my rectum before/during anal sex?" The OP went on to write: "I've done it a few times with no discernible consequence, exclusively in a shower. Then I, you know, push it out as soon as it's melted. I make sure to melt it a little bit beforehand for the sake of jagged edges..." Nobody pointed out that significant damage can occur above the pectinate line with no pain. [TODO: Cover more, e.g. cold temperature probably causing tissue damage.]

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rrklc7/butt_plug_routine/

The OP wrote: "I have a set of butt plugs for training and I'd like to get some type of routine to use them for me and my girlfriend. Does anyone have any recommendations for how long to wear and when to move up sizes. There's 3 sizes for the set. She's new so will start with small and I can take the medium so far." The top commenter wrote: "I wouldn't use them on a routine basis because they will stretch the muscles and at some point they may get too loose. I would use them a little bit before you are going to do anal, you want it to be stretched out a little so entry isn't so uncomfortable, and after it goes back to normal..." 1) Anal stretching is always a bad idea. 2) One instance of anal stretching is sufficient to cause permanent damage to one or both anal sphincter muscles at the least: the region may not necessarily "go back to normal" especially when considering other potential consequences of subsequent trauma. [TODO: Consider rewording this last part.]

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rq02e1/working_on_anal_training_i_dont_know_if_im/

The OP wrote in the thread title "working on anal training, I don't know if I'm starting at the right spot" then went on to write: "I recently bought a butt plug. It's small and silicone and for beginners. [...] I tried with the plug and couldn't get it in." 1) No one pointed out that anal stretching (aka "anal training") is a bad idea. 2) Nobody pointed out the possibility of one or more preexisting anorectal conditions. 3) The top commenter wrote: "Relax. Literally. Learn to relax when this action is being done. This will make entry easier, and negate any possibility of trauma to the muscle. The best way to do this is through deep breathing." Deep breathing does not relax the involuntary internal anal sphincter, and it's questionable as to whether it has any effect on the external anal sphincter. Furthermore, such a practice most certainly will not negate anal stretching's risk of causing damage to one or both anal sphincter muscles at the least.

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rmti7o/advice_on_buying_a_buttplug_f/

The OP wrote: "I have anal sex maybe once a month with my partner. He has what I think is a good sized cock, he's pretty thick."

1) No one advised against having anal intercourse with someone who has a girthy penis. 2) Nobody mentioned the possibility of one or more preexisting anorectal conditions that could well have arisen from prior anoreceptive activities. 3) No one covered the traumatic risks, and the top commenter suggested anal stretching.

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rlug3z/can_i_have_tips_on_self_anal_fisting/

OP's thread title: "Can I have tips on self anal fisting?" No one pointed out that anal stretching is a bad idea, and anal fisting an even worse one.

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rkkmf/how_deep_can_you_go_for_anal/

The OP's thread title: "How deep can you go for anal[?]" The top commenter wrote: "There's no reason to be scared, your body will immediately tell you if something is wrong. If it hurts, you're doing it wrong. Go slow, use plenty of lube and stop for a few minutes if it starts to hurt. Start small (length and girth) and work up." 1) Colorectal perforation can occur without immediate pain. 2) Significant damage can occur above the pectinate line with no pain whatsoever. 3) Anal stretching is a bad idea.

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rkewg5/question_for_people_experienced_in_analplay/

The OP wrote: "How long/much effort did it take you to be able to take a dildo and/or dick? I've tried fingers before and managed to get in 2 but it was kinda uncomfy tbh. My ass has technical difficulties too (hemorrhoid that is both internal and external)." 1) No one suggested refraining from anoreceptive activities entirely due to the OP's mentioned presence of hemorrhoidal disease (i.e., a preexisting anorectal condition). 2) Several commenters suggested anal stretching, which is a bad idea.

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rif7vd/any_anal_experts_have_tips_for_going_beyond/

The OP wrote: "I'd like to be able to one day anally fist myself[...] I just purchased an anal kit of plugs. Something that I can start small and size up" No one mentioned that anal stretching is a bad idea, nor did anyone mention the traumatic risks.

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rhrs2/help_me_with_getting_started_with_anal/

The OP wrote: "I'm interested in adventuring into the realm of anal fisting." No one pointed out that anal stretching is a bad idea: it is likely to damage one or both anal sphincter muscles at the least. Furthermore, no one mentioned traumatic risks at all nor the region's fragility and lack of somatic innervation not far inside (meaning even perforation can occur without immediate pain).

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rdfg0g/this_may_be_odd/

The OP wrote: "For anyone that has done anal, and I mean not the extreme versions like DP and fisting; is your buttock relatively normal?" The most-upvoted commenter responded: "Ever taken a large poop? Did your ass return to normal? Your good." 1) For a healthy young person who tends to maintain a decent diet, fecal material generally should be soft, it travels one way, and defecation is a relatively brief process with a pace controlled entirely by one person using his/her own anus. By contrast, object and penis insertions often are very firm, typically involve bidirectional thrusting that may be very rapid, and can be done for lengthy periods of time. 2) No one mentioned the traumatic risks, which include the potential for externally-visible changes. 3) Several commenters suggested anal stretching, which is not a good idea.

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rd8i4m/questions_about_spontaneous_gaping_if_it_sounds/

The OP wrote: "So, I'm quite experienced at anal play (having done it for 5 years now). I've noticed that any time I pose "face down, ass up" my butt just spontaneously gapes, like without even touching it. This also happens when I have my legs pulled up to my chest and I'm upside down against the wall[...] Basically, in any pose where my butt is higher than my head, my ass gapes without doing anything. Is this normal/safe? Should I worry? Or should I just keep on gaping whenever I pick something up lol." 1) The top commenter suggested that it's normal when it most certainly is not. 2) Several commenters suggested Kegel exercises: As the internal anal sphincter muscle is involuntary, Kegels do nothing for it. [TODO: Rework this.]

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rcginl/best_position_for_anal/

The OP wrote: "Me (M24) and my girlfriend (24) are planning on trying anal for the first time this weekend. We will have lube etc to make it easier but is there any positions that will help her cope with the expected pain?" 1) The most-upvoted commenter wrote: "If she feels pain then: [...] you're going too fast [...] POSITIONS Easiest for her to relax: [...] These require little or no muscle tension on her part, so relaxing her sphincters is easier" Considering that there are tissues not far inside that lack somatic innervation, it's rather difficult to figure out just how fast constitutes "too fast" for thrusting when they can be damaged without pain. Furthermore, the internal anal sphincter is an involuntary muscle that normally remains tense at rest: positions do not affect it (unlike the puborectalis, which is partially under voluntary control and maintains the anorectal angle). 2) Another commenter with many upvotes recommended anal stretching, and the previously-referenced commenter seconded that.

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/rc0y6w/trying_to_prep_for_anal_but_its_not_going_well/

The OP wrote: "I recently bought a small buttplug. I have used it a few times now and it doesn't feel good/pleasurable and it also gives me a stomachache every single time. It just hasn't been a good experience so far and it makes me reconsider increasing buttplug sizes..." 1) No one mentioned the possibility of one or more preexisting anorectal conditions. [TODO: Finish this.]

https://web.archive.org/web/202112/https://old.reddit.com/r/sex/comments/r9pirs/safe_lubes_to_use_while_pregnant/

The OP wrote: "My wife are expecting and we would like to continue having sex during the pregnancy. (When/if possible) We have been researching it, but we wanted your recommendations on what lubes to use that are pregnancy safe. The biggest hurdle is that she sometimes likes to use numbing lube during anal sex..." 1) No one pointed out that receptive anal intercourse (among other significant anoreceptive activities) is a terrible idea for women who are pregnant or who had one or more children. [TODO: Consider expanding on this.] 2) The top commenter wrote: "Don't use numbing cream for anal, big big no no! It can mask pain for both of you such as tearing and friction which can be very dangerous." Significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202111/https://old.reddit.com/r/sex/comments/qzwr4t/are_we_doing_something_wrong/

The OP wrote: "My boyfriend and I have been together for 3 years in February, started anal a year into our relationship and it was a terrible experience and I stopped it because I started bleeding, went back to doing it in October once every two weeks and in the beginning it hurt back but now it doesn't hurt that bad but it's still bleeding." 1) No one suggested refraining from anoreceptive activities entirely. 2) The top commenter, who claimed to be "a medical clinician," did advise to "take 14 days off anal play all together" but also suggested anal stretching prior to that. 3) Another commenter wrote: "slower is better, at least at first." Rapid thrusting is always a bad idea.

https://web.archive.org/web/202111/https://old.reddit.com/r/sex/comments/qw1ng9/best_lube_to_get_further_into_fisting_both/

The OP's thread title: "Best lube to get further into fisting, both vaginal and especially anal?" No one pointed out that anal stretching, and especially anal fisting, is a terrible idea. Of course no one covered the traumatic risks, associated anatomy, etc.

https://web.archive.org/web/202111/https://old.reddit.com/r/sex/comments/qup89v/i_need_some_advice_on_anal/

The OP wrote: "So I (31m) am really into anal. I've been putting stuff into me for years, went from pens to bigger stuff like a deodorant can. After realizing that I am actually stupid for not ordering a proper toy for me I did so last week. It's a dildo with three beads that increase in diameter. I knew the first bead wasn't a problem to begin with but I am struggling with the second one, but not because of the diameter but because of the length. The whole thing is about 24 cm long and the end of the second bead is around halfway in maybe a little less. I am confident that I can take any of the beads diameter but as soon as the second one of the beads is about to be fully in, I start feeling pain. Not at the sphincter but deeper in. So how can I train and increase how deep I can take stuff up my butt." 1) No one pointed out that both anal stretching and lengthy insertions are terrible ideas. 2) No one mentioned the traumatic risks, most pertinently colorectal perforation. 3) Nobody pointed out the possibility of one or more preexisting anorectal conditions.

https://web.archive.org/web/202111/https://old.reddit.com/r/sex/comments/qtx95c/boyfriend_and_i_tried_anal_for_the_first_time/

The OP wrote: "Out of curiosity and being spontaneous my boyfriend and I tried anal for the first time. We took it slow at first but then he sped up. [...] I knew it was going to hurt and I woke up definitely feeling it." 1) Nobody mentioned the traumatic risks nor anorectal fragility. 2) Nobody pointed out that rapid thrusting is always a bad idea.

https://web.archive.org/web/202111/https://old.reddit.com/r/sex/comments/qt0ix1/i_feel_like_i_have_no_time_for_anal_training/

The OP wrote: "My bf and I are together since 2012 and anal is a topic since 2013. We tried it in 2013 with no anal training, I did the cowgirl position and he inserted his penis, of course with consent. It did hurt. But we kept going, to get my ass used to it. We tried it almost every day after for a few weeks[...] Fast forward to a few years later. He wants to try out anal again, bc last time he even did not insert his penis completely. I'm curious too, bc before I had this uncomfortable feeling while doing anal and didn't enjoy it much. Maybe it will feel less uncomfortable if we try it more then a few weeks. [...] I tried anal training for a week or two and then forgot about it for a few months. Rinse, repeat. Meanwhile, we have a 1,5 yo child and I still want to try it out again[...] Maybe an important info.. his penis ist pretty long and thick. [...] So with the plug I have no[w] I am at it's a bit uncomfortable inserting (8cm diameter). This doesn't cover even his tip so obviously I need a lot of training and time and more toys..." There are many problems here: 1) No one suggested refraining from anoreceptive activities entirely with someone who has such a girthy penis. 2) Nobody pointed out that anal stretching is a bad idea. 3) No one mentioned the possibility of one or more preexisting anorectal conditions that could well have arisen from prior anoreceptive activities and/or pregnancy/childbirth/obstetric trauma.

https://web.archive.org/web/202110/https://old.reddit.com/r/sex/comments/qfoog4/gf_wants_painal/

The OP wrote: "We tried buttplay several times, her butt is just very tight. Working up to 1 finger takes 10mins, another 5mins for thumb then she'll be in pain. [...] Now she tells me she wants me force it in. We tried recently just the tip and it was like trying to stick it in a brick wall. After this she's certain she wants painal, she wants to stretch just enough and wants me to hurt her without stopping even if she asks me to stop." 1) While the top commenter did write that forcing it in "is a bad idea," that person also recommended anal stretching — which also is a bad idea. 2) Amazingly, some commenters did mention masochism and alluded to criminal implications.

https://web.archive.org/web/202110/https://old.reddit.com/r/sex/comments/q01s3m/am_i_weird/

The OP wrote: "I 16 (f) don't have any interest in PIV sex. The idea of it scares me and even when I have tried other things there it just hasn't felt nice. The idea of anal is okay for me though and I think I would do that instead." 1) Nobody mentioned anything about the traumatic risks nor anorectal fragility. 2) The top commenter wrote: "Try out different positions and speeds..." Rapid thrusting is always a bad idea.

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/pvse3k/how_much_of_a_concern_is_it_to_do_anal_and_switch/

The OP wrote: "My wife wants to try anal, but she is very tight so I want to ease into it little by little. I want to know how much of

a risk of a yeast infection or other problems if we were doing vaginal sex, then switched to me pushing the envelope anally, then back to vaginal sex after it starts to hurt her." 1) No one mentioned the possibility of one or more preexisting anorectal conditions. 2) No one suggested refraining from anoreceptive activities entirely. 3) Nobody pointed out that "pushing the envelope anally" is a terrible idea. 4) Plenty of people mentioned the infection risk associated with switching from anal to vaginal: no mention was made of fecal bacterial infection risk posed by anal intercourse alone.

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/pr73w6/never_tried_anal/

The OP wrote: "I'm a female. I've never tried anal, always been too scared. I'm nervous about needing to go bathroom. I'm nervous about it hurting. Just everything.... What are your tips for a first timer?" The top commenter wrote: "Anal should never be painful. Read how to relax your anus and slowly gradually stretch it up to the girth of a penis." 1) Significant damage can occur with no pain. 2) Anal stretching is a bad idea.

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/ppia18/how_to_stretch_and_train_for_girth_anal/

The OP wrote: "I have used some different buttplugs and just bought a new one a good bit bigger. I'm looking for advice on how to stretch and relax enough to take it. Any tips on taking and training girth." Nobody pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/pnt16i/how_are_people_able_to_put_extreme_things_up/

The OP wrote: "I've always enjoyed anal play especially when the toys are larger and enjoy the feeling of being stretched out. But I always have an issue afterwards where sometimes there'll be some light bleeding on the toilet paper when I go to the bathroom. And I usually take a break from any kind of anal play to let it heal on its own but then I'm back to ground 0 in terms of tightness and have trouble putting even my smallest buttplug in unless I work my way up slowly." 1) No one pointed out that anal stretching is a bad idea. 2) The top commenter wrote: "NY pain, discomfort, or anything funny, STOP immediately." Significant damage can occur with no pain whatsoever. [TODO: Consider reworking this, mentioning e.g. anal stenosis and a vicious circle or scarring and re-tearing.]

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/pmvbsj/how_much_is_too_much_anal/

The OP wrote: "So me and my guy have recently started doing anal. It feels amazing and I love it, as does he. But how often is too often for anal sex? A friend of mine told me that if u do it too often your sphincter muscle can loosen. We do it once a week." [TODO: There are multiple problematic comments. Come back to this.]

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/plczww/what_do_people_in_anal_only_videos_use_to_cover/

The OP wrote: "I'm 19F and am just prone to infections. I like anal, but think it may contribute to infections even when I'm being careful." Nobody pointed out that one risk of anoreceptive activities is a fecal bacterial infection, nor did anyone mention the possibility of a rectovaginal fistula.

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/pla2d2/planning_to_get_high_with_my_bf_and_try_the_butt/

The OP wrote: "I've (28F) tried to do anal with my BF (26M) multiple times before but I always find it very unbearable and painful!" No one pointed out the possibility of one or more preexisting anorectal conditions, nor did anyone suggest refraining from anoreceptive activities entirely. [TODO: Consider adding the usual bit about significant damage possibly occurring without pain, as one commenter suggested pain indicates damage.]

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/pka0hm/anal_always_hurts/

The OP wrote: "I 19 (MTF) are preparing for anal with my partner 19 (FTM) and I'm very nervous. I have sexual trauma when it comes to that kind of stuff, so it makes it really hard to go into. We've done anal before, but my ass always puts up a lot of resistance, no matter how much lube we use. I've been wearing a buttplug for a good thirty minutes a day, and I'm going to size up next week." 1) Nobody suggested refraining from anoreceptive activities entirely. 2) Nobody pointed out the traumatic risks nor any possibility of one or more preexisting anorectal conditions in connection with prior erotic trauma (such as anatomic anal stenosis). 3) No one pointed out that anal stretching is a bad idea.

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/pitcl2/my_wife_wants_me_to_put_my_entire_dick_in_her/

The OP wrote (reformatted): "Title says it all, we go through 'phases' where we'll do a lot of anal for a while and then won't do it again for like a year. Anyway we haven't done it in a while but we just bought her first butt plug and she said 'this may loosen me up enough that you can shove your whole dick inside me'. My dick is about 7 inches, I don't want to hurt her so I'm a bit worried about it. Also I don't really get it as all the sensitivity in her but seems to be around the first two inches. When I've fucked her deep before she certainly enjoys it, but I have to pull back quite a bit to bring her over the edge. If she's not as sensitive as I go deeper it worries me again that I might damage something in her and she won't be able to tell in the moment." 1) Nobody mentioned the possibility of one or more preexisting anorectal conditions from prior anoreceptive activities. 2) The top commenter wrote: "Your penis is blunt, therefore damage, if done properly, is unlikely." One major concern for significant, possibly-painless damage occurring relates to repeated frictional sliding along tissues that are both delicate and lacking somatic innervation.

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/phz6ka/can_you_get_addicted_to_anal/

The OP wrote: "I've been stretching and gaping my ass like every day for like 2 weeks now, it just feels so good I can't get enough am I addicted?" 1) Nobody pointed out the traumatic risks, nor did anyone mention that anal stretching is a bad idea. 2) The top commenter wrote: "don't know but please do kegels and reverse kegels to help maintain the fitness and elasticity of your ass muscles." The internal anal

sphincter muscle is involuntary: Kegel exercises do nothing for it. Furthermore, they may not help (much) with a damaged external anal sphincter muscle.

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/phaqhg/issues_from_daily_anal_play/

The OP wrote: "19M I really like anal and have been doing it daily for about a week or so with pretty big toys, I haven't had any issues but should I be worried about anything?" The OP later wrote in two comments: "I do kegals a lot to keep the muscle still strong and I've heard it can prevent a bunch of problems" and "Small toys just don't turn me on, I love the stretching and the fullness feeling of the big ones. I never do it if I encounter [any] pain." 1) The internal anal sphincter muscle is involuntary: Kegel exercises do nothing for it. 2) Significant damage can occur without pain. [TODO: Consider dropping this one.]

https://web.archive.org/web/202108/https://old.reddit.com/r/sex/comments/pamo7h/help_me_decide_if_i_should_exclude_vaginal_sex/

The OP wrote: "My partner and I (21F) have been together for 4 months and had anal occasionally although my first experience with penetrative sex was anal so I've always been a fan. Anyway we've been having increasingly more anal sex and have forgone vaginal for over two months now." Nobody mentioned the traumatic risks nor anorectal fragility. The anorectum is not a realistic substitute for a young woman's healthy vagina.

https://web.archive.org/web/202108/https://old.reddit.com/r/sex/comments/p9z0tq/not_being_good_at_anal_is_making_me_really/

The OP wrote: "I lost my virginity at 15 by my much older boyfriend and it was anal. It was extremely painful and traumatizing to my body. [...] My current partner knows all of this. After I definitively told him if he wanted anal he'd have to spend a lot of time and lube back there he mostly backed off of trying (before he would mostly just try and put the head in but of course it never worked). I can tell he still wants it though. [...] I guess I'm just feeling like I wish I could just do this one thing that he obviously really wants." No one mentioned the possibility of one or more preexisting anorectal conditions that could well have arisen due to that prior trauma, nor did anyone suggest refraining from anoreceptive activities entirely.

https://web.archive.org/web/202108/https://old.reddit.com/r/sex/comments/p6abg9/is_my_hookup_into_anal/

The OP wrote: "The other day I was going down on [my hookup] and noticed her asshole looking kind of open and could see her intestines. Not like hanging out but just sort of in there. [...] I'm not that experienced seeing naked butts so I can't tell if she's been sticking stuff up there or not. She did mention before her ex got her a buttplug and told her to stretch it out for him. But she acted like she didn't like it." The top commenter claimed: "no you could not [see her intestines]." Anoreceptive activities most certainly can result in externally-visible changes to a person's anorectum, such as internal hemorrhoidal prolapse. The fact that the OP's hookup engaged in such activities previously could well be responsible for the presence of one or more preexisting anorectal conditions, some of which can be visible externally. [TODO: Consider going with only one sentence.]

https://web.archive.org/web/202108/https://old.reddit.com/r/sex/comments/p566qz/stretching_tips_n_tricks/

The OP wrote: "So I [F] been into anal since I was 16 [now 22M]. Over the years I've gotten bigger and bigger buttplugs. But for the past 6 months or so I've been stuck. I got a 6 cm wide plug and cannot get it in. I can take 5 cm and 5.5 with absolute ease, but this thing is impossible." 1) No one pointed out that anal stretching is a bad idea. 2) No one advised against further such behavior. 3) Nobody mentioned the possibility of one or more preexisting anorectal conditions such as anatomic anal stenosis (narrowing due to constricting scar tissue).

https://web.archive.org/web/202108/https://old.reddit.com/r/sex/comments/ov0ogj/exercises_for_loose_anus/

The OP wrote: "I've been doing a lot of anal stretching and I'm getting quite loose are there any exercises I can do to tighten up a little bit?" No one pointed out that anal stretching is a bad idea, nor did anyone mention traumatic risks, including permanent damage to one or both anal sphincter muscles at the least.

https://web.archive.org/web/202108/https://old.reddit.com/r/sex/comments/otpspx/anal_and_deep_throat_advice/

The OP wrote: "My hubby wants to have anal, I tried it once and it hurt. Is there a product to numb the area or how do you "train" your ass? [...] Also, anyone advise on being able to handle a big penis vaginally?" 1) No one pointed out that anal stretching is a bad idea. 2) No one mentioned that significant damage can occur without pain even in the absence of a numbing agent due to tissues not far inside being somatically insensate. [TODO: One commenter linked the /r/sex FAQ that at least at the time suggested anal stretching; archive that and probably mention it in my "painal" paste as blatantly health-harmful information being promoted officially by people operating /r/sex.]

https://web.archive.org/web/202107/https://old.reddit.com/r/sex/comments/op5fs9/i_need_help_finding_good_waterbased_lube_for_anal/

The OP wrote: "I recently got really into anal with my silicone butt plug and have been wanting to go bigger. I was wondering what the best water-based lube would be." No one pointed out that anal stretching is a bad idea. Amazingly, one commenter did mention in relation to water-based lubricants "the huge osmotic potential imbalance with the body that actually promotes irritation and STD transmission." Of course, there also is the risk of painless tissue damage/sloughing.

https://web.archive.org/web/202107/https://old.reddit.com/r/sex/comments/op1xqp/a_friend_told_me_she_only_does_anal_are_there/

The OP's thread title: "A friend told me she only does anal. Are there here other people like her?" The anorectum is quite fragile and a poor substitute for a young woman's healthy vagina. No one mentioned the region's anatomy and consequent fragility, nor did anyone cover traumatic risks at all.

https://web.archive.org/web/202107/https://old.reddit.com/r/sex/comments/onpnb5/issues_with_deep_cleaning_in_preparation_for_anal/

The OP's thread title: "Issues with deep cleaning, in preparation for anal fisting." One person responded, and that person did not point out that anal stretching is a terrible idea.

https://web.archive.org/web/202107/https://old.reddit.com/r/sex/comments/ol36w8/sex_positive_doctors_are_awesome/

The OP wrote about a conversation with a "doctor," presumably a medical doctor, and her colleague. The OP went on to write that the colleague "explained that basically all I need is water-based lube. That it won't affect the physical rectum itself." Many water-based lubricants can irritate and/or damage the rectal lining.

https://web.archive.org/web/202107/https://old.reddit.com/r/sex/comments/oiexn/can_i_do_anal_only_once_every_two_weeks_without/

OP's thread title: "Can I do anal only once every two weeks without losing my elasticity? (Fisting and toys of different sizes)." 1) Nobody pointed out that anal stretching is a terrible idea, nor did anyone mention permanent muscle damage from such behavior.

https://web.archive.org/web/202107/https://old.reddit.com/r/sex/comments/ofeujn/anal_advice_for_first_timers/

The top commenter suggested anal stretching, which is a terrible idea.

https://web.archive.org/web/202107/https://old.reddit.com/r/sex/comments/ofapol/considering_trying_anal_for_the_first_time/

The top commenter advised to "go slow at first." Rapid thrusting is always a bad idea.

https://web.archive.org/web/202107/https://old.reddit.com/r/sex/comments/odhggg/first_timer_at_anal_with_boyfriend_need_advice/

The top commenter suggested anal stretching. Another commenter recommended using "plenty of water-based lube" and also wrote "If done properly it should not hurt at all. Pain is there to tell you "Stop!" 1) Many water-based lubricants can irritate and/or damage the rectal lining. 2) Significant damage can occur with no pain.

https://web.archive.org/web/202106/https://old.reddit.com/r/sex/comments/o6artx/im_not_a_fan_of_lube/

The OP wrote: "I don't enjoy lube when it comes to anal. [...] I enjoy it without lube. Just wondering if there were others that prefer to do it without lube." Anal intercourse is objectively foolish even with lubricant; going without lubricant is even moreso. [TODO: Consider reworking this.]

https://web.archive.org/web/202106/https://old.reddit.com/r/sex/comments/o66g8n/anal_with_a_large_guy/

The OP wrote: "I'm seeing a new guy and he's really girthy. The thing is I like anal and he would like to give it to me also. Problem is it hurts way more than I've ever felt." 1) No one suggested refraining from anal intercourse entirely. 2) Several commenters suggested anal stretching.

https://web.archive.org/web/202106/https://old.reddit.com/r/sex/comments/o4tdan/will_my_anus_get_loose_as_time_goes_by/

The OP wrote: "Been doing anal for 3-4 years (21F). I really think I'm an anal queen and never looked back once I had started. I've come across many people saying that pornstars get loose assholes when they get older due to overuse. There doesn't seem to be any solid study or articles on the internet about this. I have done some really crazy stuff in my ass and I've been paranoid for the past week." There are many issues here: 1) Nobody covered anorectal fragility, nor did anyone go into detail on traumatic risks. 2) The top commenter wrote: "I do kegel exercises several times a day and after 20 years of regular anal sex I've never had any issues[.]" a) That is highly improbable. b) Kegel exercises do not strengthen the involuntary internal anal sphincter, which can be permanently damaged by girthy insertions without pain. 3) Another commenter wrote: "In anal sex, pain is associated with damage[...] Start with small and gradually work to big." a) Significant damage can occur with no pain whatsoever. b) Anal stretching is a bad idea. 4) Yet another commenter wrote: "Been doing anal weekly with my wife for almost 8 years and she hasn't had any issues." That too is highly improbable. 5) Numerous other commenters offered up health-harmful falsehoods as well. [TODO: Maybe cover more...]

https://web.archive.org/web/202106/https://old.reddit.com/r/sex/comments/o2j9f2/a_few_questions_to_those_who_have_been_fisted/

The OP asked several questions about anal fisting. No one pointed out that it is a bad idea.

https://web.archive.org/web/202106/https://old.reddit.com/r/sex/comments/nqn2hg/what_does_make_anal_painful/

The OP wrote: "My girlfriend and I were starting to have anal sex. I went slowly and after a few times she could take me completely. She also could enjoy me going faster and deeper. Unfortunately two weeks after that we got to where we started, it got painful got her." 1) No one pointed out that rapid thrusting is a bad idea. 2) No one mentioned the possibility of one or more preexisting anorectal conditions, possibly caused by their prior anoreceptive activities. 3) One commenter suggested anal stretching, which is another terrible idea.

https://web.archive.org/web/202106/https://old.reddit.com/r/sex/comments/npx9jc/my25wife_wants_me26to_fist_her_ass_but_im_scared/

The OP wrote: "My wife seems to be in to anal fisting lately and as asked me to put 3 fingers in her ass she keeps saying she wants to feel my whole fist inside her. I have no problem fulfilling that desire but im worried ill make her anus loose or hurt her .anyone have experience with anal fisting ? Can someone give me tips and tricks? Should i be worried about her losing control of her anus?" 1) No one pointed out that anal stretching, inclusive of fisting, is a terrible idea with a high risk of causing permanent damage to one or both anal sphincter muscles at the least, which can lead to fecal incontinence. 2) No one mentioned other traumatic risks including perforation. 3) The top commenter wrote: "I've fisted men and women and unless you are super rough, they will go back to normal." That is not the case for permanent damage. 4) Another commenter wrote: "be gentle first few times." Rapid thrusting is always a bad idea, especially combined with considerable girth.

https://web.archive.org/web/202106/https://old.reddit.com/r/sex/comments/novwvi/she_doesnt_like_lube/

The OP wrote: "My girlfriend doesn't like using any kind of lube during anal sex. Lastnight I noticed a little blood on my dick after but she says she's not in pain and doesn't mind anal without any kind of lube. I'm above average and thick and I don't want to hurt her. How is she able to do this? She told me she uses plugs to help with anal stretching but doesn't she still need lube?" There is only one response, and that person made none of these points: 1) Significant damage can occur with no pain. 2) Anal stretching is a bad idea: that includes anal intercourse with a girthy penis. 3) Lubricant that doesn't irritate/damage the rectal lining should always be used.

https://web.archive.org/web/202106/https://old.reddit.com/r/sex/comments/nomkum/boyfriend_wants_anal_but_seems_spooked_about_me/

The OP wrote: "I (20f) have great sex with my boyfriend. [...] anal is very overwhelming to me and often painful. [...] He wants to get more into penetrating me regularly, and has suggested toys[...] Currently, I just have a plug I use to get some amount stretched out, but I feel like being deeply penetrated is way different, just really overwhelming, and I need more practice (I see stars when he's inside me, it's wild)." 1) No one mentioned the possibility of one or more preexisting anorectal conditions. 2) Nobody pointed out that anal stretching is a bad idea. 3) No one suggested refraining from anoreceptive activities entirely.

https://web.archive.org/web/202106/https://old.reddit.com/r/sex/comments/nn8kwy/i_need_some_anal_advice/

The OP wrote: "I was wondering how people are able to do anal and what's the turn on here? Do girls even feel good having a dick up their ass? Or do guys feel a different sensation down there? Do anal holes stay expanded or do they shrink back to their original hole size?" 1) Nobody went into detail on anorectal fragility and traumatic risks. 2) One commenter wrote: "You have to go super slow at first." Rapid thrusting is always a bad idea. 3) Another commenter wrote: "Anal sex should not hurt..." Significant damage can occur with no pain whatsoever. 3) Several commenters alluded to anal stretching, which is another bad idea.

https://web.archive.org/web/202105/https://old.reddit.com/r/sex/comments/nmiohz/can_stretching_with_increasing_size_toys_over_a/

OP's thread title: "Can stretching with increasing size toys over a single afternoon allow a beginner to anal to take a larger partner/toy or does it take days/weeks of stretching to take a well-endowed partner or toy anally?" 1) No one pointed out that anal stretching is a terrible idea. 2) No one advised against having anal intercourse with someone who has a girthy penis.

https://web.archive.org/web/202105/https://old.reddit.com/r/sex/comments/nlnr0v/long_term_effects_of_anal/

The OP wrote: "we are having anal sex almost exclusively. 9 times out of 10, that suits me just fine. The thing is, he's well endowed. Occasionally it's a bit sensory overload. And sometimes after I feel like I need to sit on the toilet for a while, even though nothing is happening. I see on videos sometimes women who have something I believe is referred to as a prolapsed rectum. Has anyone experienced complications from repeated/long term anal sex?" The top commenter claimed: "My husband and I were anal only for a 2 year period 20 years ago when I was dealing with some health issues that necessitated many gynecological surgeries. We still have anal a couple times a week these days and I wear a pretty large buttplug during the waking hours most days, have been doing it off and on for the last 20 years as well and I have no issues with my rectal tone, incontinence or prolapse." That is highly improbable.

https://web.archive.org/web/202105/https://old.reddit.com/r/sex/comments/nk31fw/seeking_feedback_on_experiences_with_anal_with/

The OP wrote: "I've long been intrigued by anal, but very hesitant out of fear that anal sex would be painful for me and/or gross for my husband because of my [diseased] hemorrhoids." Several commenters did suggest abstaining. However, no one pointed out that anoreceptive activities could well worsen hemorrhoidal disease, even without pain; in fact, the most-upvoted commenter claimed not to have any problems due to both internal and external hemorrhoidal disease, and wrote: "If it hurts or is too much, ask him to back off or stop." 1) Significant damage can occur with no pain whatsoever. 2) The presence of one or more preexisting conditions should be an obvious warning sign to refrain from anoreceptive activities entirely and perhaps see a medical doctor.

https://web.archive.org/web/202105/https://old.reddit.com/r/sex/comments/nh3n7m/whats_your_advice_to_someone_who_wants_to_start/

OP's thread title: "what's your advice to someone who wants to start anal?" Several commenters suggested anal stretching.

https://web.archive.org/web/202105/https://old.reddit.com/r/sex/comments/nfobnw/anal_fisting_how_to_bring_up_with_significant/

The OP wrote: "Been doing a lot of experimenting with anal play. Dildos butt plugs and so on. Can stretch myself pretty good, and have recently been able to fist myself." Nobody pointed out that anal stretching is a bad idea, nor did anyone mention the traumatic risks including perforation.

https://web.archive.org/web/202104/https://old.reddit.com/r/sex/comments/mv343r/can_anal_play_cause_a_person_to_poop_in_their/

The OP asked: "Can anal play cause a person to poop in their pants?" The top commenter wrote: "No. Not likely at all unless you have some other condition." That depends on the type of anoreceptive activity or activities involved; some, such as anal stretching that is far too commonly recommended, have a high risk of contributing to fecal incontinence development due to permanent muscular damage.

https://web.archive.org/web/202102/https://old.reddit.com/r/sex/comments/lbcbj9/boyfriend_has_a_big_penis_and_anal_hurts_so_bad/

OP's thread title: "Boyfriend has a big penis, and anal hurts so bad as a result." She went on to write: "I've (female) had anal with a couple of past partners and really enjoyed it. I was so excited to try it with my boyfriend, but the first time we tried it it hurt so bad we had to stop immediately." 1) No one mentioned the possibility of some preexisting anorectal condition(s) especially with a history of anoreceptive activities. 2) Nobody suggested refraining from anal intercourse entirely. 3) One commenter recommended anal stretching. https://web.archive.org/web/202102/https://old.reddit.com/r/sex/comments/lqumeq/anal_training_kits_for_women/

The OP wrote: "My wife is interested in doing anal. From what we have read about it you can't just jump in balls deep. Im well endowed and it will hurt her an awful lot. We are looking for a proper anal training kit." 1) No one pointed out that anal stretching is a bad idea. 2) No one suggested that they should refrain from engaging in anal intercourse entirely. https://web.archive.org/web/202102/https://old.reddit.com/r/sex/comments/lnmala/how_many_a_week/

The top commenter wrote: "If you stick a finger in her butt and get her used to that. Then a very small butt plug. A slightly larger butt plug, etc. After a while, you might be able to fuck her ass multiple times a day with no bad side effects. Bottom line, start slow and small." 1) Anal stretching is a bad idea. 2) Rapid thrusting is always a bad idea. 3) It's highly unlikely that any receptive person who engages in anal intercourse "multiple times a day" will experience "no bad side effects," especially if anal stretching and/or rapid thrusting are ever involved.

https://web.archive.org/web/202102/https://old.reddit.com/r/sex/comments/lmev2v/scared_of_anal_play_help/

The top commenter, RubyRyder, wrote (reformatted): "There are a lot of fear stories on the internet about anal play or anal sex causing fecal incontinence or prolapse of surgery, etc., etc. Untrue. As long as you follow the rules, you're fine! 1) not too big 2) not too fast 3) plenty of lube 4) Anal safe toys only 5) NEVER use numbing lube." A) Anoreceptive activities potentially can for a receptive person result in fecal incontinence, at least internal hemorrhoidal prolapse, and various other conditions. B) It's rather difficult to determine what constitutes "too big" and "too fast" when there are somatically-insensitive muscles and tissues involved. C) Some lubricants can irritate or damage the rectal lining. D) Significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202102/https://old.reddit.com/r/sex/comments/ljo7z2/partner_is_into_anal_but_its_too_painful_to_enjoy/

The OP wrote: "I tried anal and it was one of the worst pains I have ever felt. [...] How can I make anal less painful?" Nobody suggested the possibility of one or more preexisting anorectal conditions, nor did anyone recommend abstaining from anal intercourse entirely.

https://web.archive.org/web/202102/https://old.reddit.com/r/sex/comments/lij5f/iso_advice_on_anal_health_as_it_pertains_to/

The OP wrote: "I was in an abusive relationship for 2 years and my boyfriend regularly engaged me in anal sex while I was asleep. After I left him I was involved in self-destructive behavior and wound up in another abusive situation. That person forcefully entered me without consent. Sadly, these episodes caused me harm, my rectum prolapsed, and now I have some protruding tissue. [...] Fast forward 6 years later: I am happily engaged to be married this summer and have a loving partner who cares for and supports me beyond belief. He is perfect for me. He has never done anal before and we've been together for over 4 years now. He is not pushing me and never asks, but I want to do it with him badly." No one suggested refraining from anal intercourse entirely.

https://web.archive.org/web/202102/https://old.reddit.com/r/sex/comments/lfjh58/working_up_to_anal/

The OP wrote: "My girlfriend and I are well versed in PIV sex but we've both been wanting to try anal for a while. I'm pretty well hung so we got a toy a bit longer but thinner to practice with before trying for my dick. She can take the toy pretty well with some warmup and lube but we can't seem to make my dick fit beyond the head and an inch or so. Is there any other ways to get her to loosen up and stretch out?" No one suggested refraining from anal intercourse entirely. [TODO: Maybe expand this.]

https://archive.today/202102/https://old.reddit.com/r/sex/comments/lfjd45/postanal_discomfort_any_tips/

The OP wrote: "I (23f) really enjoy doing anal with my bf. He usually finishes inside of me. Afterwards, I go to the bathroom and try to push it back out lol. But even if I feel like I got everything out, I still have some discomfort the following day. I also get gassy and have weird poops sometimes. It sucks because sometimes we both want to do it again the next day but it's just way too uncomfortable and I need time to recover. [...] Idk what we could be doing wrong, my butt just feels so weird afterwards." 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions possibly caused by their activities, nor did anyone advise refraining from anoreceptive activities entirely and seeing a medical doctor. 2) No one covered specifics about anorectal fragility, nor did anyone point out that significant damage can occur with no pain whatsoever. 3) One commenter wrote: "I have been with bottoms who do have anal almost daily and never have issues." That is highly unlikely. Furthermore, some anorectal health issues can remain undetected unless and until obvious symptoms manifest.

https://web.archive.org/web/202102/https://old.reddit.com/r/sex/comments/lerpf/how_much_anal_is_too_much/

There are many issues here: 1) Nobody made any mention of anorectal anatomy, fragility, and lack of somatic innervation not far inside. 2) The top commenter wrote: "My husband and I have been doing anal anywhere between 1-3 times a week for 20 years. [...] He still fucks me up the ass pretty regularly..." Later in the thread that same person wrote: "As far as I know, my anal sphincter works just fine. I do Kegels regularly[...] I usually wear a heavy buttplug (1.3 pounds) almost daily so that helps maintain my sphincter tone." a) There is more than one anal sphincter muscle, and the internal anal sphincter (IAS) is involuntary: Kegel exercises do not strengthen it. b) Wearing a heavy buttplug daily sounds like a recipe not only for permanently damaging at least the IAS but also promoting at least internal hemorrhoidal prolapse and possibly rectal prolapse as well. 3) Another commenter, TabithaKatherine, wrote: "My husband and I are going to try multiple times anal in a day soon and then take a break and then anal like 5 times in a week and see how I feel." Somebody replied with: "I don't think it's harmful as long as you listen to your body and communicate if there is any pain, etc." to which TabithaKatherine responded: "That's what I've read, too. Plus being properly stretched!" a) It most certainly is likely to be harmful simply due to the fragility of the region involved, not to mention the fact that significant damage can occur with no pain whatsoever. b) Nobody pointed out that anal stretching is a bad idea. 4) Yet another commenter wrote: "Tons of butt sex <> loose stool." Anal intercourse, among other anoreceptive activities, most certainly can cause permanent muscle damage and potentially result in fecal incontinence: the likelihood of that happening increases greatly with insertion of a girthy penis/object especially on a repeated/regular basis. 5) One commenter wrote: "There is no such thing as too much." That most certainly is untrue: one instance of trauma can result in development of one or more anorectal conditions that could render any additional anoreceptive activities of relevance further damaging.

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/lcy79p/i_have_always_needed_anal/

The OP wrote: "Since the moment I discovered porn and anal, it is what I have always wanted. [...] I am currently in a relationship with someone who in the past has expressed that she isn't into it cause it hurts. I have been in a relationship with this person for over 3 years and while I do love her very much, I do feel like I need anal sex." 1) Nobody mentioned the possibility of one or more preexisting anorectal conditions. 2) No one suggested that the OP has unrealistic expectations due to pornography.

https://web.archive.org/web/202101/https://old.reddit.com/r/sex/comments/l713wk/what_are_the_best_positions_for_rough_sex/

The OP wrote: "So tonight I'm going to ask my boyfriend to try rough anal with me for the first time and obviously that's quite a big thing to do we have had anal before where it's just been slow but nothing to what I want him to do..." Nobody pointed out that rapid thrusting is always a bad idea, no mention was made of the traumatic risks in particular, and of course potential criminal implications weren't brought up either.

https://web.archive.org/web/202101/https://old.reddit.com/r/sex/comments/l3u365/34manal_sphincter_advice_on_tightening/

The OP wrote: "Since my teens I have loved to play with my anus when I have had the opportunity, using dildos, vegetables, butt plugs and plastic bottles. Though I have often worried about the long-term consequences to health, the sheer enjoyment of this stretching has kept me going. I have not had any problems related to this, until the last few years, where I have noticed a slackening of the muscles «back there». I see some recommend Kegel exercises to tighten the anus, but would like to ask if any of you have had related experiences

and if you have advice to give?" There is a reply from one person, who wrote: "The anal sphincter is a muscular ring. Like other muscles it can be stretched to increase its flexibility. This improved flexibility should not damage it or reduce its strength." 1) Kegel exercises will not strengthen the involuntary internal anal sphincter muscle. 2) There are plenty of medical studies pointing out that anal stretching is likely to damage one or both anal sphincter muscles at the least; such damage causes permanent weakening and is associated with fecal incontinence when present in at least 2 of the muscles comprising the anal sphincter complex.

https://web.archive.org/web/202101/https://old.reddit.com/r/sex/comments/l2phzv/wife_cant_handle_anal/

OP's thread title: "Wife can't handle anal." OP went on to write that "she wants to be able to do anal. I'm not trying to pressure her into it or force her to do something she's uncomfortable with. But whenever we try to do it anally, she feels pain just from me being only a few centimeters in, even with lube. Is there something we can do to "train" her anal muscles to not feel pain when we try to do it? Could there be some kind of medical issue going on?" 1) Nobody mentioned the possibility of one or more preexisting anorectal conditions. 2) Nobody pointed out that anal stretching is a bad idea. Several commenters suggested it.

https://web.archive.org/web/202101/https://old.reddit.com/r/sex/comments/kw1ojp/anal_sex_with_no_condom_committed_relationship/

The top commenter, [alittlebirdy1](#), wrote: "From what I've come to understand, most folks in committed relationships don't bother with condoms for anal." A condom or protective barrier should always be used for anal intercourse and rimming due to the possibility of fecal bacterial infection.

https://web.archive.org/web/202101/https://old.reddit.com/r/sex/comments/kuyi1z/people_into_anal_stretching_whats_a_good_routine/

Nobody pointed out that anal stretching is a terrible idea.

https://web.archive.org/web/202101/https://old.reddit.com/r/sex/comments/knjz5n/i_would_like_some_assurance_on_something/

The OP wrote: "So these are questions for all the ladies. For those who engage in anal sex, how many years have you been having it? Have [you] had any long term negative effects of it like tearing, bacterial infections or fecal incontinence? Do[es] the anal ring become [lo]ose over time because you have anal sex every day?" 1) Nobody pointed out the traumatic risks beyond "micro tears in the skin;" there are much more delicate and pain-insensate tissues beyond the anoderm (which could be described as skin-like) that extends for a comparatively short length in the anatomical anal canal. 2) The top commenter claimed: "The anus can become looser when you have it regularly but tightens back up once you don't have anal sex for a while." Anal stretching and girthy insertions can permanently damage and weaken one or both anal sphincter muscles at the least, which could result in permanent "looseness." On the other hand, the formation of constricting scar tissue resulting from tearing could make the anal canal seem tighter.

https://web.archive.org/web/202101/https://old.reddit.com/r/sex/comments/knakfa/trouble_with_anal_22_f/

The OP wrote: "I have tried everything it seems. A bucket of lube, different size butt plugs left in for a while, anal play, and I just can't seem to get past the fact that when my boyfriend puts it in, it's unbearable. But at the same time like holy fucking shit this is good, but, anytime you move I wince in pain. I will bleed. I will stretch, and will hurt like hell the next time I take a shit. We can't really even get more than 3 pumps in before I say we gotta stop. [...] Here's the interesting part though, my last boyfriend who I was with for over two years, we did anal. A lot." Nobody pointed out the likely possibility of one or more preexisting anorectal conditions, nor did anyone suggest that such conditions quite likely arose from her anoreceptive activities with her previous partner.

https://web.archive.org/web/202012/https://old.reddit.com/r/sex/comments/kxlhly/obsession_with_anal/

The OP wrote: "I've eaten my girlfriends ass a few times now and a few times she's got so eager and told me to put it in. All of these times there has been no success. She's said that she wants to and wants to 'train' for it but anything to do with fingers only ever lasts a short time. I find myself thinking about her ass hole constantly through the day and how good it would be to fuck it. [...] Is it unhealthy to be thinking about it so much?" 1) Nobody pointed out the possibility of one or more preexisting anorectal conditions. 2) No one advised against anal stretching.

https://web.archive.org/web/202012/https://old.reddit.com/r/sex/comments/klmrk0/20m_why_do_i_have_an_anal_fetish_is_this_some/

The OP wrote: "I have a serious obsession with anal sex. I don't feel a lot of sexual desire when it comes to having a normal sex. I feel sexual desire and a sense of dominance only when I have an anal sex with my partner. [...] I want to know where my obsession with anal sex comes from, and I want to know if it's psychotic. When I watch porn, I only watch anal sex related content, and when I have sex, I'm not satisfied with normal sex, which makes me worried if I can potentially maintain a good relationship with my female partner in the future." Such an obsession could well be considered abnormal and potentially sadistic and/or psychopathic, yet all of the replies were along the lines of "you're just fine." It is quite obvious from studying the anatomy and physiology of the anorectum that the region is very unsuited for girthy and vigorous erotic activities, especially on a repeated/regular basis; it is no substitute for a healthy vagina of an aroused young woman.

https://web.archive.org/web/202012/https://old.reddit.com/r/sex/comments/kkc42u/which_hand_is_easier_to_use_for_self_anal_fisting/

Nobody pointed out that anal stretching, inclusive of anal fisting, is a bad idea.

https://web.archive.org/web/202012/https://old.reddit.com/r/sex/comments/kjt47n/f26_i_dont_like_sexualising_my_butthole/

OP's thread title: "F26, I dont like sexualising my butthole." She went on to write (reformatted): "I am so uncomfortable with the recent appreciation of buttholes as a sexual part of the body. Don't get my wrong, I'm not against anal sex and will happily eat ass, but I'm so uncomfortable with my own butthole. For one, I've got haemorrhoids, which is whatever, a me-problem, and so the thought of someone seeking to look at my butthole for visual arousal makes me cringe." The OP seems to be confusing two very different, often mutually-exclusive attractions: the aesthetics of the anus and sticking things into one. Attraction to the former seems to be quite uncommon compared to attraction to the latter, and yet the OP made this claim later in the thread: "there definitely has been a recent trend in the appreciation of butts and buttholes." Far too many people seem not to care about another person's anus even if that other person is a significant other. Were that not the case, then rampant, anus-mutilating anorectal violence would have strong opposition; instead, there is an absence of such opposition and has been for many years now.

https://web.archive.org/web/202012/https://old.reddit.com/r/sex/comments/kja9a0/why_isnt_anal_working/

OP's thread title: "Why isn't anal working?" OP goes on to write: "I've searched it up, we've tried so many times. We've talked about wanting to try anal and she's totally down for the idea. We use a LOT of lube, we make sure we're both really into it and have been going at it for a while before we even think to try it, we've tried different positions. I've let her get on top so that she could control the speed but it just doesn't go in, and she's in pain before my head is in all the way." 1) Nobody mentioned the possibility of one or more preexisting anorectal conditions. 2) Several commenters suggested anal stretching.

https://web.archive.org/web/202205/https://old.reddit.com/r/sex/comments/khcov/how_big_is_too_big_anally/

The OP asks: "How big is too big [girthise] anally?" One commenter claimed: "The human anus can stretch 7 inches without getting permanent damage." Another commenter claimed: "Technically a fist could go in there without damaging sphincter function." For any receptive person who has intact muscles of the anal sphincter complex, the first claim is dangerously false (internal anal sphincter damage/rupture has been reported after insertion of a 40mm/4cm-wide rectoscope during transanal endoscopic microsurgery; wider insertions are very likely to cause permanent muscle damage for anyone whose muscles weren't already damaged — gradually increasing circumference of insertions as in "anal training" probably will cause cumulative muscle damage) and so too may be the second (although fist sizes can vary, and some may insert fingers before making a fist). There are many studies pointing out that anal dilatation/stretching is likely to permanently damage one or both anal sphincter muscles at the least. That's because it used to be an accepted treatment for anal fissure, but has fallen out of favor due to unacceptably high rates of fecal incontinence owing to muscular damage demonstrated by anal endosonography.

https://web.archive.org/web/202109/https://old.reddit.com/r/sex/comments/kgmu04/i_used_to_love_anal_and_now_my_anatomy_is/

The top commenter wrote: "When my wife and I were first dating, she told me she liked anal sex, before we'd even done it. [...] We had anal once in a while, maybe once every few months... And then, she got hemorrhoids. Not because of having anal as far as I know, just because." Their and/or her past anoreceptive activities may well have been responsible for the development of one or more lumps near the anus. Another commenter suggested anal stretching. RubyRyder wrote: "Plugs should not give you a hemorrhoid. Hemorrhoids are caused by a lack of blood flow in the area (read tension) and straining. Ways to calm down hemorrhoids are doing Kegels and rectal canal massage, which brings more blood flow to the area." Frictional sliding in the anal canal can painlessly damage the internal hemorrhoidal cushions and/or their supporting tissues, either worsening existing internal hemorrhoidal prolapse or instigating its development. https://web.archive.org/web/202012/https://old.reddit.com/r/sex/comments/kf6ryw/anus_rectum_transformation/

The OP wrote: "My gf(26) loves anal sex but we don't do it very often because she is afraid her anus/rectum gets different." The top commenter, alittlebirdy1, wrote: "Does your asshole get ruined by pooping? No? Why would sex do anything different?" Anoreceptive activities can be, and often are, rather more intense than defecation. Fecal matter travels only one way, should be soft for healthy people with a decent diet, and defecation is a relatively brief process. By contrast, some all-too-common anoreceptive activities involve vigorously thrusting a firm, girthy, and possibly lengthy object or body part in and out for a prolonged period of time. https://web.archive.org/web/202011/https://old.reddit.com/r/sex/comments/jm8otr/i_really_want_my_girlfriend_to_peg_my_ass_is_it/

The OP's thread title: "I really want my girlfriend to peg my ass. Is it safe. Im scared of getting fistulas and anal prolapse." One commenter claimed "im a male who has been into putting things inside my own ass for 55 years. Very large things for about the last 35 of those. I have been fisted many times with large hands, a few times to the elbow. I have never had issues with fistulas, or incontinence. I don't prolapse at all." The person could well have been exaggerating or outright lying. Regardless: 1) Anal stretching, especially done repeatedly, is likely to cause permanent muscle damage leading to fecal incontinence. 2) Internal hemorrhoidal prolapse at least is a likely consequence of repeated and vigorous thrusting (i.e., frictional sliding) with a girthy object or body part. https://web.archive.org/web/202010/https://old.reddit.com/r/sex/comments/jip6lw/what_are_the_long_term_effects_of_anal/

The OP wrote: "I(20F) just started doing anal with my SO(23M). We both love it, but I have recently started to think of the effect it may have on my asshole overtime..." 1) Nobody mentioned traumatic risks beyond anal fissures. 2) One commenter wrote "Anus is basically sphincter muscle. Just like every other muscle it can be stretched without losing control over it. Problem is when that muscle isn't strong enough. That's why PC muscle exercises exist." Anal stretching is likely to cause permanent damage to one or both anal sphincter muscles. Furthermore, the internal anal sphincter is an involuntary muscle, so exercises do not strengthen it. 3) Another commenter claimed: "It depends on how regularly you do anal but so long as you aren't trying to or taking stupidly big stuff up there, you'll have little to no long term effects from doing anal if you prepare right." Not only can significant damage occur from one instance of trauma, but also preparation will not prevent damage from occurring e.g. when thrusting is too rapid or when something too girthy is inserted. https://web.archive.org/web/202010/https://old.reddit.com/r/sex/comments/jiofki/how_do_i_20f_enjoy_anal/

The OP wrote: "I've been been hooking up with a guy (22M) who asked me to try anal. A while ago we tried it. I was on all fours and he started putting his dick in. There was no lube and he kinda shoved it in quickly. I immediately felt a ton of pain. [...] I'm a pretty small person and when I lost my virginity it hurt a lot at first. Even now, I always feel pain at first when he puts his dick in. But the pain is 10x worse in my ass and it just continues to hurt. Idk how to make it more enjoyable for me." Nobody suggested seeing a medical doctor, mentioned the possibility of one or more preexisting anorectal conditions being present, or advised against engaging in any further anoreceptive activities. https://web.archive.org/web/20200713030150/https://old.reddit.com/r/sex/comments/hphln/asap_help_rough_anal_everything_hurts/

The OP wrote: "I (23f) had some very under the influence rough sex with my partner, not just vaginally but anally, and now it absolutely hurts to a whole new level when I need to use the bathroom & I constantly need to use #2 and that hurts the most..." 1) Nobody mentioned that rough anal intercourse is always a bad idea. 2) No one pointed out potential criminal implications. 3) Nobody suggested going to a hospital, or at least seeing a medical doctor ASAP. https://web.archive.org/web/202007/https://old.reddit.com/r/sex/comments/hon4kd/tips_for_trying_anal_again_with_my_husband/

The OP wrote in the thread title "Tips for trying anal again with my husband" then went on to write "before we had kids I was into getting rimmed or him putting a finger in while we fucked and stuff like that. I let him try to put his cock in a couple times but it fucking hurt. [...] So, I'm wondering if anyone who tried it a couple times and found it very painful were able to turn it around and actually enjoy it?" 1) Nobody mentioned the possibility of one or more preexisting anorectal conditions, especially such conditions arising in connection with pregnancy and obstetric trauma. 2) The top commenter wrote "you need to go very very slowly initially. [...] There shouldn't be any pain, so don't ignore it if there is." Rapid thrusting is always a bad idea, and significant damage can occur with no pain. 3) Several commenters suggested anal stretching, which is not a good idea. https://web.archive.org/web/202006/https://old.reddit.com/r/sex/comments/hetvgj/is_anal_every_night_bad_for_you/

The OP asked: "I really, really, REALLY, like to do anal. Is it bad if I do it every single night?" The OP did not define what was meant by "anal." 1) The top commenter claimed: "I have had something up my ass every day for the last 10 years. I have a large collection of very large toys and my asshole is still the tightest around." That is very likely to be blatant bullshit: anal stretching with "very large toys" alone would've caused permanent damage to one or both anal sphincter muscles at the least. Barring anatomic anal stenosis (i.e., the presence of constricting scar tissue), it would be highly unlikely for the person's anus to be "the tightest around" after engaging in such activities — especially repeatedly. 2) Another commenter with many upvotes suggested anal training/stretching. That same person also wrote "if it hurts slow down:" significant damage can occur with no pain. https://web.archive.org/web/202006/https://old.reddit.com/r/sex/comments/hcxec/wanting_to_incorporate_anal_in_my_regular_sex/

The top commenter wrote "Porn actresses do all those routines because you see a 20 minute video, but they film and refilm for hours. So they dont just mentally prepare, they use large toys to stretch and tire out the anal sphincter, to do 4 hour shoots and so they can gape and other destructive behaviors (gaping does not occur in normal anal sex)..." 1) Stretching doesn't "tire out" the internal anal sphincter so much as cause permanent damage to it at least for any receptive person for whom it wasn't already damaged. 2) Gaping is not destructive behavior: rather, it can be a consequence of destructive behavior. https://web.archive.org/web/202006/https://old.reddit.com/r/sex/comments/hc8o9m/virgin_anal_and_wondering_what_to_expect/

The top commenter suggested "taking it super slow to start with." Rapid thrusting is never a good idea. https://web.archive.org/web/202006/https://old.reddit.com/r/sex/comments/ha2b43/is_there_such_a_thing_as_too_much_anal/

The OP's thread title: "Is there such a thing as too much anal?" The OP went on to claim: "GF (45f) and I (44m) have frequent anal sex. 4-5 times a week, sometimes multiple times a day. [...] It's been this way pretty much our entire 1.5 years together. She doesn't seem to have any adverse effects, but I just can't help but wonder if there's any potential harm that's being done unintentionally. [...] *edit to add that we always make sure to use plenty of lube. The last thing in the world that I would want is to hurt her." 1) It's possible that the OP is exaggerating, or even flat out lying. 2) Nobody pointed out that it is very easy to cause physical harm to a receptive person's anorectum unintentionally. The OP later claimed: "Yeah, [there is] no prolapse. Occasionally she wants to have me gape her for pics or video and we've even worked our way up to almost my whole hand..." Nobody pointed out that anal stretching is a bad idea either. RubyRyder, a pornstar I've seen numerous times over the years spreading what is quite likely to be disinformation, made two comments with health-harmful falsehoods. First comment: "I even teach a webinar about advanced anal play with wider and longer toys, how to do it safely." Anal stretching is not safe for anyone with intact anal sphincter complex muscles, nor is insertion of lengthy objects: 1) the internal anal sphincter muscle can be damaged without pain, and 2) colorectal perforation can occur without immediate pain. Another RubyRyder comment: "Anal sex most decidedly does not cause hemorrhoids, in fact the massaging effect of anal sex in the rectal canal brings more blood to the area and helps avoid them, and even treat ones that are not external (prolapsed)." Anoreceptive activities most certainly can

cause damage both a) leading to development of hemorrhoidal disease, particularly prolapse of the internal hemorrhoidal cushions resulting from frictional sliding force on them and/or their supporting tissues — both of which lack somatic innervation (i.e., they can be damaged without pain), and b) worsening existing hemorrhoidal disease.

https://web.archive.org/web/202006/https://old.reddit.com/r/sex/comments/h13li6/once_you_go_too_big_on_anal_can_you_still_hold_it/

The OP's thread title: "Once you go too big on anal can you still hold it in?" The most-upvoted commenter, alittlebirdy1, wrote: "Yes. This is old fashioned homophobia, nothing more. A sphincter is designed to open and close, else you're lose the ability to hold in your shit after too many large turds. [...] Unless you tear things (repeatedly), anal doesn't impact incontinence." Anal stretching can easily damage one or both anal sphincter muscles at the least. Damage to >= 2 muscles of the anal sphincter complex (internal anal sphincter, external anal sphincter, and puborectalis) is strongly linked to fecal incontinence.

https://web.archive.org/web/202006/https://old.reddit.com/r/sex/comments/h13f4l/is_anal_safe/

The OP wrote "My bf wanted to do anal for a long time and he has put his finger in and I like it but it hurts and it's stresses me out. I know the more we do it that the pain will go away but what about the after math.? If heard that some people can't control their poop and I don't want that. And I think you can get like infection more easily..." 1) No one pointed out the possibility of one or more preexisting conditions, nor did anyone suggest refraining from anoreceptive activities entirely and perhaps consulting a medical doctor. 2) One commenter, alittlebirdy1, quoted what OP claimed to have heard that "some people can't control their poop" and wrote this in response: "That's nonsense." Fecal incontinence most certainly is a potential consequence of anoreceptive activities. alittlebirdy1 then continued: "The only way you'll cause incontinence issues is through tearing the muscle there - typically, repeatedly, as the human body has great ability to heal." Fecal incontinence can arise as a consequence not only of muscle damage, but also of hemorrhoidal disease, a fistula, etc. Several other commenters advised to go slow _at first_.

https://web.archive.org/web/202006/https://old.reddit.com/r/sex/comments/gxg3ec/i_can_only_enjoy_anal_when_it_hurts/

The OP wrote "I [23/F] have always enjoyed pain during anal intercourse... I am really concerned. Why am I so messed up? Why do I enjoy this?" Nobody mentioned sexual masochism disorder. Several commenters suggested that the OP is fine.

https://web.archive.org/web/202004/https://old.reddit.com/r/sex/comments/g6e6gc/super_weird_questioncan_lots_of_anal_weakenloosen/

The OP asks: "Can lots of anal weaken/loosen vaginal muscles?" The top commenter wrote "No. Nor does it weaken anal/rectal muscles." Anoreceptive activities _can_ cause permanent damage to, and consequently weaken, one or both anal sphincter muscles at the least (there are other muscles in the region such as those of the pelvic floor).

https://web.archive.org/web/202004/https://old.reddit.com/r/sex/comments/g4hqw8/what_happens_after_anal/

The OP wrote "I've (20f) been wondering what happens after anal? Kind of like repercussions or short/long term effects?" There are many problems here: 1) Several commenters suggested that there will be no health consequences. 2) The top commenter wrote "I've had a lot of anal, both rough and gentle. I haven't had any health repercussions, at least not yet." 3) The second commenter wrote "anal sex should be completely safe." 4) Another commenter wrote "It's completely safe if you follow the advice, start slow. If it hurts, stop immediately."

https://web.archive.org/web/202004/https://old.reddit.com/r/sex/comments/g43bnx/anything_put_in_my_ass_hurts/

The OP wrote "A couple times we've tried anal I have been able to wait until he cums, but the two other times I have not been able to bear the pain, and asked him to stop. Either way, the whole time I am in extreme pain..." Nobody pointed out the possibility of one or more preexisting anorectal conditions. One commenter wrote "You can end up hurting yourself and damaging your rectum, so please stop if it hurts." Nobody pointed out that significant damage can occur with no pain whatsoever.

https://web.archive.org/web/202004/https://old.reddit.com/r/sex/comments/g35tb5/gf_and_me_are_trying_to_get_into_anal_sex_but_we/

The OP wrote in the thread title: "Gf and me are trying to get into anal sex but we are both new to it." The top commenter advised: "Start extremely slow and small." 1) Anal stretching is a bad idea, so telling someone to _start_ small is terrible advice. 2) There are quite delicate tissues not far inside that can be damaged without pain, so advising someone to _start_ slow also is terrible advice.

https://web.archive.org/web/202004/https://old.reddit.com/r/sex/comments/g30qux/daily_anal_ok/

The OP is asking whether daily "anal" (presumably anal intercourse) is okay. The OP is also concerned "about the water based lube having some kind of drying effect on the rectum or sphincter muscles." No one mentioned traumatic risks beyond fecal incontinence. That includes the potential for some lubricants to irritate or damage the rectal lining.

https://web.archive.org/web/202004/https://old.reddit.com/r/sex/comments/g1dyh1/bf_wants_to_do_anal/

The top commenter suggests _starting_ slow: rapid thrusting is _always_ a bad idea.

https://web.archive.org/web/202004/https://old.reddit.com/r/sex/comments/g02vby/is_anal_good_for_your_health/

The top commenter suggests that anal eroticism could be good for a receptive person's health "if it turns you on and improves your overall sex life." I shouldn't even need to comment on that one. Furthermore, another commenter suggests anal stretching.

https://web.archive.org/web/201907/https://old.reddit.com/r/sex/comments/c7k11p/first_time_anal_sos/

The top commenter with many upvotes wrote: "My ass [probably referring to the anorectum] is back to normal less than an hour after the roughest anal with bf and he's not exactly a small man." It's unclear how that person defines "normal," but no one pointed out that "rough anal," which usually refers to rapid thrusting and certainly refers to anal intercourse in this case, is a very bad idea.

https://web.archive.org/web/201707/https://www.reddit.com/r/sex/comments/6kj7qw/what_does_anal_sex_feel_like_for_women/

The top commenter with many upvotes wrote: "I take deep breaths and exhale while he pushes himself inside of me. We slowly do this until his entire penis is inside of my ass (8 inches is a lot to take up the ass). Once it's all the way in, and can easily slide in and out, we get rough. Like, slam into me rough." Did anyone point out the risks of doing so or mention potential criminality? Of course not. That poster may well have a severe case of sexual masochism disorder. It could also/instead be a malicious narrative intended to promote harmful behavior.

https://web.archive.org/web/202012/https://old.reddit.com/r/sex/comments/6jwcqk/anal_with_a_very_girthy_penis_help/

1) Nobody suggested not having anal intercourse with someone who has a very girthy penis. 2) The top commenter suggested anal stretching. 3) The OP wrote she had anal intercourse with a previous partner who had a penis with significant girth albeit less than the new one, and yet no one pointed out the possibility of one or more preexisting anorectal conditions arising from trauma caused by that previous partner.

https://web.archive.org/web/202012/https://old.reddit.com/r/sex/comments/6itbkm/anatomy_question_anal/

The OP wrote "I'm quite a large joe;" he seemed to be referring to length alone. Nobody pointed out that the anorectum's lining above the pectinate line lacks somatic innervation, i.e. significant damage can occur with no pain whatsoever. One commenter with many upvotes even claimed that "There's a lot of sensitive nerves in there, even up at the sigmoid colon..." While there may well be many nerves along the rectum and even the sigmoid colon, the innervation they provide probably is _visceral_ rather than somatic at least at the epithelial layer (if there are any intraepithelial nerve fibers: there may not be), meaning there won't be any somatic pain when at least epithelial damage is occurring. [TODO: I may revisit this at some future point after further researching related topics, including sigmoid innervation and sigmoid perforation.]

https://web.archive.org/web/201706/https://www.reddit.com/r/sex/comments/6fjrrt/rough_anal_aftercare_fisting_questions_lube/

The OP wrote "The guy that I am seeing really enjoys rough anal- which can be, and is, incredibly satisfying- but also painful at times." Nobody suggested discontinuing any further anoreceptive activities, the possibility of one or more conditions being present as a

result of such behavior, or potential criminality. One commenter even suggested anal stretching, and nobody pointed out that anal fisting (mentioned by the OP) is a terrible idea.

https://web.archive.org/web/201706/https://www.reddit.com/r/sex/comments/6fj9j9/anal_wifes_butthole/

The OP wrote "We enjoy some anal fun from time to time. Which is awesome that I found a woman who is into that (its like my only kink). Thing is her asshole doesn't look normal and its kinda a turnoff. There are 3 large skin tags/hemorrhoids/something that basically make up the outside..." Nobody pointed out that those issues quite possibly were caused by their activities, nor did anyone suggest discontinuing such activities. In fact, the top commenter wrote "Just how she is. [...] DO NOT TELL HER"

https://web.archive.org/web/201706/https://www.reddit.com/r/sex/comments/6famab/i_m_am_very_much_into_the_idea_of_pretty/

OP's thread title: "I [M] am very much into the idea of pretty heavy/intense [anal training & stretching], but I'm afraid I'll never meet a woman who likes it in the same way..." Did anyone point out that anal stretching is a bad idea? Of course not.

https://web.archive.org/web/201706/https://www.reddit.com/r/sex/comments/6f83ve/anal_buttsex_shit_for_hours_nausea/

Here's what the OP wrote: "I'm (29F) struggling with the after effects of buttsex with (35M).He's got a lot of cock and we're really rough, and that's cool. Usually sex is less like "sex" and more like I'm just holding on trying to not die. It's fun." The top commenter suggested "try slightly more gentle anal." Nobody suggested refraining from further anoreceptive activities entirely and reporting what should arguably be considered severely criminal behavior. The OP may well be sexually masochistic to a pathologic degree, of course...

https://web.archive.org/web/201706/https://www.reddit.com/r/sex/comments/6e1a9b/skin_tag_prevents_anal_sex_any_advice/

The OP wrote "We both really enjoy anal sex (we both enjoy both giving and receiving FWIW). My wife has huge orgasms from anal. But a few years ago she got a skin tag right on her anus. It makes anal sex impossible because as I push in (on the in stroke) it grabs the tag and pulls it, causing a lot of pain." He then went on to say he misses engaging in anal intercourse with his wife, and asks for advice including whether "we [should] just accept that we can't have anal sex anymore." Nobody pointed out that 1) the anal skin tag probably was a result of their activity, and that 2) yes, they should indeed refrain from engaging in any further anal intercourse.

https://web.archive.org/web/201705/https://www.reddit.com/r/sex/comments/6dxxpmq/embarrassing_questions_about_anal/

The OP wrote "I enjoy anal sex. It's one of my favourite ways to orgasm, especially when it's pretty hard and rough." Did anyone explain that engaging in anal eroticism in a "hard and rough" manner (not to mention spontaneous) is both very risky and a terrible idea? Of course not. This may be another OP with severe sexual masochism disorder.

https://web.archive.org/web/201705/https://www.reddit.com/r/sex/comments/6dxh7l/trouble_with_anal_sex/

The OP wrote "Been with my current partner nearly 8 months now and in that time have managed to had successful anal sex about 8 times. Now my boyfriend is really into it but I am just struggling to get comfortable with it. IT HURTS like 80% of time time, to the point where I ask to stop. I want to be better at it for him, as I know he loves it. I have tried trainer kits of looked up all kinds of advice but nothing seems to be working for me..." Nobody pointed out that anal stretching is a bad idea, mentioned the possibility of one or more preexisting conditions, or advised refraining from engaging in anal intercourse entirely.

https://web.archive.org/web/201706/https://www.reddit.com/r/sex/comments/5vu4mk/ive_f29_been_having_regular_anal_sex_for_nearly/

"I've [f/29] been having regular [anal] sex for nearly 10 years now. I'm starting to worry about what might be the consequences. Can anyone shed any light on this?" Nobody covered anywhere near the amount of traumatic risks I've covered, and also several posts contain blatant falsehoods. And speaking of alittlebirdy1 spreading falsehoods ... "There are no scientific studies that I'm aware of that show issues with anal sex. [...] The anus is designed to open and close on a regular basis. You're not going to damage it with sex unless you're doing sex wrong."

<https://web.archive.org/web/201706/https://www.reddit.com/r/sex/comments/5vod72/>

anal_skin_tag_so_i_have_an_issue_that_embarrasses/

OP says she has an anal skin tag, and is concerned about its appearance. 1) One or more anal skin tags can be indicative of anal stenosis and/or other preexisting conditions. 2) There are other possibilities for what a perianal lump may actually be. 3) Anoreceptive activities can make things worse and instigate development of additional issues, including more lumps (anal skin tag, prolapsed internal hemorrhoid, etc).

Note: The top commenter with the most points is a moderator of /r/sex, alittlebirdy1. I've seen him repeatedly spread health-harmful falsehoods many times over the years: It probably is disinformation (intentional / due to malice, e.g. psychopathy) rather than misinformation (accidental / due to ignorance).

https://web.archive.org/web/201706/https://www.reddit.com/r/sex/comments/5tqtzt/did_i_ruin_my_life_by_having_anal_sex/

OP says she had casual "sex" involving only anal and oral eroticism. It certainly is reasonable for any future partner to find that significantly concerning. Furthermore, the top commenter wrote that "Sex is a positive thing, not negative, and your sexual preferences are a small part of who you are." Erotic activities most certainly can be negative, and also they _and their consequences_ can impact a person's life considerably in very significant ways.

https://web.archive.org/web/201706/https://www.reddit.com/r/sex/comments/4p3qr4/anal_sex_what_are_the_risks_of_unprotected_anal/

1) Nobody pointed out the traumatic risks. 2) Several commenters claimed that they engage in regular anal activities with neither partner experiencing any health issues: That is highly improbable if those activities ever involved one or more of a lubricant that irritates/damages the rectal lining, rapid thrusting, inserting anything significantly girthy, and a prolonged duration. Furthermore, one instance of trauma is sufficient for development of one or more preexisting conditions that could render further anoreceptive activities even more damaging.

https://web.archive.org/web/201706/https://www.reddit.com/r/sex/comments/45dnm4/question_i_f_am_really_scared_of_anal_sex_and/

Top comment: "in general, anal sex by itself causes no permanent changes to the anus." Not only can anal eroticism result in permanent changes to a person's anus (and rectum), some of which may be visible externally, but also such changes probably are quite common nowadays owing to rampant ignorance, misinformation, and disinformation about anorectal topics along with mainstream pornography setting a very bad (arguably blatantly criminal) example that far too many people [wish/try to] copy.

https://web.archive.org/web/201706/https://www.reddit.com/r/sex/comments/3uw0i1/question_my_girlfriend_loves_rough_anal_sex_is_it/

1) No one pointed out that rapid thrusting is _always_ a bad idea at least in the context of anal intercourse and object insertions. 2) The top comment[er] with many upvotes wrote "If there is any pain or sign of bleeding stop." Another commenter with many upvotes wrote "You are only supposed to go slow in the beginning." Significant damage can occur to a receptive person's anorectum with no pain whatsoever. In fact, such damage is _likely_ to occur with rapid thrusting (again in the same context), especially combined with one or more of a girthy penis/object, a prolonged duration, and repetition of the activity over time.