

Medical Play Psychology

Mistress Simone

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www.chicago-mistress.com

Slave Lawrence describes medical play and his mindset on it:

"A medical power exchange progresses well *beyond*, that mere 'exchange of power' when Medical procedures are imposed. The dominant actually divests his/her submissive, through acutely delicate invasions of his/her innermost body parts and cavities, by mechanical means, of his/her abilities to activate, either in a voluntary or involuntary manner, functions he/she has taken for granted all his/her life, thus divesting him/her of all controls over everything ... and Yes, this even takes into account a meaningful degree of thought control! e.g. he/she no longer has the freedom of thought to realize [in an even involuntary sense!] that he/she has to empty his bladder ... or move his/her bowels ... the dominant has assumed regulation of that and has, in the truest sense, achieved regimentation of the organism ... and the realization of this goes much deeper than merely realizing that one is tied and unable to move arms or legs.

Nothing in the realm of mere restraints or corporal measures can achieve this."

This is the best description I have ever received from a slave on how medical play makes one feel. While most medical seminars or discussions cover the clinical and safety aspects, very few have delved into the headspace behind the fetish. At one point in time, some of the activities included in medical play were considered standard social practice. High colonics, or enemas, were considered healthy for both psychical and mental health. Blood letting was the way to release poisons and toxins from the body. This continued into Victorian times in some areas where leeching was still practiced. Electrical stimulation was thought to correct such problems as baldness, hysteria, the vapors, skin ailments and more. It was only with the advent of modern Western medicine that these modes became outdated and entered the realm of the alternative or fetish. Some activities such as colonics are experiencing resurgence with the popularity of alternative healing methods.

Medical fetish covers a wide array of activities. However, the majority of them are all invasive. Some of the activities under this label:

- **Enemas and Anal Toys**
- **Catheters and Urethral Sounds**
- **Speculums**
- **Institutional Strength restraints, including straight jackets**
- **Dental instruments, especially Whitehead mouth gags**
- **Electro stimulators including TENS units and violet wands**
- **Plaster casting, medical tape, gauze bandages, compression and other body cast devices**
- **Medical uniforms, from nurses to lab technicians**
- **Blood ritual including needles, sutures and scalpels**
- **Cuttings, scarification**

Most of us in modern society have had cause to visit the doctor on occasion. This is one of the few times we are all the same: naked and open before a virtual stranger who has access to our most intimate parts. We submit to the doctor's administrations willing in the name of good health. All that poking, probing and tweaking! Who can not feel raw to the world at this time? We have all answered the embarrassing questions about our bodily functions, daily practices and movements.

If we just think back to our own doctor visits we can get a glimpse of what might intrigue a medical fetishist. The utter lose of control over your inner most parts. Turning it over to this being with superior knowledge in an attempt to learn what may be wrong with us or to make sure all is in proper working order. And just think about the humiliating positions we assume in the name of the exam! Exposing our "secret areas" to a virtual stranger. What a rush for the medical fetishist! This vulnerability can be heightened if the medical professional is of the opposite sex.

For some people, the outfits are it! The white clinical overcoat of a sexy nurse triggers their fantasies of visits to the doctor's office as a child. Didn't we all want to know what she really had on underneath that plain white coat? The clinical scrubs and mask rendering the person administering to us anonymous. The gown we are given to put on only serves to enhance the feeling of vulnerability. Think of its easy access, airy open back panel which has caused many of us moments of embarrassment.

Some get their rush from the instruments themselves. It is the cold steel touching their flesh that sends shudders up their spine. The snap of the latex glove as the dominant puts it on. The smooth coldness of the glove and steel as it opens up their inner most parts. This is one take on why medical fetish is such a strong head trip.

Others enjoy the activities themselves for their violation of their inner cavities. Being opened up vaginally or anally and manipulated by your dominant can be the ultimate in submission. Having your bodily functions taken out of your control and placed in their hands can give the sub the ultimate in power exchange rush. What further control could they have over you then controlling you bowel movements, your moods, your intake of nourishment, and your bodily functions?

On this same slant are those who enjoy it for the opposite effect: the ultimate in restriction. Being placed in a full body cast with no mobility is the fantasy of many who enjoy immobility. Again, the loss of total control over one's own body is a key factor.

Medical play can be as light as taking the submissive's temperature to as heavy as a blood letting similar to Victorian leeching. Heavier medical scenes should not be undertaken by the squeamish. If you do enema play, be prepared for the smell and possible mess. If you do catheters, be aware that urine does come out the end and if not clamped off, it will spill. Dental gags cause drool. While all the clinical toys and the setting may be pretty and shining, many of the activities can turn messy.

Whatever type of medical scene you enjoy, it is best to be knowledgeable in the anatomy of what area you are manipulating. If you are doing sounds, you should know what the inner diagram of the penis looks like. For anal play, study the effects of enemas on a person's body chemistry. If not handled properly, you could have a person drop into shock from low blood sugar. I can not stress strongly enough, the importance of knowledge in this area. Even more so than our non-invasive play, medical play can do permanent damage to our submissive. If I can convey one thing about invasive play, it is to make sure you are dealing with as sterile a field as possible. Now this is almost impossible to guarantee in our society, but you can take certain precautions to enhance it and lessen risk of infection.

My Top Suggestions:

- Change gloves often to prevent cross contamination. If you are doing sounds and enemas in one scene, do not go from the enema to the sounds with the same gloves.
- Use as much sterile product as you can. This means more disposable, single use items but it will greatly lower chance of infection. Get single packs of alcohol swabs and cleaner.
- Use a sterile medical grade lubricant especially with sounds and catheters. It will ease entry better than any sexual lubricant and add a modicum of sterility.
- Never ever pull out a catheter and reinsert it. It has already been opened and has lost its sterility. Once it has entered the body, keep it there. Or toss it and use a new one.

- Don't force ANYTHING!!! This includes increased enema volume, sounds, needles, etc. If it does not go smoothly into the body, it should not go. This does not mean normal friction as in the case of anal play. I am referring to obstructions in the body. There may be a tumor, clot, cyst the person is unaware. There may be unknown scar tissue. There are many reasons but you will only aggravate the obstruction's condition by pushing on it.
- Be prepared for mess. Have towels handy. I use medical grade single wipes which I can easily reach for small spills. Also, don't make a big deal of the mess. While many submissives enjoy the humiliation of medical play, they can be mortified if they have an accident. Try to be comforting and understanding that these things happen occasionally.
- Check on the proper disposal laws for the type of waste you will have with the scene you are doing. Needles, sutures, bloody bandages, pretty much anything with bodily fluid on it must be disposed of as biohazard waste. Ask at your local hospital if they will accept it. Most are required to do so by law.

Remember, learn as much as possible via all avenues with medical play. The more knowledge you have in the area, the more secure you will be as the dominant partner when it comes time to invade the body of your submissive.

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