



AFTERCARE AND AFTER SCENE CONVERSATIONS

Definition - What does *Aftercare* mean?

In BDSM, aftercare is the period of time after a scene in which partners attend to one another's physical, emotional, and psychological needs. Typically, the dominant partner in the scene will be the one caring for the submissive partner or partners. BDSM scenes are often very intense, and can often be emotionally and psychologically draining. Physical injuries are also not uncommon during these scenes. (Kinkly.com, n.d.)



Communication

Whether new or long time play partners communicating the aftercare part of your scene is important to cover before your scene. Long term partners may only need to check in that nothing has changed or that one of you would like to do something a little different this time. New partners it is a necessity to cover this part of your scene. Keep in mind neither side can read minds.

What do you need?

Items you might want or need for aftercare

- ❖ Lotion
- ❖ Juice or Gatorade
- ❖ Water
- ❖ Chocolate/candy
- ❖ Blanket or stuffie
- ❖ Pain killers
- ❖ Books or movies or games



Things you can do for your bottom or yourself

- ❖ Back or foot rubs
- ❖ Hugging or cuddling
- ❖ Praise & reassurance
- ❖ Dressing any cuts or bruises
- ❖ A phone call or two over the next couple days
- ❖ Writing in a journal or blog

Don't Forget Tops need the aftercare time too.

They might seem strong but they have drop also. Shoulder, back and foot rubs are almost always welcome. Making sure they get enough water and the cuddling they want and need. Sometimes sex is a way to enjoy aftercare for both partners.

FYI there is no absolute one way to do aftercare. Discuss and come up with what works for you and your partner.

After Scene Conversations

By [AJ Renard](#)

Even with good aftercare it can still take someone time to re-acclimate to their baseline, so I like to encourage people to continue to check in over a few days. That is also where you can start having discussions about how the scene went. The last thing you want to do is interrupt someone coming down to ask them to try to rationally discuss what worked and didn't work about a scene, so it's better to do it when all people are clear headed.



Personally, I think it's important to cover a few main areas for scenes that went well:

- ❖ How people (both sides of the slash) are doing emotionally
- ❖ Is there anything they need next time to recover more effectively, what did they feel like helped during aftercare?
- ❖ What they liked about the scene; what specific things made them feel what (especially if they discussed what they wanted from the scene during negotiations— did the scene achieve that?)
- ❖ Was there anything they didn't like (in a good or bad way, depending on whether they were supposed to enjoy what was happening)
- ❖ Was the negotiation adequate, was there anything to be learned from the process
- ❖ Were there any gaps in communication that can be addressed and fixed moving forward (this can be anything from "I assess how you're doing based on your noises and the club was too loud to hear, can we figure out hand signals so I know how you're doing during a scene" to "we need to discuss more in depth what implements we're going to use, because I wasn't expecting X, even though we discussed an OTK spanking with implements.")

It's also really important to make sure to discuss prior to the scene expectations for checking in after the scene.

Then there is follow up for scenes that went sideways, which can be a whole other thing. I like using the phrase "went sideways" because it tends to put people less on the defensive than "went wrong" or other things.

Sometimes things just go wrong— there can be consent accidents that aren't consent violations, I think it's really important to discuss the difference between the two and how they can kind of be assessed after the fact.

(AJ Renard, n.d.) <https://www.etsy.com/shop/FoxyFeistyRedhead>

