Foaming after sex [1]

Hey Alice,

Today my partner and I were having sex and he "released" himself inside me. After sex, he began using a dildo on me until I was satisfied. Well, after going in and out of me real hard and fast, a foam-like substance began to appear. The foam was exactly like hair mousse. I am not on any type of birth control (he has a vasectomy), and I was recently tested for STDs a couple of months ago and everything was fine. Could you please tell me what this may have been from!

Thanks,

Freaked Out!

Answer

Dear Freaked Out!,

Understandably this "foaming at the mouth" phenomenon has your nerves on edge. But, if you were recently tested for sexually transmitted infections (STIs) and received a clean bill-of-health, most likely the foam-like substance is just a result of the combination of two art forms: The Joy of Sex and The Joy of Cooking. The main ingredient here would be semen (men who've had vasectomies produce semen without sperm. For more information about vasectomies, you can check out Male contraceptives? [2] and Reversible vasectomy [3] in the Go Ask Alice! Sexual & Reproductive Health [4] archives). Semen is loaded with protein, a pinch of sugar, and a dash of salt. The dildo and your boyfriend's enthusiastic "mixing" inside of you acted just like a kitchen whisk.

It might be helpful to consider the following questions: Have you noticed any changes health wise in you or your boyfriend? Anything different about his semen or your vaginal fluids? Different smells, color, consistency, and/or taste? When was the last time he was tested for STIs? If it was a while ago, it might be a good idea for him to make an appointment with a health care provider to make sure there are no underlying medical causes for this issue. You and your boyfriend might want to visit your own health care provider, or make use of a clinic like Planned Parenthood [5] to discuss the foaming and any other sexual health-related questions weighing on your mind.

Maybe you were expecting your boyfriend's semen to exit in drips or drops rather than a cloud of mousse. If you are still concerned, speak with a health care provider to make sure that what
the two of you whipped up is nothing more than a juicy sex-smoothie.

Alice!
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