



SALINE INFLATION

a guide for beginners

FOR ADULTS ONLY, 18+

this guide is a
work in progress!



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WARNING!

I AM **NOT A DOCTOR**. I TAKE NO RESPONSIBILITY FOR ANYTHING YOU DO WITH THIS INFORMATION, OR ANYTHING YOU DO TO YOURSELF. PLEASE ENLIGHTEN YOURSELF WITH ALL AVAILABLE INFORMATION, STARTING WITH THIS GUIDE.

SIGNIFICANT RISK EXISTS THROUGHOUT THIS PRACTICE, ESPECIALLY WHEN DONE WITHOUT ACCURATE KNOWLEDGE OF THE SUBJECT. PEOPLE DO END UP IN THE EMERGENCY ROOM WHEN THEY ARE NOT CAREFUL.

PROCEED AT YOUR OWN RISK. ENJOY.

ABOUT THIS GUIDE

This guide has been written from the perspective of a United States buyer. For information regarding purchases outside the United States, Please see the HELPFUL LINKS section at the end of this guide.

This guide has been written from the perspective of a bisexual man and is for available for anyone. Saline is not a “gay” or “straight” thing, but it definitely won’t be for everyone.

This guide is free. If you paid for it, you got ripped off.

This guide is a mere starting point for people interested in trying saline inflation. It is based off of my **10+ years experience** with the fetish, and is in no means the only way to go about the process.



INTRODUCTION TO SALINE-PLAY

Hello. This is a guide I wrote to help people find their way with saline inflation, a growing interest of many people which involves injecting a sterile saline solution into different parts of the human body for fun and usually sexual pleasure. Saline inflation is still a new thing for the world, and many people are confused, scared, or

SHOCKED BY WHAT THEY SEE

...Giant, inflated genitals. Don't feel bad if this isn't for you! This is a fetish! Fetishes aren't supposed to be fully understood or accepted pretty much by definition- and most

people, especially heterosexuals, often don't fantasize further than things like bondage or leather and the like. And that's fine, everyone is different; honestly when I try to explain why saline-play turns me on, half the time I'm not very sure. But boiling it down I believe many saline practitioners share the same general feelings. They enjoy the eye-candy of enlarged genitals or other body parts, and the heavy weight associated with the enlargement.

But like I mentioned, everyone is different. Some people like feeling like an animal such as a cow or bull. Some people consider it a humiliation and get off from that. Others may have a Master or Mistress perform an inflation on them as a loss of control. I have seen individuals transitioning from Female-to-Male who inflate to create the sensation of testicles by inflating their labia (also done



for fun). I have seen individuals transitioning from Male-to-Female who inflate their breasts for a more feminine figure (also done for fun). Myself, I love the idea of taking part in something unnatural, feeling like an animal, and kind of swimming in taboo. Mostly, I just love watching my junk grow bigger and bigger and then having a sexual partner there to play afterwards.

Let the your freak-flags fly!

FREQUENTLY ASKED QUESTIONS / FAQs

Is this permanent?

The saline does not stay in you forever, no. The more saline used, the longer the effects will last, and your body will absorb the fluid completely within a few days to a week, depending. However... The more you do this the more your skin will change itself to accept the large amounts of fluid you are giving it. If you fill up all the space in your scrotum every time you fill, and you do it over and over, things will change, such as looser, wrinkled skin or lower hanging testicles *[see Fig. A]* or labia. For some people this is actually a goal.

Does it hurt?

Not really, unless you want it to. Needles are involved so it's no more pain than getting a simple flu shot from the doctor. Sometimes there is a dull ache during the inflation process which fades afterwards.

Is this safe?

While saline inflation does not come without risk, if users follow this guide, keep themselves and their tools clean and sterile, stay clear of drugs & alcohol before/during/after use, and use common sense, then yes its relatively safe.

Do I need a doctor's permission or prescription to take part in this?

Generally, no. Anyone in the USA and Germany can buy supplies without any hesitation (See HELPFUL LINKS section). Other countries may have to search around a little or buy from a different nation.

I have _____ medical condition, can I partake in this?

No. Ask your doctor first.

I've heard of Dextrose or Glucose, does this work the same as Saline?

Absolutely NOT! Please see the Dextrose + Glucose section.

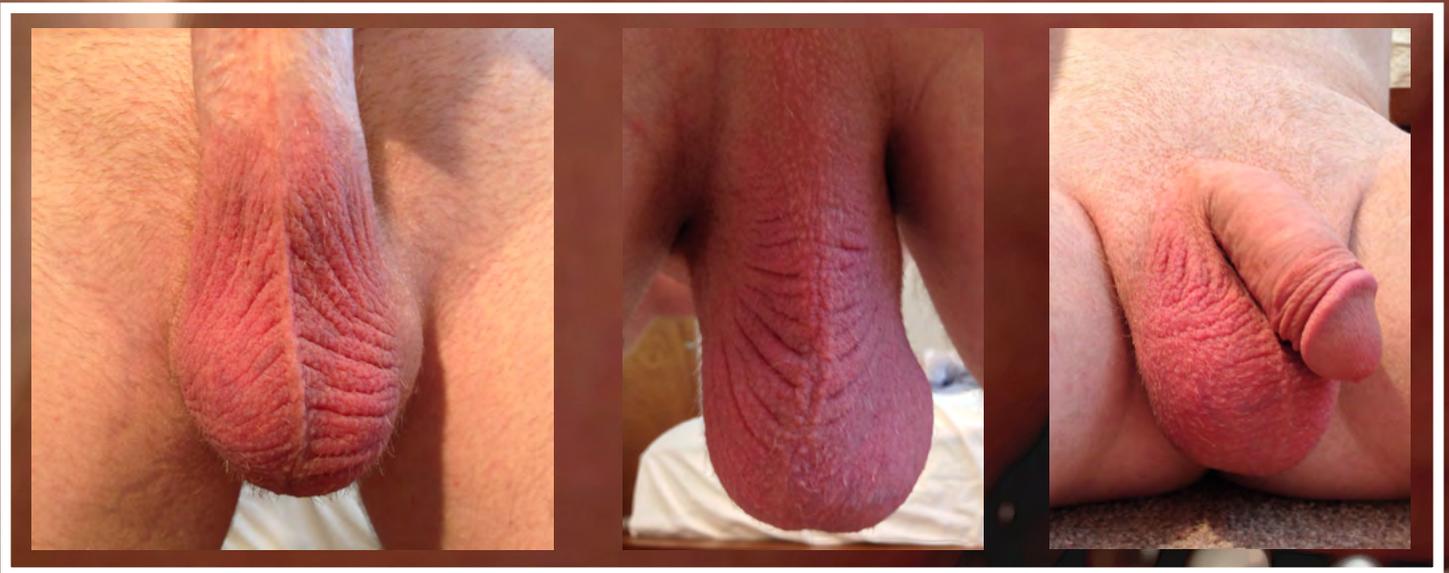


Fig. A

Can I have sex with my penis and scrotum so big?

It can be very difficult for some people, however vaginal intercourse is the easiest. It all will depend on the people having sex and how big their parts are.

Crap! I forgot I need to _____.

When can i go back out in public like normal and not be noticed?

You should always give yourself at least a 3 day lead time to come down from the inflation. A generalized figure would state that for every 1 liter (1000mL) of saline infused you should have 24-42 hours to get back to normal.

WHERE TO FIND SUPPLIES

(ON THE WEB)

So, you decided to take the plunge, but you have no idea what you should buy and a lot of the product descriptions have details you don't understand. Well here it is, laid out for you. Not everything needs to be purchased online, so lets start with what does. Within the USA, I prefer to use Atlantic Med Supply so that's what I've linked going forward.



0.9% SODIUM CHLORIDE / SALINE

> LINK <

Do not confuse other percentages, only use 0.9% as this is closest to your body's natural pH.



IV ADMINISTRATION SETS

> LINK <

This is the line that delivers saline from the bag down to the needle. If you are new at this, buy 1 per bag of saline, and use 1 per bag of saline. In most hospitals, nurses are instructed to change IV lines every 72 hours, so if you plan on infusing 4 liters in a day, you can probably reuse the IV line so long as you keep it sterile. More on this later.)

There is a lot of information if you were to pick one for yourself, but really it is quite a simple selection. There are 2 things to consider for your IV line: How fast does it drip

and how long is the line? In general, most of the admin sets are long enough to “work.” This being said, you should have one that is long enough to hang on the wall about 4 to 6 feet high off the ground (I usually just put a nail in the wall or take a picture off and use that nail) so that you can sit comfortably underneath it. The reality is that the injection site just needs to be a few feet below the saline bag so that gravity can do its thing.

As far as how fast it drips, go for the lowest number of drops per mL. 10 is best; you can always clamp the line to slow it down. I have linked the 10 drops/mL 70 inch Admin Set, my preference. If you want a longer set so you can move around more, there is a 100 inch version. As for the notes in the product descriptions about “injection sites,” don’t worry about whether your line has or doesn’t have those, that’s for adding medicine and such.



BUTTERFLY NEEDLES OR CATHETERS

[> LINK <](#) **OR** [> LINK <](#)

Whats the difference? There are pros and cons to both. A “Winged Infusion Set or ‘butterfly needle’ will stay in your groin the entire filling process. That sounds scary but once there is a little fluid in there you are not going to hurt yourself by leaving it unattended. A catheter is what someone experiences when they get an IV in their hand at the hospital. You pierce the skin with the needle and plastic catheter around it, and after entry only the needle comes out, leaving the catheter as the junction where fluid enters your body.

WHERE TO FIND SUPPLIES, CONTINUED

Catheters will leave your mind at more ease and are more comfy initially, but they tend to bruise and for me they bend and get frustrating kinks in them so the flow of fluid stops or gets interrupted. Butterfly needles wont bend nor bruise as easily. I prefer needles 9 out of 10 times, and you although you pay more for a whole box, will make use of it in the end, making it cheaper overall. The process is also cleaner for the inexperienced since you will have to handle them much less.

There are different sizes, or 'gauges,' for both needles and catheters. Acceptable sizes for saline play range from about 18-22, 18 being a bigger needle, 22 being smaller (and I mean the diameter of the needle, not the length). In other words, 18 will leave a bigger puncture wound in your scrotum than 22, however, too small and you may find yourself having a hard time injecting the

saline. Too big and you will never be able to seal the wound when you are done. I like 21 gauge needles and 20 gauge catheters. It will fill slower, but will be OK to seal. I hate a injection site that doesn't seal more than anything.

(AT A STORE)

The rest of the items I list here do not need to be bought online- they can be found anywhere like Target or Walmart. Amazon.com works too.



LATEX GLOVES

...from the pharmacy department. They do not need to be sterile but they may be.



SUPER GLUE -GEL-

They keyword here is “gel.” The liquid glue is a mess and doesn’t work as well. I love this precision applicator shown above.



ANTIBACTERIAL SOAP

Anything that will kill germs, however fragrance-free is better so it will not irritate sensitive skin.



NEXCARE WATERPROOF BANDAGES

GET. THIS. EXACT. BRAND. Grab a box that has small ‘spot’ band-aids if you can like the one shown. The #1 complaint people have is getting their injection site to stay sealed after play. In addition, the biggest danger is an infection due to poor cleanliness. More on this later...



ALCOHOL SWABS

You will use a ton of these to clean.

OTHER MISC ITEMS YOU WILL WANT

TWO (2) 'JUST WASHED' BATH TOWELS

One to sit on, one to keep handy. Eventually you will need it to dab off drips of water as you finish up, and you definitely want them to be clean to avoid bacteria.



SOMETHING TO TIE OFF YOUR GROIN

By "tying-off" your groin you can help prevent migration of the saline into your lower abdomen, and essentially keep all the size where you want it. I found that the cheap exercise resistance cables from Target (above) or similar work very well, just cut the handles off. It is smooth, comfortable plastic.

LOTS OF DRINKING WATER

(FOR GLUCOSE / DEXTROSE USERS)

You are adding a lot of sugar to your system when you play using Glucose / Dextrose, so stay hydrated and pee a lot.

DISINFECTING SPRAY (OPTIONAL)

If you are paranoid about keeping clean or getting an infection at the injection site.

MEDICAL TAPE (OPTIONAL)

In case you want to keep your butterfly needles or lines taped down and out of the way.

A SMALL SPACE HEATER (OPTIONAL)

To keep you warm, and also very beneficial when trying to get glue to seal quickly. Recommended.

SHEA BUTTER MOISTURIZER (OPTIONAL)

I like Jergens brand. Shea butter helps promote stretching during your inflation. Highly recommended.

COCOA BUTTER MOISTURIZER WITH VITAMIN E (OPTIONAL)

I use Palmer's brand cocoa butter to help mid inflation and post inflation with healing. Highly recommended.

SETTING UP YOUR SPACE

Find a clean spot where you will be comfortable sitting for a long period of time. Set up one of your towels on the floor or on the edge of a chair. As you infuse, your scrotum will hang over the edge.

Gather all of your supplies: the saline you plan on infusing, alcohol swabs, extra towels and rags, super glue gel, band aids, and so on. Put them on their own towel, or clean and disinfect the place you put them.

Then go put your first bag of saline in the microwave for just a minute or two to warm it up, if you like. Leave it in its heavy plastic packaging while you heat it.

Now, go wash your hands with antibacterial soap, really well.

Unpack your first bag of saline and hang it on a wall with a nail or screw near your stuff. Hang it just a little higher than your head. Unpack the IV Admin Kit (the IV line). The

sharp spike of the Admin Kit is the top, and that plugs into a flexible plastic opening in the bottom of the saline bag (it usually has a blue or gray stopper in it, and no, it won't spill if you pull it out). *It's important to make sure the clamp on the IV line is fully closed before you plug it into the saline bag, or the fluid will immediately start to drain.* Leave the stopper on the other end of the IV line for now to keep it clean. The needle will attach here in a bit.



IV SPIKE ENTRY

(SPIKE REPLACES **BLUE STOPPER**)



HEAD HEIGHT —

CLAMP —

NEEDLE ATTACHMENT —

(LEAVE THE CAP ON FOR NOW)

GETTING STARTED

From this point on cleanliness is very important. A warm shower will not only be a good time to wash your genitals and hands with antibacterial soap, but it will also loosen up your scrotal skin.

Have a seat next to all of your supplies and within reach of your saline and IV line. Then take a moment to examine your scrotum. Find a spot just below where the base of your penis meets your scrotum. You want an area that has is not crowded with veins. Usually, an injection spot on the top-center of your scrotum (along the 'seam' of your scrotum) will work the best.

Once you find the best spot, remember it, and unpack one of your needles. Moving on, the guide is geared towards butterfly needles (my recommendation), but the process is almost the same for a catheter needle.

Put on your gloves. Take one of the alcohol swabs to sterilize the fingers and palms of the gloves if they are non-sterile. With a new swab, generously but gently wipe down the area immediately around that spot you found on your scrotum.

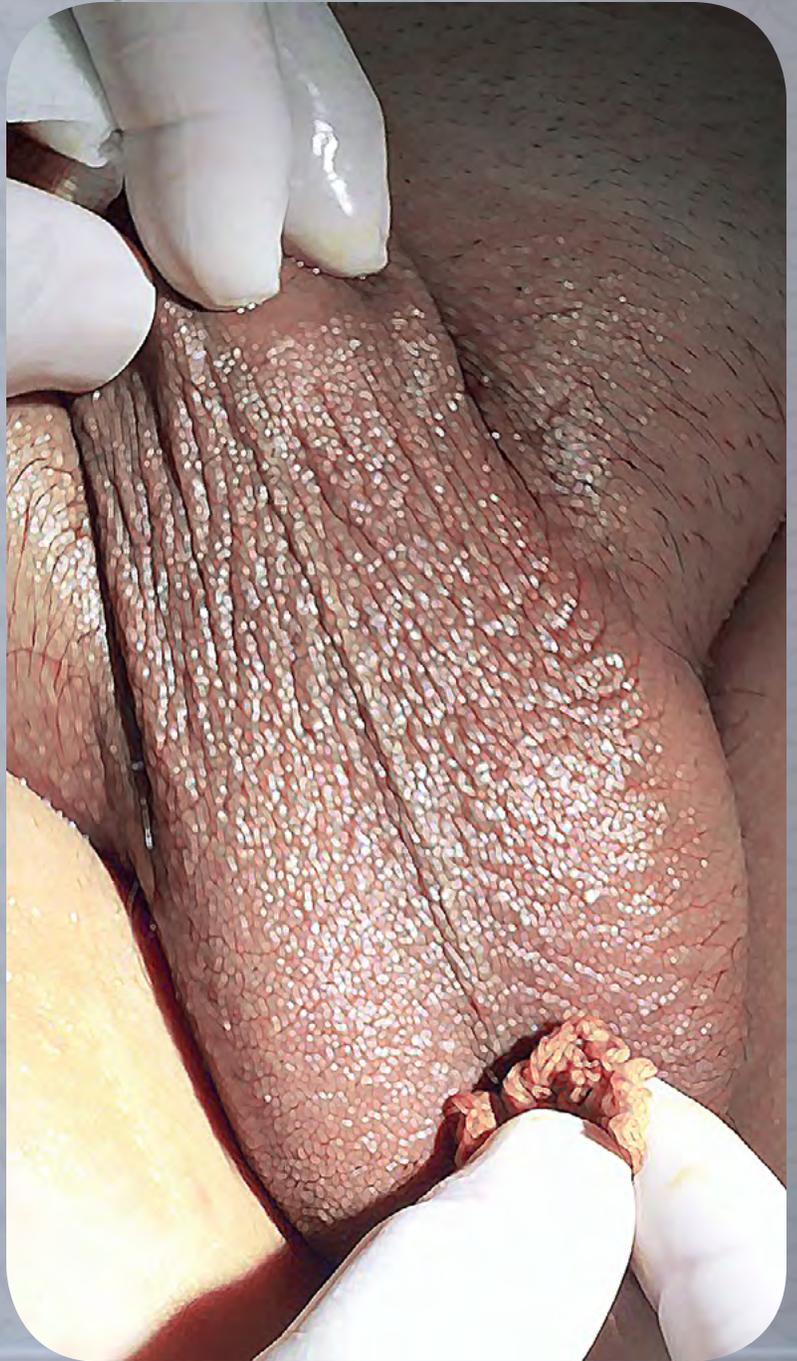
Then, attach a needle to the capped end of your IV line (it should still be clamped), they just screw onto each other. Do not touch or let anything touch the needle, ever. If it does, get a new one. Once it is attached, release the clamp enough that all the air in the IV line comes out, then clamp it again (If using a catheter, just clear the air out, you don't need to attach it yet).

Now take your attached butterfly needle (or unattached catheter needle) in your good hand. While pulling downward on your scrotum skin to make it taut with your free hand, quickly but steadily insert the



needle. Keep the needle at an almost perpendicular angle to your scrotum, and once you feel the initial piercing of your skin (you will feel it push through), you can adjust your grip so that your testicles can be moved out of the way of the needle as it slides the rest of the way in between them. If you see blood start to fill the IV line, you might have hit a vein. If that happens. Remove the needle, disinfect it, and put pressure down for 5 minutes before trying again.

And that's it for the hard part! If you used a catheter instead of a butterfly needle, you can go ahead and pull out the needle from the catheter and attach the IV line. Otherwise, the needle stays inside you (Don't worry, it won't hurt you so long as you don't move around like crazy).



Alcohol swab and pull skin taut before inserting needle.

Finally, the fun part! Release the clamp on your IV line and allow the saline to start filling up your ballsack!



AVOID VEINS

NEEDLE ENTRY ALONG 'SEAM'
(NEAR BASE OF THE PENIS SHAFT)

MOVE TESTES OUT OF WAY
(INSERT NEEDLE BETWEEN TESTICLES)



INSERT NEEDLE COMPLETELY

GETTING STARTED, CONTINUED

There! Hard part is over. At this point you can put on some TV or music and just relax, as it will take some time to fill you up, at least 30 minutes with a good flow.

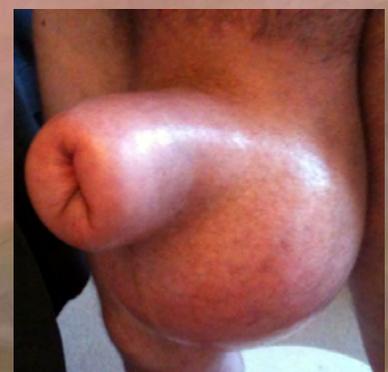
As you sit here you may notice a dull stinging. That's OK, its just the salt in the saline. There should never be more than a little dull pain. Depending on how much you infuse, your scrotum will inflate, get tight and shiny, and feel very heavy. Many novice "saliners" may find that their ballsack beginning to sweat and drip liquid once it starts filling up. To help avoid this, be sure to lotion up with Shea Butter and Cocoa Butter with vitamin E. The combo of these two lotions will keep your skin from getting agitated, promote healing, and help stretch. Be sure to keep fingers and lotion away from your injection site- that should stay clean all the time. I like to periodically disinfect the area...

You can also use a tie-off of some kind (10-speed cock straps work very well, but one can find almost anything to comfortably tie off) to help keep the saline from migrating out of your ballsack and into your abdomen. As you sleep and move around later, the liquid will not only try to move into your abs but also will fill up your entire penis shaft as well. Men with foreskin will have a pretty noticeable swell.

If you use more than one bag of saline, then be sure to clamp down the IV line before the fluid stops dripping into your line, or you'll need to re-clear the air and puncture yourself again with a new needle.



circumcised



un-circumcised



FINISHING UP

Wow. You are huge! Time to take out your needles and clean up! This part can take some practice to get down.

First, if you are using a space heater, bring it close. Same with your glue, band-aid, and clean towel. Now put new gloves on and re sanitize your fingers and palms.

I recommend tying off very tight now, just for a moment. Then with a clean finger ready, pull out the needle and put your finger on top of the wound. Apply FIRM pressure for 3 - 5 minutes with no peaking. Once you put pressure on, remove your tie-off. What this does is relieve a bunch of pressure temporarily while you get your wound to seal off.

Have your Super Glue Gel ready to go. As soon as you remove your finger, apply a -dab- of glue. The process I follow is to put a tiny dot, then sit in front of my space heater

until that dot dries. Once the dot is dry, I put another very thin layer on top of that and around it. I do this as an extra layer of protection against moisture coming into the wound.

Let everything completely dry and harden, then apply one of your spot band-aids on top of the glue. Done.

If you follow my method of 21 gauge butterfly needles + super glue gel + space heater + Nexcare Waterproof bandages, you should have no problem keeping your wound closed. Once you have the band-aid on, DO NOT MESS WITH IT. Let it slowly fall off on its own, along with the glue in a few days.

Be sure to check out the IMPORTANT NOTES section at the end of this guide to ensure yourself the safest experience while you enjoy your new bulge!



HELPFUL PICTURES COMING SOON

(THE NEXT TIME I INFLATE)

PROGRESSION GALLERY

A typical progression of
addition of 1 liter of 5%
slides. Dextrose will always

15 min. saline drip



30 min. saline drip



60 min. saline drip



1 liter saline complete +
15 minute drip of 5% Dextrose



uring inflation. The first four slides show 1 liter of 0.9% saline being injected, while the last two slides show an
% Dextrose (Glucose). Notice the color change and huge size difference between the saline and the Dextrose
rays swell bigger than the volume injected. More on this in a bit...



IMPORTANT NOTES

DO!



**WASH YOUR HANDS ALOT.
USE FRESH NEEDLES EACH INJECTION.
SHOWER BEFORE HAND AND WASH.
LOTION AROUND YOUR SCROTUM.
ENJOY CLEAN PLAY WITH A FRIEND.
REPLACE BANDAGES IF THEY FALL OFF.
DRINK LOTS OF WATER.
ASK YOUR DR. ABOUT MEDICAL ISSUES.
ENJOY YOURSELF.**

DON'T!



TOUCH THE INJECTION SITE.

REUSE NEEDLES.

TAKE BATHS OR SWIM AFTER.

LOTION THE WOUND SITE OR BANDAGES.

GET LUBE OR FLUIDS ON YOUR WOUNDS.

PULL OFF YOUR BANDAGES OR GLUE.

DRINK ALCOHOL OR DO DRUGS.

TAKE RISKS.

PUSH IT.

COMING SOON

DEXTROSE / GL

in prog

UCOSE SECTION

gress...

ENJOY

questions or comments about this guide may be emailed to msmsaline@gmail.com