

## Don't Use More Than One Condom

"If one is good ... two is great!" There are a number of people who use condoms with regularity who actually "double up." These individuals concluded or have heard through the proverbial grapevine that using two condoms is the best course to take if you really want to prevent pregnancy and the spread of diseases or infections. While on the surface this seems to make sense, the reality is that doubling up on condoms is not a good practice.

The theory behind using two condoms at the same time is simple and seemingly logic. If one condom breaks or fails, there is another condom in place to provide the necessary protection. Again, seemingly logical. But, not the truth ...

The reality is that when you use more than one condom at a time your are increasing the possibility of condom failure. The fact is that when you use two condoms, these two condoms end up rubbing against each other and generating a great deal of friction. This action works to wear down the condoms themselves making it far, far more likely that they will tear or break. In short, using two condoms not only doesn't decrease the chances that a condom failure will occur but it increases the odds for such a problem. Using more than one condom enhances the chances that a sexually transmittable infection or disease will be ... transmitted.

Your best line of defense against the spread of STIs or STDs is the use of a latex condom manufactured by a reliable and reputable company ... and only one at a time.

There are steps that you can and must take in order to prevent condom failure and to increase the chances that your condom will work effectively. But, doubling up is not one of the steps.

First, you need to double check to make sure that the condom you are using is in good condition. Check it out to make sure that there are no obvious defects with the condom. (And, make sure the wrapper is not damaged as well. A damaged wrapper oftentimes is a clear indication that the condom itself will not be in good condition either.)

Second, make sure the condom has not reached its expiration date.

Third, make sure that you know how to correctly put on a condom. If you have any questions, follow the easy to use directions that accompany any condom package.

Fourth, make certain that you are consistent in your use of condoms. In short, you need to use a condom every time and all the time that you are engaging in sexual activity.

As an aside, there are some people like use more than one condom at a time because they maintain the friction that is generated through this practice enhances the overall sexual experience. The reality is that you must not place the feel of sex over the safety of sex.

If you want a condom that will enhance your sexual experience, there are products on the market that specifically are designed for this purpose. Use such a condom and, again, don't double up.

For more information visit: [Don't Use More Than One Condom](#)

## About the Author

CondomMan.com is a leading online retailer of condoms, selling name brand condoms and [lube](#), Durex condoms, Trojan, Lifestyles and Crown condoms for the best prices online. Buy the Best [Condoms](#) Online with Condom Man. Learn how to put on a condom, how to choose the right condom for you, and more.

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