

Aftercare ideas

Everyone's aftercare needs are different. Some folks like to cuddle and be taken care of and connect with their partner while others need to isolate and have alone time. Some folks need a lot of aftercare, some only need a little. Some want it immediately, some don't need it until the next day, and some need it both immediately and again the next day. Your personal aftercare routine may look different when you've been triggered or had to safeword compared to your "normal" aftercare routine.

Aftercare can be anything. It can be the same things you think of as self-care. It can be what you think of as mental health self care or hygiene. Or it can be something you consider pampering or a treat. As long as you feel good and safe and supported mentally, emotionally, and physically after your session that's all that matters!

I've compiled a list of aftercare suggestions from multiple sources to help you figure out the best aftercare routine for you and your partner(s)!

Before You Start:

- *If you need aftercare, ask for it!*
- *If Dom and sub are both experiencing drop, focus on things you can do together!*
- *Some Doms focus on Sub aftercare first and then their own aftercare second*
- *Don't drive immediately after a scene*

Table of Contents:

1. Tend to Your Body
2. Eat and/or Drink Something
3. Get Cleaned Up
4. Communicate
5. Connect With Your Partner
6. Get Grounded
7. Get Comfortable
8. Isolation

9. Rest
10. Pampering
11. Process Your Emotions
12. Movement
13. Relaxing Activities
14. Connect With Your Community
15. Misc
16. Self Aftercare Ideas
17. Dom Aftercare Ideas
18. Create a Drop Kit
19. Additional Resources

Aftercare ideas:

1. Tend to your body

- First Aide
- Bandages if needed
- Apply soothing gel to redness and bruises
 - Arnica gel
- Rub sore bottom
- Ice packs on sore muscles, inflammation, and bruises
- Pain relief balm on sore muscles
- Massage sore muscles
- Take an anti-inflammatory
- Get up and stretch
- Walk with or carry sub to the bathroom to pee

2. Eat and/or Drink Something

- Drink water
- Drink something with electrolytes
- Eat a snack
- Eat something sweet
- Eat something light and healthy
- Fresh fruit (can help replenish sugars lost during play)
- A salty snack (boosts potassium which may drop due to dehydration)
- Order takeout
- Drink herbal tea

- Drink hot chocolate
- Drink a post-workout
- Drink a smoothie

3. Get Cleaned Up

- Dom wipe your sub down with a warm cloth
- Shower together
- Shower alone
- Bathe together
- Bathe Alone
- Quick ice cold shower (this helps calm intense emotions)
- Bubble bath
- Bath salts
- Bath bombs
- Bath teas
- Oatmeal bath
- Change into clean clothes

4. Communicate

- Check in with each other about your emotional states
- Check in with each other about your physical states
- Discuss each other's aftercare needs
- Verbal affirmations
- Praise
- Reassurance for both Dom and sub
- Reassurance of consent
- Validation
- Appreciation
- Say thank you
- Debrief about the session
 - ***Some people like to debrief immediately and others like to wait until much later. If you do choose to debrief, you may want to save any criticism for when your partner is in a less vulnerable state.*
- Flirting
- Teasing
- Hear what you're Dom liked about the session

- Hear what your sub liked about the session
- Chat about regular, everyday things to return to normalcy
- Reaffirm boundaries and consent
- Alleviate any lingering concerns or doubt
- Tell them you love them/care for them

5. **Connect With Your Partner**

- Have Dom/sub near
- Cuddle
- Kiss
- Giggles and Laughter
- Look into your partner's eyes
- Hold hands
- Forehead kisses
- Bask in the afterglow
- Leg touches
- Pinky touches
- Physical touch
- Petting
- Nuzzling
- Skin to skin contact
- Smell each other
- Play with their hair
- Gentle sensual sex
- Stay inside each other for a while after sex

6. **Get Grounded**

- Guided meditation
- Quick ice cold shower (this helps calm intense emotions)
- Play ten minutes of Tetris (someone on the internet said this has been proven to help keep disturbing images from settling into your long term memory)
- Do some box breathing or any kind of deep breathing technique that works for you
- Meditate with an ice pack over your eyes
- Practice mindfulness

7. Get Comfortable

- Change into clean clothes
- Wear soft/comfortable pajamas
- Wear warm sock
- Wrap up in warm blankets
- Soft blanket
- Electric blanket
- Weighted blanket
- Favorite blanket
- Wrap up in a blanket like a burrito
- Listen to soothing music
- Take collar off
- Keep collar on
- Ambient lighting
- Turn all the lights off
- Burrow under the blankets and hide
- Cuddle your pets/furbabies
- Wear a cozy robe
- Wear a cozy onesie
- Wear cozy pjs
- Light scented candles
- Light incense
- Set up a fan to blow on you

8. Isolation

***Some folks need time to decompress on their own after a session*

- Alone time
- Quiet time
- No physical touch (some folks don't want to be touched at all after a session)
- Meditate

9. Rest

- Nap
- Sleep naked
- Meditate
- Bask in the afterglow

- Wear an eye mask to sleep

10. Pampering

- Get a pedicure from your Dom
- Give your Dom a pedicure
- Have your hair played with
- Brush your hair
- Have your partner brush your hair
- Get a back rub
- Get rubbed with oils
- Get rubbed with lotion
- Get a scalp massage
- Get a full body massage
- Light back scratches
- Do your makeup
- Do your hair up
- Face mask

11. Process your emotions

- Cry
- Laugh
- Meditate
- Journal
- Let yourself be vulnerable

12. Movement

- Get up and stretch
- Take a walk
- Do yoga
- Exercise
- Swim

13. Relaxing Activities

***Engage in non-kinky activities to get back to normalcy.*

- Read your favorite book
- Read your favorite manga or web comic
- Watch a comfort show or movie

- Listen to favorite music
- Play video games
- Play a musical instrument
- Color
- Draw
- Play silly app games on your phone
- Write
- Journal
- Engage in hobbies
- Listen to ASMR
- Build a blanket fort
- Practice something you'd like to learn
- Play board games
- Bake cookies
- Watch TikToks, Instagram Reels, YouTube Videos, etc

14. Connect with your community

- Call/text a friend
- Go out with friends
- Volunteer at a shelter or community event

15. Misc

- Smoke (if you're into that)
- Edibles (if you're into that)
- Have a drink (if you're into that)
- Tickling
- Leave a few extra lights on when you sleep

16. Self Aftercare Ideas

***Any of the above suggestions can be adapted for solo or self aftercare but here are a few suggestions that are especially popular for self aftercare:*

- Talk on the phone with your Dom/sub if you can
- Video call with your Dom/sub if you can
- Text or message with your Dom/sub
- Take a warm bath or shower
- Quick ice cold shower (this helps calm intense emotions)

- Read a prewritten letter from your partner
- Listen to a pre-recorded message from your partner
- Cuddle a pillow
- Cuddle a stuffed animal
- Cuddle your pets/fur babies
- Listen to ASMR aftercare on youtube
- Mentally reassure yourself
- Praise yourself

17. Dom Aftercare Ideas

***Any of the above suggestions can be used for Dom/Domme aftercare but here are a few suggestions that are especially popular:*

- Check in with your Dom about their emotional state
- Tell your Dom you love them
- Cuddling
- Affirmations
- Reassurance
 - Reassurance that the sub enjoyed it
 - Reassurance that the sub isn't actually hurt
 - Reassurance the sub enjoyed the pain they received
 - Reassurance of consent
 - Reassurance that the sub still trusts them
- Thank them
- Praise
- Show them appreciation
- Alone time to decompress
- Oral
- Lots of touch
- Give them space to decompress if they need it
- Engage in non-kinky activities to get back to your normal relationship dynamic
- Reconnect with your gentleness

18. Create a Drop Kit

***Creating a Drop Kit will help aftercare and dealing with drop go smoothly! It will take the guesswork out of aftercare and put all the things you need right at your fingertips. Everyone's kit will look a little different, but here are some suggestions on what you can put in your kit:*

- First aid kit
- First aid manual
- A warm blanket
- Bath salts
- Bubble bath
- Scented candles
- Incense
- Favorite book
- Prepaid calling card
- Hard candy
- Favorite beverages
- Lotion
- Journal
- Relaxing music
- Letter from your partner
- Stuffed animals
- Coloring book and crayons
- Gift card to favorite restaurant
- Vitamin E
- Favorite Movie
- Comfortable PJs
- Comfortable underwear
- An oversized t-shirt
- Cute mug
- Herbal tea
- Hot chocolate packets
- Favorite candy
- Favorite snack

19. **Additional Resources**

- Dom Drop and How to Deal With It (Bad Girl's Bible Website)
- Sub Drop: Why It Happens, Considerations, and the Cure to Subdrop (Bad Girl's Bible Website)
- The Complete BDSM Aftercare Guide: Learn How to Do it Right (Bad Girl's Bible Website)
- Aftercare (Fetlife Post)
- Dom Role In Subdrop (Fetlife Post)

- [Aftercare for Doms \(Reddit Post\)](#)
- [Subfrenzy \(Kate Kinsey Website\)](#)
- [Subdrop \(Reddit Post\)](#)
- [Understanding and Addressing Subdrop \(Modern Intimacy Website\)](#)
- [The Neuroscience of Sub Space in BDSM - Endorphins, Noradrenaline, and Serotonin \(Sex, Science, and Spirit Website\)](#)
- [Drop \(BDSM Wiki Website\)](#)
- [Watch the Dominatrix Make the Submissive Enter Subspace in a BDSM Dungeon \(Youtube\)](#)
- [How to Perform Aftercare on Yourself if Needed \(Reddit Post\)](#)

+++++

Please inform me of any other aftercare ideas you think of and I will add them to the list!
 You can do this by commenting on the [original Reddit Post](#)
 By messaging me, [r/fantastic_leaf](#) on reddit
 Or by emailing me at maggie.fantastic.leaf@gmail.com

+++++

You may also be interested in:

- [BDSM Beginner Resources \(Reddit Post\)](#)
- [r/BDSMfaq \(Subreddit\)](#)
- [The megalist of cute \(and not so cute\) Sub Names, Pet Names, and Nick Names \(Google Doc\)](#)
- [The megalist of Dom, Domme, NB/Enby and Dominant Femboy Honorifics \(Google Doc\)](#)
- [BDSM Book List \(Google Doc\)](#)
- [List of BDSM Podcasts and Youtube Channels \(Google Doc\)](#)
- [BDSM Task, Punishments, and Ideas \(Google Doc\)](#)
- [Aftercare Ideas \(Google Doc\)](#)
- [NSFW Online Roleplay Beginner's Guide \(Google Doc\)](#)
- [NSFW Roleplay Subreddit List \(Google Doc\)](#)

- [List of Dungeons for Rent](#) (Google Doc)

- [MaggieLeafNSFW](#) (Redbubble Shop)

+++++