

Virtually all of the fisting material I have seen here makes me cringe (for the equine) as it seems to mostly be driven by lust rather than love. Treating another living being with callous disregard for it's well being is unacceptable and unloving.

There is a safe (and loving) way to fist that minimizes the risk of infection and irritation to the equine. Fisting someone else's is NOT acceptable and I regard such with the same disdain as fence hopping.

A hand/arm with fingernails, bones and hair is NOT the same as a smooth equine (or man's) penis. It can cause serious issues if not done properly. I use a couple of toys that are safer and do an excellent job of pleasuring them often eliciting orgasm(s).

Here are the minimal safety guidelines that should be followed:

1. Trim all fingernails back so there's no overhang or sharp edges.
2. Remove all arm hair or wear a close fitting shoulder length glove (an obstetrics glove works best).
3. If you don't use a glove wash your arm with an anti-bacterial soap.
4. Use an adequate quantity of water based lube.
5. Do NOT force penetration against her contractions, work with them.
6. Follow up to ensure there's no excessive inflammation, swelling or a purulent discharge afterwards.

Finally, if/when you reach full depth, do NOT mess around with the cervix! It's that lumpy thing poking out at the end of the vagina that can be felt. NEVER attempt to pass anything through it, regardless of it's size! Doing so is a good way to set up a serious infection in the uterus (similar to pyometra in a dog, and can be deadly serious)

Anyone unwilling to invest time and effort in taking safety precautions should NOT fist! Do NOT fist any equine that isn't yours or that you aren't financially responsible for! You do NOT have the right to do something to someone else's equine that could cause an issue that requires veterinary intervention!