

sextalk.

answers to your questions about sex and relationships

factoid

Having sex without someone's consent is rape. If you want to have sex, do the right thing: Get consent.

Q. What's the best way to get rid of hickies?

A. Time. Hope. Patience.

A hickey is a bruise caused by someone sucking or nibbling on the skin of another person. Bruises usually appear when skin is injured by a fall, a bump, or an overzealous romantic partner. Skin discoloration occurs as a result of broken blood vessels and blood leaking into the tissues just below the skin. Women are more prone to bruising than men. During the healing phase, which may take 2 weeks or more, hickies and bruises create a rainbow of colors, including blue, purple, red, and greenish-yellow.

While the healing process will take some time, here are a few tips that will help any bruise to the skin:

- Protect the area from further "trauma."
- Apply ice or cold packs immediately to reduce pain and swelling. Repeat the cold treatment several times a day for 10 to 20 minutes each session.
- For the first 48 hours after getting the hickey, avoid activities that may increase swelling, such as hot showers, hot tubs, hot packs, or alcoholic beverages.
- Gently massage the hickey to increase blood flow and relieve pain. Don't rub the area if it hurts too much.

Of course, you can use makeup to help disguise the hickey and tone down the bright colors until your body heals itself.

Reference: WebMD

Q. What birth control methods are available on campus?

A. There are many methods available at Campus Health. Providers can prescribe hormonal contraceptives such as the pill, Nuva-Ring, Depo-Provera and the diaphragm. Other products that don't require a prescription are condoms, vaginal spermicides, and the sponge. All these options are available at the Campus Health Pharmacy, located in the Highland Commons Building. Believe it or not, birth control pills were not allowed to be dispensed at Arizona universities until 1981.



Have a question? Send it to sextalk@email.arizona.edu

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