



November 2021

## Review: The Ohnut

**Ohnut is a set of four stretchy rings that can help the user control penetration depth during sex, or when using sex toys. They can help people who suffer from pelvic discomfort and can also be used by those wanting to explore anal sex.**

### Packaging

The Ohnut Buffer set is packaged in a cardboard box that can be opened just by holding the lid. Due to the weight of the product in the bottom of the box, the two parts of the box easily slide apart. This means that the packaging can be opened without a lot of effort. Inside the box, the Ohnut rings are in a cloth bag which helps to keep them from getting covered in dust and fluff.

### Appearance

There are four rings in the box that can be joined together to give between 2.5cm (1 Ring) and 7 cm (4 rings) of cushioning. This means the user can use easily increase or decrease the amount of cushioning they use.

The Ohnut rings are stretchy which makes it easy to apply them. We would suggest that it may be easier to apply lube to the penis or sex toy first rather than the rings. This is because having lube on the rings may make it difficult to hold them and connect them due to the added slipperiness. Some users may prefer to put them on one at a time while others may find it easier to connect them together before putting them on. The rings connect by putting the wider base of a ring over the raised part of another ring.

The Ohnut can be cleaned easily with warm soapy water after every use and stored in the cloth bag.

## **The Pros**

- Can give comfort to people with pelvic issues
- The amount of cushioning is adjustable by adding or removing rings

## **The Cons**

- Users who have difficulties with dexterity may struggle connecting the rings especially once lube is added
- The rings easily attract fluff and dust due to the material having a sticky feel

## **Occupation Therapists View**

The Ohnut rings are a great product that make sexual penetration more comfortable for those who have pelvic pain. They are also good for those who are prone to pelvic bruising. Using the rings is also a good way of controlling penetration depth and discomfort.

## **The Technical Stuff**

### *Dimensions (approximate)*

Depth 2.5cm to 7cm

Maximum width 20.3cm

### *Weight*

Each ring weighs 16g

Full set, boxed weighs 186g

### *Materials*

FDA-approved body-safe polymer, which is free from phthalates, latex and BPA. Can be used with water based and silicone lubes.

*Packaging*

Cardboard box and cloth bag

*Price*

The RRP is £69.99





# About us

'Undressing Disability' is a global campaign which aims to raise standards in sexual health and sexual awareness for disabled people. Issues around sexuality and sexual frustration are frequently raised by disabled people who feel that they have less opportunity and ability to explore their sexuality than others. Through a lack of understanding, education and a general lack of services, disabled people frequently cannot access the support that would make it possible for them to make the sorts of choices about their lifestyles that most of us take for granted. As part of our campaign we run the Love Lounge, an online forum providing free advice on all things sex, love and disability. We also have free downloadable resources. As a user-led charity, our aim is to change the way people view disability, which often involves removing the 'fear factor' that so often surrounds the subject. We support businesses to be more inclusive by providing disability awareness training, British Sign Language workshops and accessibility audits, amongst other things.

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#undressingdisability



**UNDRESSING  
DISABILITY**

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**CHANGING SOCIETY'S VIEWS ON DISABILITY**