

## ▮ **Aftercare Guide for Dominants**

### **How to support your submissive – and yourself – after a scene**

**Overview:** Aftercare isn't optional. It's an essential part of your responsibility as a Dominant. Whether your scene was soft or intense, emotional or physical, what happens *after* can impact trust, safety, and connection just as much as what happened during.

This guide breaks down specific techniques, emotional considerations, and adaptable strategies for providing effective aftercare. It also includes a customizable template to help you plan and evolve your care over time.

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### ▮ **Why Aftercare Matters**

- Prevents or softens **sub drop** (a physical/emotional crash after play)
  - Reaffirms **emotional safety** and mutual respect
  - Deepens intimacy and encourages **trust-building**
  - Creates space to process intense experiences
  - Gives both parties time to reconnect as equals
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### ▮ **Types of Aftercare**

#### **1. Physical Aftercare** Focuses on comfort and bodily care:

- Warm blankets, comfy clothes
- Hydration (water, electrolytes)
- Snacks (especially protein/sugar if depleted)
- Treating marks or bruises with ointment
- Gentle touch or massage

#### **2. Emotional Aftercare** Focuses on reassurance and safety:

- Holding, cuddling, grounding touch
- Gentle check-ins: "Are you feeling okay?" "Do you need quiet or comfort?"
- Reassuring phrases: "You did so well." "I'm proud of you." "You're safe with me."

#### **3. Mental/Verbal Aftercare** Focuses on processing and reflection:

- Talking through what happened (when ready)
- Validating intense feelings
- Asking open questions: "How did that feel for you?" "Was anything too much or not enough?"

#### **4. Solo Aftercare (For Dominants)** Yes – you, too:

- Time to decompress or journal
  - Checking your emotional state: guilt, ego, pride, doubt
  - Re-centering with breathwork, meditation, or a hot shower
  - Reaffirming your role as protector and guide
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### ▮ **Common Situational Approaches**

#### **For High-Intensity Scenes:**

- Prioritize body temperature regulation and hydration
- Be silent and present before asking questions – let them feel safe first

- Expect emotional drop within 12-48 hours; plan for follow-up care

**For Emotional or Degradation Play:**

- Use affirming, grounding words post-scene
- Offer reassurance around roleplay vs reality
- Let them feel wanted and loved

**For Public or Exhibition Play:**

- Offer grounding touch immediately after
- Get them to a private space quickly
- Be mindful of overstimulation or shame

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## ▯ The Aftercare Planning Template

Use this form during negotiation or check-ins:

**Submissive's Name:** \_\_\_\_\_ **Preferred Aftercare Items:**

- ☐ Blanket
- ☐ Snacks
- ☐ Water/Electrolytes
- ☐ Ice pack
- ☐ First aid / ointment
- ☐ Stuffed animal
- ☐ Touch (yes/no?)
- ☐ Cuddles (yes/no?)
- ☐ Verbal praise (yes/no?)
- ☐ Alone time needed?

**Preferred Phrases or Actions:**

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**Signs of Drop to Watch For:**

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**Follow-up Needed? (Y/N) When:** \_\_\_\_\_ **How (text, call, meet):**

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## ▯ Final Thoughts

You are responsible for how you put someone back together after you break them down – even consensually. Dominance doesn't end when the scene does. Stay present. Stay available. Stay accountable.