

# TA TRVERSE AREA CK COMMUNITY OF KINKSTERS

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## Mummification Class

*by InvictaButterfly*

### **What is Mummification:**

- Mummification in BDSM is defined as a form of bondage in which a person is wrapped in some form of material to restrict their movement. You can use many materials for restriction.

### **Types of Mummification:**

- Saran/Cling Wrap
- Duct Tape
- Vet Wrap/Ace Wrap/Cohesive Bandage
- Blankets
- Rope
- Chain
- Belts
- Specialized Restraint/Sleep Sacks
  - o Leather
  - o Rubber
  - o Neoprene
  - o Satin
  - o Canvas
  - o Other materials

### **Appeal of Mummification:**

- Power exchange
  - o Giving up control of movement to another
- Tactile sensation
  - o Deep hug/pressure feeling
  - o Sensory deprivation/decrease
  - o Leaving specific areas unwrapped can create a sensation differential
- Loss of control
  - o Helplessness and vulnerability
- Easy to combine with other equipment
  - o Blindfolds
  - o Hoods
  - o Gags
  - o Vibration
  - o Orgasm/Edging/Denial/Forced
  - o Pain Play
  - o Temperature Play
  - o Tickle Play
  - o Impact Play
  - o Sensation play

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## How To:

- Negotiate boundaries and expectations
- Communicate about current physical and mental health state
- A secondary top is suggested for positioning and balancing the bottom
- Make sure that you are playing on a soft area in case the bottom does fall
- Make sure the bottom has used the bathroom
- Put some sort of padding between bottom's knees and ankles
- Start wrapping!
- During the scene, check in with the bottom
- Emergence from wrapping can be just as intense of a scene as the wrapping.

## Safety Concerns:

- Always play sober and in adequate health
- Never leave a restrained bottom alone. EVER.
- No duct tape directly on the skin
- Safe Word
  - o Check in for "Green" often
- Always be able to release bottom quickly
  - o Always Have safety shears within arm's reach
  - o Be willing to cut off anything the bottom is restrained with/wearing
- Hydration
  - o Keep checking for signs of dehydration
    - Feeling thirsty
    - Feeling tired, dizzy, or lightheaded
    - Headache
    - Dry mouth, lips, and/or eyes
- Circulation
  - o Change position often enough to avoid circulation problems
  - o Check for cold or hot spots
- Temperature
  - o Wrap can be hot for the bottom, inducing sweating.
    - Sweat can make the wrap slip out of position, which can be dangerous if you are doing head wrap
  - o Bottoms can overheat quickly in the sauna-like conditions inside the wrap

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- Nerve Impingement
  - Avoid direct long-term specific pressure on commonly irritated innervation sites and pressure points
    - Anterior Triangle of the Neck
    - Clavicle and Suprasternal Notch
    - Sternum and Xiphoid Process
    - Axilla and Medial Aspect of the Upper Arm – Front Armpit Area
    - Antecubital Fossa – Crease of the Elbow
    - Deltoid Insertion – Upper Arm
    - Wrists and Ankles
    - False Ribs
    - Bladder Area
    - Spinal Column/Sacrum
    - Piriformis – Sciatic Nerve
    - Femoral Triangle
    - Fibular Head
    - Popliteal Space – Behind Knee
  - Bottom needs to communicate if numbness, tingling, coldness, or other unexpected sensations arise.
  - Can become permanent sensation decrease or weakness if not addressed quickly
  
- Respiration
  - Airways need to be clear
  - The chest needs to be able to expand enough for a full breath.
    - Hogtie, hobble prone position, and ball positions can compress the chest cavity.
  - Positional/Postural Asphyxia
    - Can be deadly
    - Any position that prevents adequate breathing
    - Low respiration (Hypoventilation) can cause a build-up of carbon dioxide in the blood, causing acidosis. Symptoms include:
      - Headache, Sleepiness, Confusion, Loss of Consciousness, Coma
      - Muscular Seizures, Tremors, and Weakness
      - Intestinal distress, diarrhea, nausea, vomiting
      - Shortness of Breath, Coughing
      - Arrhythmia of heart, Increased heart rate

## **Contraindications:**

- Claustrophobia, active panic attacks, etc.
- Respiratory depression due to illness or medications
- Circulatory issues
  - Blood clots, heart rhythm issues, anticoagulants, etc.
- Intermittent loss of consciousness disorders
- Acute health issues such as nausea, dizziness, headache, etc.