

Ask the sexpert

By Dr Mahinder Watsa

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I am 20 -year old. Very often, I experience instant erection that creates discomfort. I also have problems walking properly because of it. Please help.

Wait for a year or two and the penis will start behaving itself. What you are experiencing is natural. Start a new fashion of wearing looser trousers. Maybe you can carry a cap for emergency situations.



I am 25-year-old. My husband is 26. We love indulging in oral sex. Can it cause an infection? Also, when he tries to penetrate, I experience pain. What do I do?

Oral sex is a common behaviour. It won't cause any harm. Using your finger, insert a small amount of Xylocaine 2% in and around the vaginal opening. Wait for 20 minutes and wipe off the remains. You will not experience pain. Allow your husband to first insert his finger into the vagina and then the penis.



I am 34 years old. I am suffering from premature ejaculation. I ejaculate in merely three to four seconds. I have tried the 'stop and start' method and indulge in ample foreplay. Can you prescribe a medication?

Use a climax spray as directed on the pack. Take Confido tablets, one tablet twice a day for six weeks. Exercising regularly is most important.

• Send in your queries to: Ask the Sexpert, Ahmedabad Mirror, Times of India Bldg, Fadia Chambers, Ashram Road, Ahmedabad 380 009 or e-mail us at drwatsa@indiatimes.com. You can contact Dr Watsa for an appointment on mcwatsa@hotmail.com.

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