

Need some advice....

Posted by verrrylost - 30 May 2014 01:22

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Hey guys! I just fell on day 9 to mast\*. Starting on day 6, I had this physical pain down there (extremely painful) that I endured and it went away after about 2 - 3 hours. It came and went the past couple of days that I just finally gave in to mast\* which relieved it right away. While I have that pain, I can't urinate. I think my prostate gland is filled with sem\* and doesn't allow the urine to pass through. This happens to me all the time. What can I do?! Will I ever make to to 90 days?! HEIp!!!

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Re: Need some advice....

Posted by Dr.Watson - 30 May 2014 03:08

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I suspect what you experienced was 'blue balls' caused either by a buildup of sperm in the epididymis or extra blood circulating in the area. Either way it puts pressure there which can be very painful.

Th pain normally subsides after a while but it's important to not become aroused during that time or it will take longer. If you avoid being aroused at all it shouldn't be such a problem.

As you get used to not masturbating this becomes less of a problem. You might need to just get through it a couple of times.

If it's very painful you can take paracetamol but not ibuprofen (heard from a real doctor, unlike myself).

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Re: Need some advice....

Posted by verrrylost - 30 May 2014 05:47

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Thnx for the advice. I will try that next time. That seems to be another word for Tylenol

**GYE - Guard Your Eyes**

Generated: 24 April, 2025, 04:51

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