# THE COMPLETE AFTERCARE CHECKLIST

## For Dominants & Submissives



# What is Aftercare?

Aftercare is the essential practice of caring for yourself and your partner after a BDSM scene. It helps both partners transition back from the intense psychological and physical states experienced during play.

This checklist covers every phase—from pre-scene preparation to next-day follow-up—for both Dominants and submissives. Use it to build your own personalized aftercare routine.

## Why Aftercare Matters

- Prevents sub drop and top drop
- Strengthens emotional bond between partners
- Processes intense physical and emotional experiences
- Builds trust and deepens your dynamic

## How to Use This Checklist

1. Go through each section before, during, and after scenes
2. Check off items as you complete them
3. Add your own personalized items in the notes sections
4. Discuss preferences with your partner beforehand

# Pre-Scene Preparation

*Set yourself up for successful aftercare*

## Gather Supplies

- [ ] Water bottles within reach
- [ ] Snacks (chocolate, fruit, protein)
- [ ] Soft blankets or throws
- [ ] Comfortable clothes for after
- [ ] First aid supplies if needed
- [ ] Favorite comfort items

## Communication

- [ ] Discussed aftercare needs with partner
- [ ] Agreed on safewords and signals
- [ ] Both partners rested and fed
- [ ] Set aside enough time (no rushing)
- [ ] Phone on silent, no interruptions

### Pro Tip

Create an 'aftercare kit' that stays packed and ready. Include: blanket, snacks, water, lotion, and anything else that brings comfort.

# During-Scene Check-ins

*Stay connected throughout*

## For Dominants

- [ ] Regular verbal check-ins ('color?')
- [ ] Watch for non-verbal distress signals
- [ ] Monitor physical responses
- [ ] Stay hydrated yourself
- [ ] Pace the scene appropriately

## For Submissives

- [ ] Communicate honestly when asked
- [ ] Use safewords when needed
- [ ] Signal if something doesn't feel right
- [ ] Stay mentally present
- [ ] Remember: stopping is always okay

### Quick Check-in Phrases

"What color are you?" (green/yellow/red)

"Talk to me" - simple connection check

"Squeeze my hand if you're okay"

"Do you need water/a break?"

# Immediate Aftercare

*The first 30 minutes after scene*

## Physical Care

- [ ] Offer water immediately
- [ ] Provide blanket/warmth
- [ ] Stay close - physical touch
- [ ] Give snacks (sugar helps)
- [ ] Check for any injuries
- [ ] Help to comfortable position

## Emotional Care

- [ ] Verbal reassurance and praise
- [ ] Maintain eye contact
- [ ] Gentle, soothing words
- [ ] Allow silence if needed
- [ ] No debriefing yet - just comfort

### □□ Important

Never leave your partner alone immediately after a scene. Even if they seem fine, the emotional processing continues for hours.

# Extended Aftercare

*Hours to days after the scene*

## 30 Minutes to 2 Hours

- [ ] Shower or bath together (optional)
- [ ] Comfortable clothing
- [ ] Light meal or substantial snack
- [ ] Cuddling and physical closeness
- [ ] Watch something comforting

## Next Day Follow-up

- [ ] Check in via text or call
- [ ] Ask how they're feeling
- [ ] Discuss what worked well
- [ ] Note anything to improve
- [ ] Express appreciation

### Watch for Drop

Sub drop and top drop can occur 24-72 hours after a scene. Symptoms include sadness, anxiety, irritability, or feeling disconnected. Check in daily.

# Aftercare for Dominants

*Yes, you need care too*

## Self-Care Checklist

- [ ] Hydrate and eat something
- [ ] Stretch if physically active
- [ ] Process any guilt feelings
- [ ] Journal about the experience
- [ ] Rest and recover energy
- [ ] Seek peer support if needed

## What You May Need From Your Partner

- [ ] Verbal appreciation and thanks
- [ ] Physical affection (non-scene)
- [ ] Reassurance you didn't go too far
- [ ] Time to decompress
- [ ] Space to be 'just human'

### Remember

Top drop is real. Feeling guilt, exhaustion, or emotional after a scene is normal. You're human first, Dom second. Allow yourself to receive care.

# Your Aftercare Kit Essentials

## Comfort

- Soft blanket
- Favorite hoodie/robe
- Pillow

## Hydration & Food

- Water bottles
- Chocolate/candy
- Fruit
- Crackers

## Body Care

- Arnica cream
- Aloe vera
- Massage oil
- Wet wipes

## Emotional

- Playlist of calming music
- Favorite show queued
- Journal

## Personal Notes