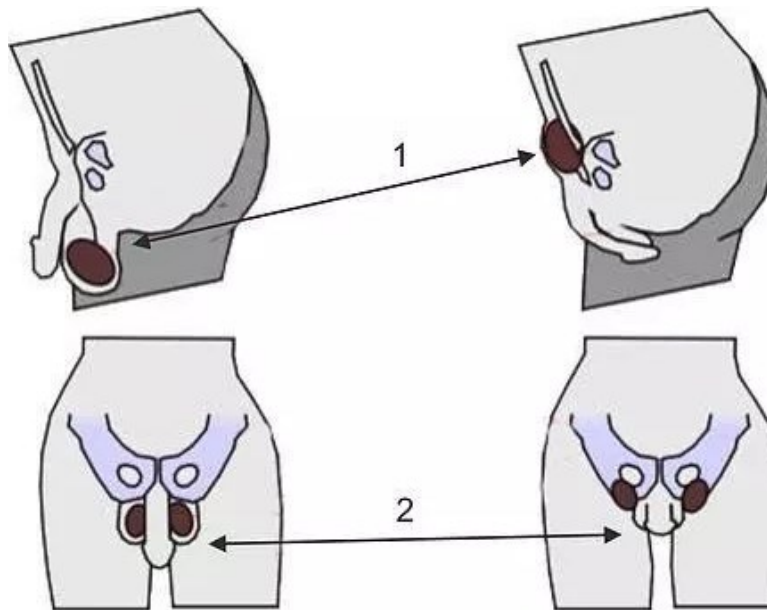


Tucking

Tucking shouldn't be painful. Practice tucking a few times when you are relaxed and can take your time.



What will I need?

- Medical tape (don't use duct tape!)
- A tight pair of underwear
- A gaff, if you want. You can make one from a pair of stockings and a sock.

Step-by-step

- If you plan to use tape, remove any hair from the area before using tape. If you don't, taking the tape off will be painful.
- Your testes will slip back up into your inguinal canals. These canals are empty spaces above your testes. You can use two or three fingers to guide them up. Take your time. If you feel any pain or discomfort, stop and try again after a short break.
- Gently wrap the scrotum around the penis.
- If you plan to use tape, wrap in paper or cloth (so that the tape is not directly on your skin, and secure with medical tape).
- Keep one hand on the genitals to keep everything snug, and tuck your genitals back between your legs and buttocks.
- Finish the tucking process by pulling on a pair of tightly fitting underwear or a gaff.

How to untuck

- If you used tape, carefully peel the tape away from the scrotum, and move the penis back to its resting position.
- If the tape won't come off easily and without pain, apply a wet washcloth, or soak the area in warm water. You can also use medical adhesive remover.
- If you didn't use tape, use your hands to gently guide your penis and scrotum back to their original, resting positions.

Tape vs. no tape

- Using tape keeps everything very secure.
- Not using tape makes it easier to go to the bathroom.
- If you use tape to tuck often, you can end up with skin irritations.



FAQ

- What if I get an erection? An erection should not cause you to come untucked, but it may be uncomfortable.
- If I have a large penis, can I still tuck? Yes! Any size penis can be tucked. You might need extra tape.
- Is tucking safe? There is not a lot of research on tucking, so we don't really know. We suggest that you take breaks from tucking and never put tape on skin that is broken or irritated.

Adapted from: <https://www.healthline.com/health/transgender/tucking#takeaway>

Photo from: hourglassfigure.co.uk