

# Tucking 101

Tucking refers to the process of putting the penis and testicles between and behind the legs so they are no longer visible from the front. Tucking can help lessen body dysphoria, however it is not practiced by all individuals. It's important to understand what is right for you and your body to feel comfortable and safe.

## HOW TO TUCK

Whenever you are tucking, it is important to do so gently. If you are feeling pain and discomfort, tucking may not be advisable.

### 1. Finding the Inguinal Canal

- Some individuals who tuck prefer to tuck their testicles into their inguinal canal. The inguinal canal is the area in which the testicles will naturally retract when cold. In order to find the inguinal canal most people lie on their back and gently push their testicles into their abdomen. This may be uncomfortable but should not be painful. If this is painful, do not continue to push the testicles into the abdomen. Taking a cold shower beforehand can help the testicles begin to retract.
- Alternatively, some individuals do not tuck their testicles into their inguinal canal but rather tuck them between their legs with their penis.

### 2. Tucking the penis

- Gently pull the penis and scrotum between your legs and towards the rectum. This should be done gently or could result in side effects such as blistering.

### 3. Securing the penis

- There are two different methods commonly used for securing the penis and scrotum. They include using a gaffe or using sports tape. Some individuals will use both methods.

## TAPING – DOS AND DON'TS

### Do:

- Use sports tape. Options can be easily found at any sports store, pharmacy or online. Sports tape is designed to have contact with the skin and this can help prevent discomfort. If you are sensitive to adhesives, taping may not be the best method for you.
- Take the sports tape off when you shower. Sports tape is designed to stay on skin and it can be very painful to remove when dry.
- Prevent pain when removing tape by shaving or waxing pubic hair.
- Tape comfortably. Each individual has a different method of applying the tape that makes it comfortable. Be mindful of how the tape may cause rubbing, chaffing or discomfort especially when you are moving.
- Keep the area dry. This will help to prevent skin infections such as jock itch.

### Don't:

- Tape 24/7. Give your body a break. Taping 24/7 can result in serious health risks including infertility, skin infections and dehydration.
- Use tape if you are sensitive to adhesives. Adhesives can cause skin irritation which can be very painful.
- Tape too tightly. If taping is causing discomfort it should be discontinued and may be too tight.
- Don't try to remove the sports tape when it is dry. Some people opt to remove their taping in the shower to remove more easily.

## USING A GAFFE

A gaffe is underwear specifically designed for tucking and can be used without tape. Using a gaffe allows the user to easily use the bathroom. Simply remove the gaffe in the same way you would underwear. Each company will have different sizing and it is important to check their sizing chart before purchasing. Some individuals also make their own gaffes and tutorials can be found on YouTube.

### Places to buy a gaffe:

[Hidden Candy Boutique \(hiddencandyboutique.com\)](http://hiddencandyboutique.com) is a US based company and offers a wide selection of gaffe designs. These gaffes are specifically designed to reduce pinching and slipping. Gaffes are priced around \$20.

[Amazon.com](http://Amazon.com) has a variety of gaffes available. Make sure to check the reviews to determine if a gaffe will meet your needs.

## RISKS AND OTHER CONSIDERATIONS

Using tape as the preferred tucking method makes it next to impossible to urinate. This can increase risk of urinary tract infections, dehydration and in severe cases bladder and kidney damage.

Some individuals may also have experienced an adverse reaction to the adhesives in tapes. Sports tape is the only recommended tape as it is designed for skin contact, however reactions to the adhesive can still occur.

One risk from tucking is that it can adversely affect an individual's fertility. The act of tucking places the testicles closer to the body which can raise the temperature of the scrotum and sperm. Typically, sperm needs to be cooler than body temperature and raising this temperature can impact sperm quality and quantity. There are resources available to those who wish to explore banking their sperm before beginning tucking. Although the risk of infertility can be raised by tucking, use of condoms and other safe sex practices are the only way to prevent the spread of STDs or impregnating a partner.

Jock itch and other skin infections can be common with the practice of tucking. It is important to keep the area cool and dry as well as taking breaks from tucking to let the area breathe.

## FOR MORE INFORMATION

Please feel free to talk to the Transgender Youth Program social worker and physician for more information about tucking. You can speak with us at your visit or reach out to our office by phone at (802) 847-3811.

Help us improve this information sheet. If there are questions that you wish were answered, please speak with the program social worker.

## TRANSGENDER YOUTH PROGRAM

111 Colchester Avenue  
Burlington VT 05401

### PHONE

(802) 847-3811

### FAX

(802) 847-5364

