



## GENDER CLINIC

# Safe tucking

## What is tucking?

Tucking is moving the penis, testicles, or both out of the way. This makes the genital area look smoother and flatter. Tucking can reduce any concerns you have about your body, how your clothes fit and how safe you feel in public. People of all genders can tuck.

There are several different methods of tucking. The information below helps you tuck in ways that are safe for your body.

## A note on the words we use

This information uses the words "penis," "scrotum," and "testicles." We know you may not use those terms or identify with them. We use them here to refer to body parts that people with tucking needs have, while understanding those words are not for everyone.

## How to tuck

### Try it out at home

It is best to tuck for the first time when you are planning to be at home. This keeps you from stressing about having to get it right the first time. It is also easier to learn what your body needs to be comfortable when you tuck. Choose a method that feels comfortable to you.

## Choosing a method

There are two main ways to tuck: with tape and without. You might find that simply wearing tight underwear smooths things out enough. Or you might want to use tape for as smooth a look as possible.

### Tucking with tape

This method is more secure. Your tuck is less likely to come undone. But you have a higher risk of skin irritation. It is also harder to use the bathroom, because you need to take off the tape and then reapply it. We recommend trying the methods without tape first, as they are the most gentle and convenient.

### Tucking without tape

The first step is choosing the right underwear. Look for a tightly woven spandex or microfiber blend. If you want more support, you can try:

- Wearing Spanx or other shapewear
- Using control top pantyhose or tights, with the legs cut off to your desired length
- Wearing a gaff. This is a special type of underwear made specifically for tucking.

## Putting your testicles inside your body

This part of tucking is not for everyone. You may try it and decide wearing tight underwear is enough. But if you want to try it, here are the steps.

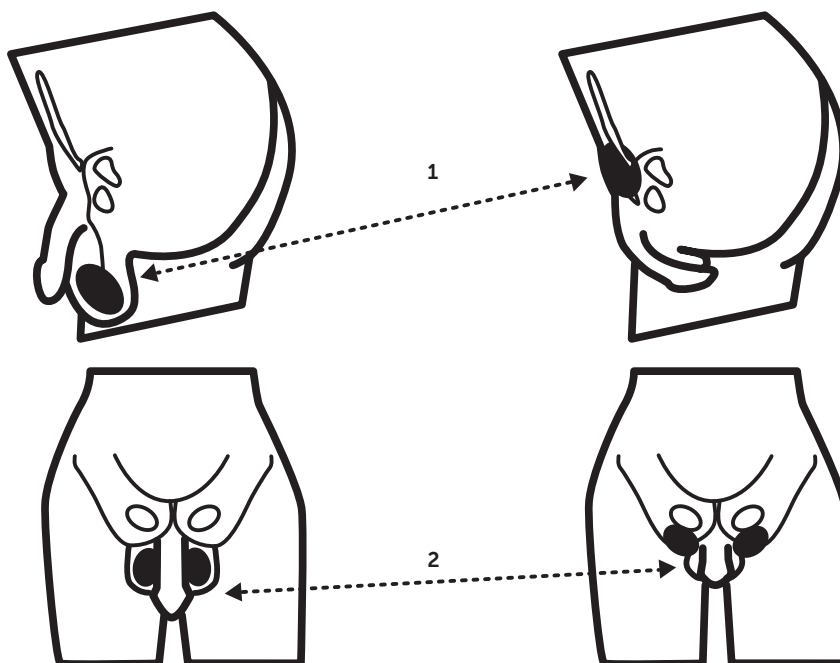
1. Lie down with your underwear halfway up your legs. Lying down helps you avoid losing your balance during the final step. You are now ready to tuck your testicles up inside your body.
2. You have two spaces inside your belly called the inguinal canals. Your testicles go here naturally when it is very cold. Getting in a tub of cold water can help you find the inguinal canals, as your testicles will naturally be drawn towards them.
3. Press gently on your testicles with two or three fingers, and try to guide them into the inguinal canals. This can feel strange at first, possibly even uncomfortable. You should not feel faint or nauseated or have extreme pain. If you do, take a break and try again later.
4. Once the testicles are tucked, pull the penis back between your legs. If you find yourself getting aroused, take a break and try again later. An erection will make it impossible to tuck.
5. Holding the penis in place, slide your underwear up so that it holds the tuck. You may need to do some adjustment for comfort. Again, you should not be in pain. If you feel pain, untuck and give your body a rest.

## Tips

Some discomfort is normal, though not all people have it. Most people's bodies get used to tucking this way.

If you would like things to look a little smoother, wearing a pantyliner can help.

The pictures below show how this method works. The top picture shows a side view of the untucked and tucked look. At the left, the penis and testicles are not tucked. On the right, they are tucked. The bottom picture shows the tucked and untucked looks from the front.



## Taping the penis and scrotum

First, be sure to use medical tape. You can buy this at the pharmacy, or in the first aid section of most department or grocery stores. **Never** use duct tape or any other type of tape. These can irritate or even tear your skin. You can test the medical tape on a less sensitive part of your body like your outer leg or inner arm to see how difficult it is to remove. Then follow the steps below.

1. Carefully remove any hair from the scrotum or surrounding area. This makes pulling the tape off much more comfortable. Also, the tape does not pull hairs as you move around.
2. Tuck the testicles out of the way, using the method above.
3. Wrap toilet paper around the penis and scrotum, if you would like. This helps keep the tape from touching your skin.
4. Gently wrap the penis and scrotum in tape. Pull the penis back, using a piece of tape down the middle or two pieces of tape on either side. The tape holds the penis in the center of your body and pulled back.
5. Finish by putting on a pair of tight-fitting underwear.

## Untucking

Untucking requires the same patience and gentleness as tucking. If you used tape, carefully peel it away from the scrotum. Move the penis back into its resting position. If the tape will not come off easily, you can use a wet washcloth or soak the area in warm water. You can also use medical adhesive remover, if needed.

If you tucked the testicles into the inguinal canals, you may need to gently guide them out with your fingers.

## Risks of tucking

Tucking does have some risks. These include urinary tract infections, problems with urine flow and twisting or inflammation in the testicles. If you have any of these problems, stop tucking until you can talk with your doctor. You can lower your chances of these things happening by not tucking for very long at a time and untucking as often as you can.

Be careful not to wrap the tape around the penis and scrotum too tightly. It can cut off blood circulation. If you feel any numbness in the penis or scrotum area, untuck for a while!

If you tuck regularly, watch out for skin irritation. Always check for broken or irritated skin before and after tucking. This helps you avoid infection.

## Using clothing to tuck

The cheapest solution for tucking is a pair of tight underwear. You can find these at any clothing store. You may also want to try a specialized piece of clothing called a gaff. You can find these in specialty stores and online. Or you can make one out of the top part of a pair of control top pantyhose or tights.

## Where to buy tucking clothing

**Origami Customs** is an online company that sells gaffs and underwear designed for tucking. They have been featured in Planned Parenthood guides for people seeking gender-affirming treatment.

**LeoLines** is an Etsy shop that offers affordable gaffs and underwear for tucking. They have positive reviews from trans feminine folks. They also make products that are designed specifically for children with tucking needs.

## In the Portland area

**SheBop** is a sex-positive adult retailer in Portland for ages 18 and older. It offers appointments outside regular business so younger people can buy gender-affirming products. Make an appointment by emailing **info@sheboptheshop.com**. Those younger than 18 must be accompanied by a parent or legal guardian, and the parent/guardian must sign a consent form.

## Alternatives to tucking

You may choose to wear different clothing instead of tucking. You can try:

- A dance belt. This is a piece of clothing dancers wear to smooth out bulges in their tight-fitting outfits. You can find these in dance clothing stores and online.
- Loose bottoms. Some choose to not tuck and instead wear pleated skirts or shorts, maxi skirts, or leggings underneath a loose dress, skirt or tunic.

## If you have questions

If you need to do this ...	Please contact
Make an appointment, ask a medical question, get a referral to another clinic or specialist or get a medication refill	Call <b>503-418-5710</b> or contact us through MyChart
Contact our psychologist	Call <b>503-494-6337</b> or contact them through MyChart
Get a referral to a community organization or support group	Call <b>503-494-7970</b> or contact us through MyChart
Contact our social worker	Call <b>503-484-7970</b> or contact them through MyChart
Learn more about the OHSU Transgender Health Program	Go to <a href="http://www.ohsu.edu/transgender-health">www.ohsu.edu/transgender-health</a>