

YOUR GUIDE TO SAFE & COMFORTABLE TUCKING

Information & Tips



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Safety Considerations

Overall...



- **Take breaks from tucking every 8-12 hours and breaks from wearing tucking/gaff solutions throughout the week** to reduce the likelihood of negative health impacts ⁴
- Reduce intensity of wearing by **limiting daytime use** ^{1,2}
- Do not sleep tucked ^{4,8}

STOP if you feel any pain⁴

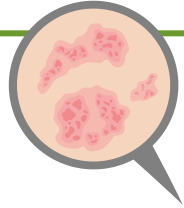
Risks of Tucking

- Unsafe tucking can impact **circulatory system, musculoskeletal anatomy, fertility, sex and intimacy, and skin integrity** ¹
 - It may cause pain in testes/penis or UTIs ⁴
- If you notice any of the following **please tell a trusted healthcare provider:**
 - Blood in urine/orgasmic fluid
 - Feeling of inflammation or infection inside genitals
 - Skin rashes/sores
 - Pain urinating
 - Pain in bladder/low back
 - Aching/tingling/numbness when not tucking ^{5,6}
 - Feel pulling/tearing in genital region during tucking ⁶

Safety Considerations

Skin Care

- Before and after untucking, check for:
 - i. **Irritated skin/sores/rashes** ⁶
 - ii. **Prolonged indentations** ¹
- **Let skin heal before** using products on it ⁶
- Examine where your **skin folds** and where the **garment folds** to monitor any **bulging skin adjacent to garments**¹
- **To prevent chafing and infection, corn starch** can be placed in warm creases of thighs, buttocks, and genital skin ⁶ - apply **after** taping



Tip: Tucking area is a place where people sweat a lot- try to keep the skin cool and dry ⁷

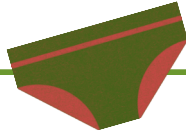
Do not avoid drinking water to avoid needing to untuck to go to the bathroom! Not staying hydrated can negatively impact your health ⁶

Materials

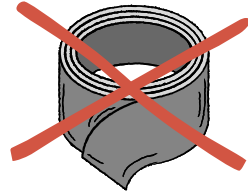
Gaff or Compression

Underwear: Reduces the visibility of the penis, scrotum, and testicles¹

- Gaffs should be washed regularly according to their care instructions¹
- You can get your size by measuring your circumference just above the waist¹
- When using a gaff/compression underwear, be sure to have a strip of gauze or cotton available to wrap the penis in



Tape: Used with or as an alternative to a gaff to tuck or reduce the prominence of the penis, scrotum, and testicles²



NEVER use **duct tape**^{3,4}
medical tape meant specifically for skin will be easier to remove and breathe much better, too!

Before applying tape...

- Shave/trim pubic hair at least 1 day before tucking to make tape removal more comfortable^{3,5}
- Void your bladder³
- Use a protective barrier wipe on skin⁵

When removing tape...

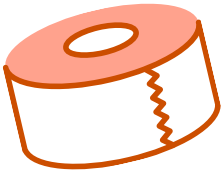
- Be slow and gentle⁵
- Pull parallel to the direction in which the tape is applied
- If you're having a hard time, soak the area in warm water⁵

Removing tape is when you are **most likely to cause damage to your skin**- it is important to use proper removal techniques!

Materials

Notes on Tape

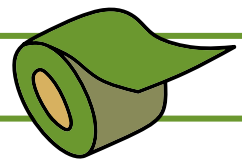
- Wearing tape for **more than 4-8 hours** may cause **irritation, discomfort, and/or pain while urinating** ³
- Any tape will need to be **removed and discarded** to use the **washroom**- apply new tape afterward
- Different brands of tape are **sweat proof** and **swim proof**
- If the tape leaves residue, try applying **medical adhesive remover** ⁶



Materials

Low-Cost/No-Cost Material Access

1. **Point of Pride** ⁴ → *Free Femme Shapewear fenway*
 - **Who is this for?** Transgender folks who may not have the financial means or safe access to femme shapewear
 - **What do I do?** Measure self (video guide shows how) and submit a Google form; you will get an email when ready to ship
 - **How can I track my items?** Program Status Dashboard shows what requests are currently processing
2. **The Tumblr Transgender Clothing Exchange** ⁴
 - a. **Who is this for?** Folks interested in swapping clothing items; exact rules are created by the organizers
 - b. **Note:** Always be cautious when interacting with strangers online
3. **Out on the Shelf** → Folks can donate garments to the gender gear box; check in for current inventory!



Additional Product Sources

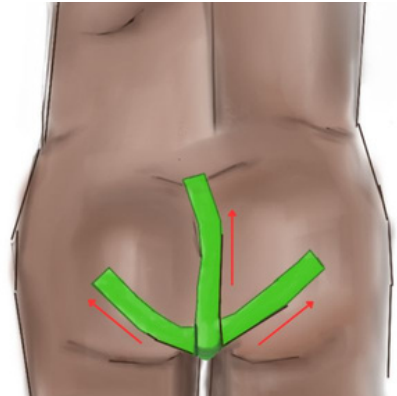
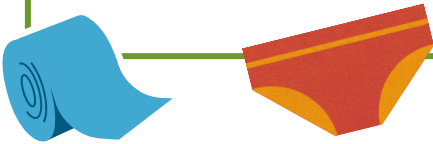
- **Unclockable** → Canadian based and Trans led business hipwear, tuck kit, bra buds ⁴
- **Origami Customs** → Gaffs and gender gear that are hand made in Canada by Trans folks ⁶
- **UrBasics** → Canadian business selling gaffs, tape, and gender gear ⁶

Methods

Method #1: Testes Between Legs ^{5,6}

Materials Needed:

1. Strip of cotton
2. Medical or sports tape
3. Tight undergarment

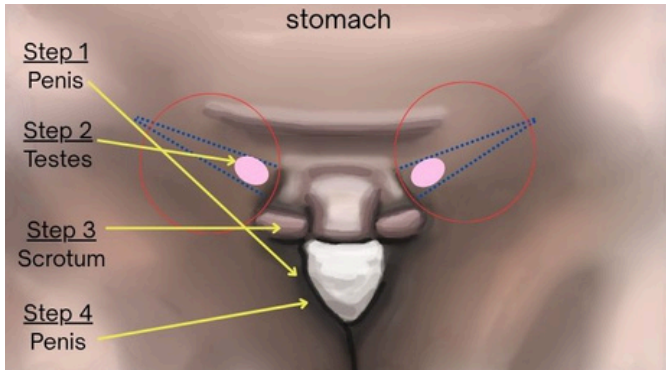


Green lines indicate tape placement and red lines indicate pulling direction⁴

- 1) Wrap penis in tissue or a strip of soft, thin cotton.
- 2) Tuck testes and penis between legs and, if possible, buttocks.
- 3) **Optional:** Use a long strip of medical/sports tape down penis and up the buttocks/lower back to keep secure, using additional tape as needed.
- 4) Hold arrangement in place using tight undergarments made from spandex/Lycra/microfiber.

Methods

Method #2: Testes Inside Body, no Tape ^{5,6}



- 1)** Wrap penis in tissue or a piece of soft, thin cotton and hold up towards belly button.
- 2)** At the base of each testicle, there is an opening to the inguinal canal about the same diameter of a finger, but it can stretch; using 2-3 fingers, gently lift each testicle into the scrotum and through the inguinal canal.
- 3)** Once testes are tucked in the inguinal canals, roll the scrotum up towards the base of the penis. Hold in place with one hand.
- 4)** Pull the penis back between the buttocks and hold everything in place with tight underwear or a gaff.

Helpful Tips

- Layering underwear can help keep tuck in place ⁴
- You can also opt to hide appearance of bulge with clothing rather than tucking, e.g. baggy pants or flowy skirts ⁴
- Get comfy with tucking at home before trying it outside ⁷
- Use size charts and recommendations from brands you buy from ⁴



When beginning to practice tucking...

- Go slow and trust body: Do 1 testicle at a time ⁶
- Ease into it: Start by tucking for shorter periods of time and give yourself lots of time to practice ⁶
- Try switching between methods ^{5,6}

References

- 1 The Rainbow OT. (2020, July 13). *OT and transfeminine equipment: Breast forms, gaffs, and tucking oh my!* <https://therainbowot.com/2020/07/13/ot-and-transfeminine-equipment-breast-forms-gaffs-and-tucking-oh-my/>
- 2 Rainbow Health Ontario. (2023, October 12). Social transition tools for transfeminine folks. <https://www.rainbowhealthontario.ca/resource-library/social-transition-tools-for-transfeminine-folks/>.
- 3 Health Outreach to Teens. (n.d.). *Safer tucking*. http://calleen-lorde.org/graphics/2018/09/HOTT-Safer-Tucking_Final.pdf
- 4 Trans Health Program & Stump, M. (n.d.). *Tucking*. Fenway Health. <https://fenwayhealth.org/wp-content/uploads/Trans-Health-Tucking-Guide.pdf>
- 5 Trans Care BC. (n.d.a.). *Things to know about tucking*. <https://www.transcarebc.ca/sites/default/files/2024-03/Tucking-Handout.pdf>
- 6 Trans Care BC. (n.d.b.). *Binding, packing, tucking & padding*. <https://www.transcarebc.ca/explore-transition/binding-packing-tucking-padding>
- 7 Point of Pride. (n.d.). *Tucking*. <https://www.pointofpride.org/tucking>
- 8 Guillory, B., Rafalski, L., Ahscroft, K., DeRolf, A., Neu, D., & Tickoo, S. (2023). *Caring for transgender and gender diverse individuals: ADLs and IADLs*. American Occupational Therapy Association. <https://www.aota.org/practice/practice-essentials/dei/transgender-and-gender-diverse-resources/caring-for-transgender-and-gender-diverse-individuals-adls-and-iadls>