

BENEFITS OF TUCKING



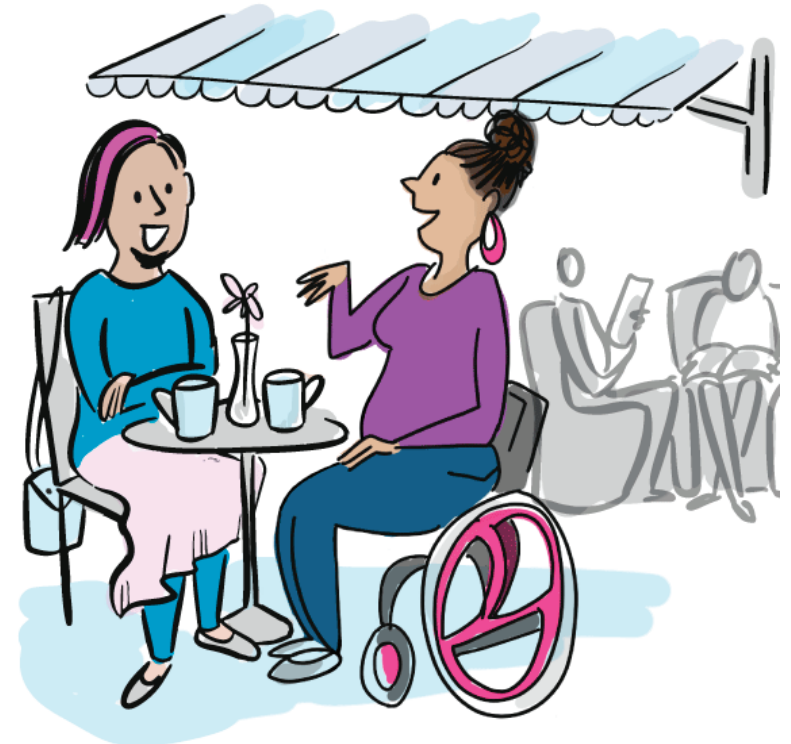
Tucking involves hiding external genitalia so that they are not visible in tight clothing. Tucking is a do-it-yourself option for changing your appearance so that it matches your gender expression. You might tuck to feel more at ease in your body, to feel more comfortable in your clothing, or to help others read your gender correctly.

Health and safety tips:

- If you are new to tucking, start by tucking for shorter periods of time. Give yourself lots of time to practice. It's hard to learn a new skill when you feel rushed or stressed. Take a break between attempts.
- Try switching between different ways of tucking.
- You may find that tucking gets easier with practice or after being on hormones for awhile.
- Tucking shouldn't be overly uncomfortable. If you feel faint, nausea, or pain, take a break and try a different way of tucking.
- After untucking, check for irritated skin, sores or rashes. Allow skin to heal before using products on it again.
- Whenever reasonable, stay hydrated. Avoiding drinking and peeing can lead to health problems.
- Use body powder in warm creases (thighs, buttocks, genital skin, etc.) to prevent skin chaffing and infection.
- Tucking regularly can affect fertility. Some people consider banking sperm or limiting how often they tuck gonads inside the body.
- See a clinician if you experience: aching, tingling or numbness that continues even when you aren't tucking; blood in urine or orgasmic fluid; a feeling of inflammation or infection inside the genitals; skin rash or sores; pain with urination; or pain in the bladder or lower back.

THINGS TO KNOW ABOUT

TUCKING



This information is provided to help reduce the unintended side effects of tucking.

For more information, please visit www.transcarebc.ca

NOTE: There are many terms that people use to refer to their bodies. For clarity and accessibility, we are using common anatomical words in this handout.

METHODS OF TUCKING

There are many ways to tuck. The penis always goes between the legs. The testicles and scrotum can go between the legs (easiest), or inside the body (smoothest-looking).

To tuck between the legs:*

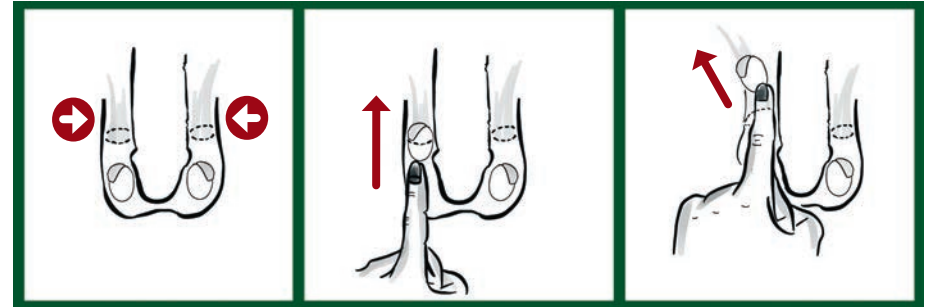
- 1 Wrap the penis in tissue or a piece of soft, thin cotton.
- 2 Tuck the scrotum, testes and penis between the legs and, if possible, the buttocks.
- 3 You may want to use a long strip of tape down the penis and up the buttocks/lower back to keep it secure. Use additional tape as needed.
- 4 Keep a hand firmly over the genitals to prevent anything from slipping out. Put on a tight undergarment or a gaff (undergarments designed specifically for tucking) in order to hold everything in place.

Tips for using tape:

- Choose a hypoallergenic medical tape or sports tape designed specifically for use on skin. You may need to try a few to find one that works best for your skin.
- Before tucking, remove or trim body hair to make tape removal easier.
- Use a protective barrier wipe on the skin before applying tape.
- When removing tape, use a skin-safe adhesive-remover or soak the tape in warm water.
- Remove tape slowly and gently.

To tuck the testicles inside the body:*

- 1 Wrap the penis in tissue or a piece of soft, thin cotton.
- 2 There is a tube at the top of each testicle called an inguinal canal →. Gently lift each testicle up into its inguinal canal. Go slowly and trust your body.



- 3 Place a firm hand over top to keep anything from slipping out.
- 4 Tuck the penis and scrotum between the legs and, if possible, the buttocks.
- 5 You may want to use a long strip of tape down the penis and up the buttocks/lower back to keep it secure. Use additional tape as needed.
- 6 Keep a hand firmly over the genitals while you put on a tight undergarment or a gaff to hold everything in place.

* **You can adapt these methods to whatever feels best for your body, or find another way altogether!**

The illustrations above are based on the zine and art work of Mira Bellwether, specifically:

[FTW: A Zine About the Sex Lives of Trans Women](#)