

PRO-TIPS

- Shave before using tape! Shaving ensures the tape will secure to your skin and won't pull hair when you move.
- Use anti-fungal powder or cream to avoid fungal infection.
- Flowy dresses or skirts prevents moisture build up!
- Taping creates a smoother tuck- but makes it difficult to use the restroom.



WHERE TO SHOP

Unclockable owned by a transwoman, offers swim-proof, gym-proof, life-proof tucking kit. This comes in a pack 2-30 tucking kits. \$25 - \$90

Origami Customs owned by a trans non-binary person, offers gender-affirming gear. Their items are all custom and handmade. \$29 - \$51

Athletic & Medical Tape can be found in local pharmacies & sporting stores or online. \$4 - \$20

HEALTH EQUITY CLINIC LGBTQ+ SPECIALTY HEALTH SERVICES

- ❖ LGBTQ+ Primary Care
- ❖ Chest/ Breast Health
- ❖ Hormone Care
- ❖ Trans-sensitive pelvic, pap, & prostate exams
- ❖ Sexual Health Screening & Treatment
- ❖ HIV Specialty Care
- ❖ PrEP & PEP
- ❖ Care Coordination & Referrals



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TUCKING 101

An easy and simple guide to safe tucking!

WHAT IS TUCKING?

The process of temporarily moving external genitalia out of the way to create a flatter & smoother space between the legs.

WHY IS TUCKING IMPORTANT?

- helps improve mental health caused by gender dysphoria
- affirm gender by boosting self-esteem

TERMINOLOGY

Throughout this brochure the terms *penis*, *scrotum*, and *testes* will be used. We recognize that these words may be uncomfortable for some or may be words that some people do not identify with.

SAFE TUCKING

NEVER USE DUCT TAPE OR ANY TAPE NOT MEANT FOR SKIN

You risk tearing skin off when removing.

A LITTLE DISCOMFORT IS NORMAL WHEN FIRST STARTING TO TUCK

If discomfort becomes extreme, stop tucking and consult a doctor.

DON'T WRAP PENIS & SCROTUM TOO TIGHT, THIS CAN CAUSE YOU TO LOSE FEELING

If this happens, untuck.

LACK OF URINATION WHEN TAPING, MAY CAUSE A UTI

You may become dehydrated from drinking less water.

WAYS TO TUCK

Practice tucking at home! So if you have any discomfort you can untuck.

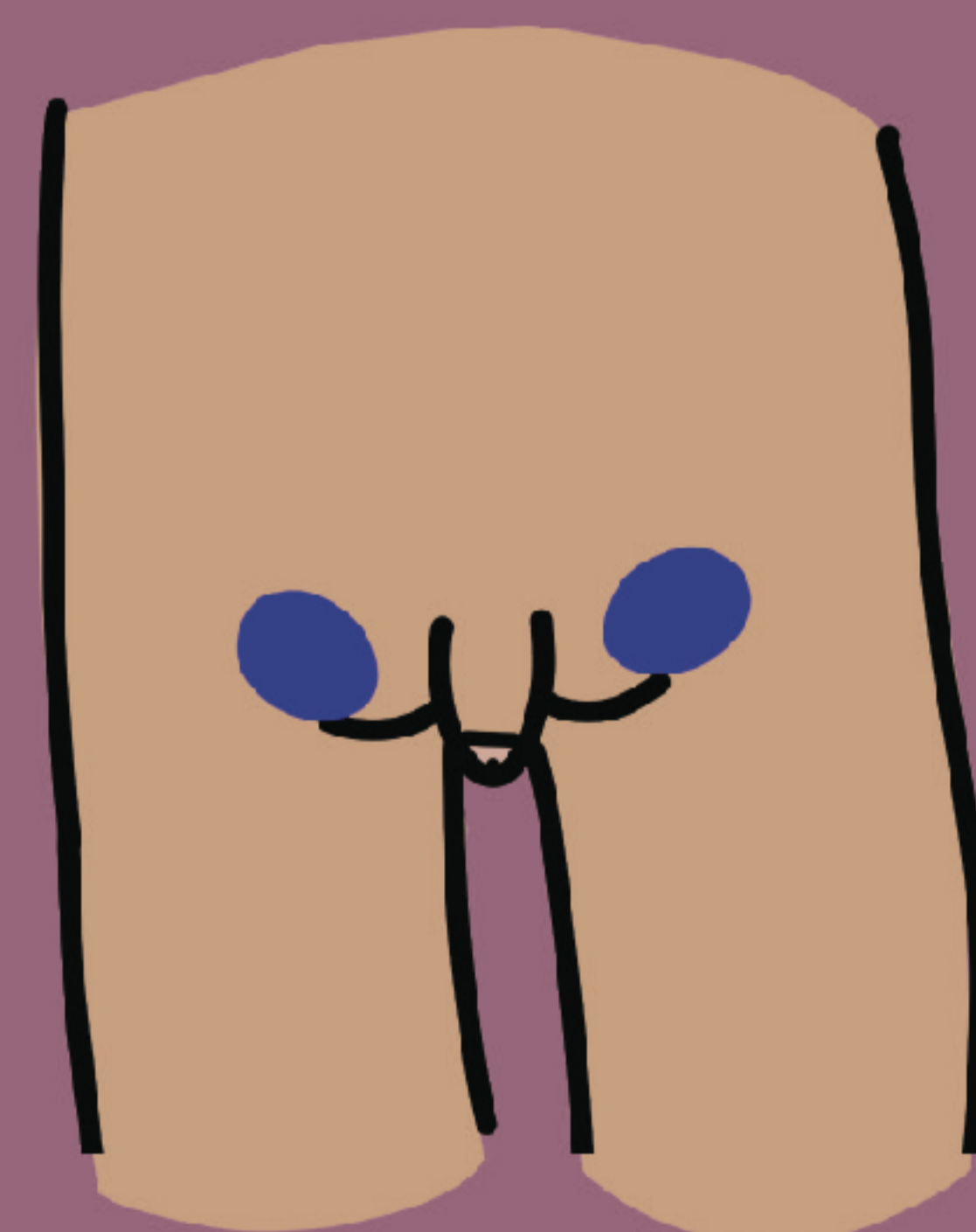
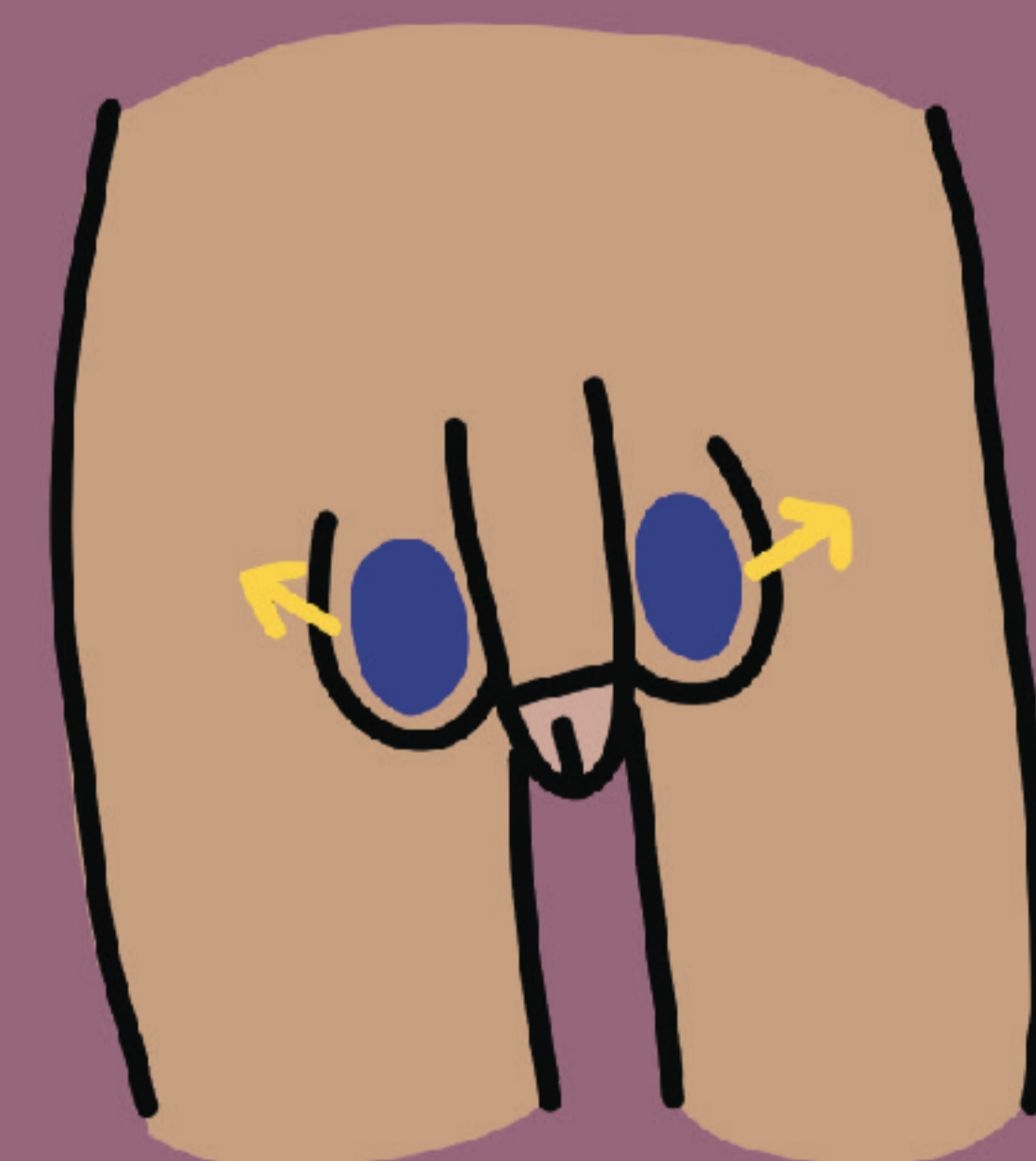
METHOD 1

1. Push testes into inguinal canals
2. Push the scrotum and penis back between the legs
3. Put on clothing to secure your tuck!



METHOD 2

1. Put testes to either side
2. Push the penis back between legs
3. Put on clothing to secure your tuck



Try both types of tucks to see which is most comfortable and practical for you!

SECURING YOUR TUCK

TAPING: Some people use medical tape, athletic tape, or specialized tape for tucking.

- 1 After putting testes into the inguinal canals, wrap the penis in gauze (soft, thin cotton, like a baby wash cloth)
- 2 Push scrotum & penis back between legs
- 3 Beginning about an inch above the base of the penis run the tape between your legs and towards your buttocks

CLOTHING: Tight underwear, a gaff (specialized underwear for tucking), control top pantyhose, or shapewear.

UNTUCKING

Make sure to use the same care as when you tucked. Guide your penis and scrotum forward to their natural resting position. If you used tape, use a wet washcloth & soak the area in warm water or use medical adhesive remover.