

Safer Tucking

A resource guide to tucking





What is tucking?

Tucking is the practice of changing the placement of your penis and testicles so that they are not conspicuous through clothing. People tuck in many ways. Tucking is an art form, and in time, you will find what works best for you.

Not all transgender women tuck. Some transgender women and gender-nonconforming individuals chose to not tuck.

If you choose to tuck your penis and testicles, it is important to do it in a way that is safe and comfortable. No matter how you choose to tuck, please remember that you must be able to urinate regularly to avoid dehydration and other problems.

Our clinicians are specialized in assessing your tucking practices to help you manage any risks—don't be shy about asking lots of questions.

Useful Products and Methods

Control Briefs

Product: This type of undergarment is made using strong, elastic materials.

Method: How to start:

Pull your penis toward the back between your legs then

Pull up the control briefs snugly.

You may have to readjust your penis or briefs throughout the day.



Gaff / Tucking Panties

Product: This type of underwear is also made of strong, elastic material to hold things in place. Some gaff / tucking panties have simulated camel tow, and other have built-in tucking rings.

Method: You can make your own version:

- Cut the elastic top off pantyhose then
- Cut off the top of a sock and put the sock through the pantyhose elastic, then
- Put your legs through the gaff and
- Pull up the gaff so as to cover the genitalia.



Tight Fitting Undies

Product: This type of undergarment uses elastic material instead of cotton.

Method: Start with undies that are one size smaller than your normal size.

- Pull your penis toward the back of your legs and
- Pull up the underwear snugly.
- Add a second pair for added compression.

Inguinal Canal Method

You push your testicles up into their sockets in your abdomen (the inguinal canals). This requires effort and might take some practice.

Lie on your back. Using three fingers, gently guide each testicle into

its socket. Do this as slowly as needed to avoid discomfort, and stop if you feel pain. If you have difficulty, consider taking a cold shower to encourage your testicles to move towards canals.

Consult your DAP clinician for support and guidance as you get used to this process.

Check your work

Make sure you examine the area where you have tucked. Check for blotches of purple, blue or extreme paleness. This could mean that you've cut off circulation and that you should untuck your genitals immediately.

Should you use tape when you tuck?

Using tape is not necessary when you tuck, but many women may choose to. It is important to remember that you won't be able to urinate while you are taped. Please use caution.

How to apply tape

Once you have your genitals tucked, apply two-to-three layers of medical tape to the pelvic region and the penis. Never use duct or scotch tape; they will damage the skin and cause pain. Medical tape is the only tape advised to use, but it will not adhere to wet skin. Make sure you dab the area with a towel if you perspire during tucking.

Remember to shave areas where you plan to tape one or two days prior, and never tape freshly shaved skin.

Important: You may want to cover your penis with gauze or toilet paper before completing your tucking. This may help prevent infections and possibly help to avoid injury from tape. Also, consider applying anti-fungal powder to prevent odors and infections.

After you have taped your pelvic region and penis, you can make sure your tuck stays in place by adding more strips of tape. Run it around the underside of your left buttock to your left hip, then pass another strip of tape on the right side of your right hip, to the underside of your right buttock, then pull up your underwear or gaff.

Risks

What are the risks associated with unsafe or improper tucking?

- Irritation and discomfort
- UTI (urinary tract infection)
- Dehydration
- Pain while urinating
- Skin infections
- Abrasions
- Infertility
- Bladder and kidney damage



Helpful Tips

Tucking should never hurt.

If you experience any pain, you should untuck immediately.

Urinate before.

It's not possible to urinate while taped. Try to make time to relieve yourself before and after taping.

HRT could affect your experience.

For some, hormone replacement therapy (HRT) affects how simple their tucking experience is. Ask your DAP clinician to tell you more.



Remember to shave if you tape.

Remember to shave one-to-two days before taping and never apply tape to freshly shaved skin.

Never use duct tape.

Duct tape can tear skin and hair. It also can cause rashes and irritation.

Take a break.

Do not tuck 24/7. Take breaks if you can.

Gender and Sexuality Affirming Care

Desert AIDS Project offers high quality, culturally competent services to our transgender, intersex, and gender diverse clients.

We empower and engage our clients in ongoing relationships with their primary care clinicians, addressing their full spectrum of health and wellness needs. Our medical team works closely with other disciplines in behavioral health, community health, nutrition services, and social services to provide all of our clients with compassionate and comprehensive care.

Our clinicians follow World Professional Association for Transgender Health (WPATH) guidelines and obtain WPATH training and continuing education in the assessment and treatment of gender dysphoria.

Patient Rights & Responsibilities

You have the right to:

- Be heard and understood by your provider and care team
- Be fairly evaluated for treatment and referrals
- Access an equal standard of care as any other patient
- Be provided with assistance or referrals to manage psychological and physical health issues that might impact your hormone therapy
- If appropriate, to be given access to gender affirming hormone therapy

You have a responsibility to:

- Accurately convey your symptoms (story and history) of gender dysphoria and gender identity development to your provider
- Follow your treatment plan and take medications as prescribed
- Follow up with care as recommended and express your concerns to your clinician

**Schedule an Appointment with our
Trans Navigation team by calling**

760-323-2118 or email TransCare@desertaidproject.org

Transgender Health Services
Desert AIDS Project
1695 North Sunrise Way
Palm Springs, CA 92262

For more information visit
desertaidproject.org/transgenderhealth



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