

COMFORT TIPS

- Duct tape is not recommended because it can tear hair and skin and cause rashes or irritation. However, *if you do use duct tape*, remember to shave (although not right before, as that can cause irritation) so that the tape does not pull hair. Soak in a warm bath before removal to make the tape less sticky.
- It's not possible to urinate while taped. Try to make time to relieve yourself before and after.
- Remaining taped for longer than 4–8 hours causes irritation, discomfort, and possible pain while urinating. Try not to tuck 24/7. Take breaks from it if you can.
- Trimming/shaving pubic hair generally helps with tucking.



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HEALTH OUTREACH TO TEENS

WHAT IS TUCKING?

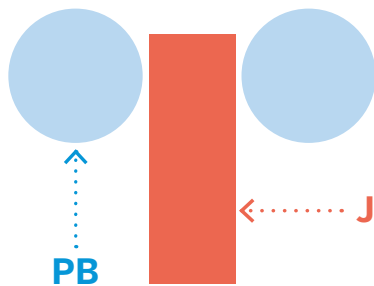
The goal of tucking is to make the underwear area look smoother. This can be done in multiple ways.

WHY DO SOME PEOPLE TUCK?

- It allows you to feel better about your body
- Tucking can make wearing some shorts, skirts, and pants more comfortable
- Tucking helps some people “pass”, and that can make certain situations safer

SO WHERE DOES IT ALL GO?

*Some people prefer not to use anatomical terms to refer to their genitals, so from here on we'll call the parts “PB & J”



There are spaces in your pelvis (called *inguinal canals*) right above your genitals that you can use to make your underwear area look flatter. You can push the PB up into these spaces and pull the J back.

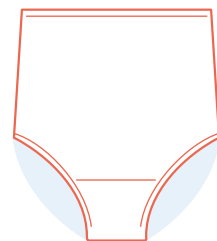
After you have been on hormones for a while, things will shrink and become more comfortable. This can all be secured using either medical tape or various clothing options.

WAYS TO TUCK

Control Briefs

\$10–30

Often marketed for “tummy control”, control briefs (like SPANX) are made of strong, elastic material. Pull yourself toward the back between your legs and pull the control briefs up snugly. You might have to readjust throughout the day. Some people prefer buying a size smaller than usual.

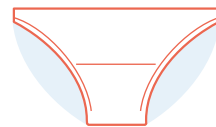


Another option is cutting the legs off a pair of panty hose and wearing them like control briefs.

Layering Undies

\$10–30

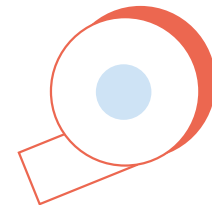
Layering spandex undies might cause more irritation, so use cotton. Pull yourself toward the back between your legs and pull the underwear up snugly. Low waist/“hipster” styles don't work as well.



Taping

\$5–10

(See “Comfort Tips” on the back). Avoid using duct tape. Wrap medical tape around the shaft and pull it down toward the back. Use more tape to secure. Medical tape removes less painfully, but does not stick when wet. Taping could make it painful to sit.



Gaff

\$20–30

Gaffs are worn like underwear and made of strong, elastic material to hold things in place.



Vee String

\$200–500

Vee Strings are like gaffs but are made of latex rubber and the outside looks like a vagina.

