



Where can I find more information?

- Callen-Lorde, Safer Tucking:
http://callen-lorde.org/graphics/2018/09/HOTT-Safer-Tucking_Final.pdf
- TransHub, Tucking:
<https://www.transhub.org.au/tucking>

Free or lower cost tucking options:

- Point of Pride:
<https://pointofpride.org/trans-femme-shapewear/>

For More Information

The Gender Clinic
207-662-5093

MaineMedicalPartners.org | MMC.org/TheGenderClinic



Guide to Safe Tucking

This handout will help you learn about the different options for tucking. Tucking is used to flatten the space between the legs. For the sake of this guide, we will be referring to genitals by their anatomically correct terms, including testicles (or testes), scrotum and penis, although we acknowledge that many words are used for these body parts. Here are some tips to help you find an option that is safe and makes you feel as comfortable as possible.

What are different options for tucking?

Options	How to	Avg. price
Taping	Using medical tape is advised. Do not use duct tape or other types of tape. Many wrap toilet paper or another form of protection around the penis. Wrap tape around the shaft of the penis and pull it back between the legs, use more tape to secure. Of note, taping can make it painful to sit.	\$5-10
Layering underwear	Some people prefer to use layers of tight cotton underwear. Higher-waisted options tend to work better.	\$10-30
Control briefs	These are made of strong, stretchable material (think SPANX). Some people buy a smaller size. Others cut the legs off panty hose to use as control briefs.	\$10-30

Options	How to	Avg. price
Gaff	A gaff is designed specifically for tucking to smooth the area between the legs. It is like underwear and usually made of a strong elastic material. Some people use tight swimsuit bottoms as gaffs. The material is important, as silk can slip and cotton can stretch over time.	\$20-30
Vee string	These are similar to gaffs. However, they are made of latex and the outside is designed to look like a vagina.	\$200-500

Comfort tips

- It is advised to shave or trim before you tuck using shaving cream and a sharp, clean razor to avoid skin irritation.
- Use the restroom before tucking.
- It is important for your tuck to be neither too tight nor too loose.
- Practicing wearing your tuck around home before going out in public.
- It is advised to not tuck for more than 4-8 hours and to take breaks as needed.
- Remember to drink plenty of water to stay hydrated.

Risks of tucking

- The most common risk is skin irritation.
- Holding your urine for long periods of time may lead to urinary tract infections and possible kidney damage. Be sure to use the restroom when you feel the need to.
- Tucking the testicles into the inguinal canals increases their temperature. This may cause fertility issues long-term.
- Rare side effects include pain and damage to the testicles that may require surgery.

If you have pain or prolonged discomfort, take a break from tucking. If the symptoms do not get better, call your healthcare provider.

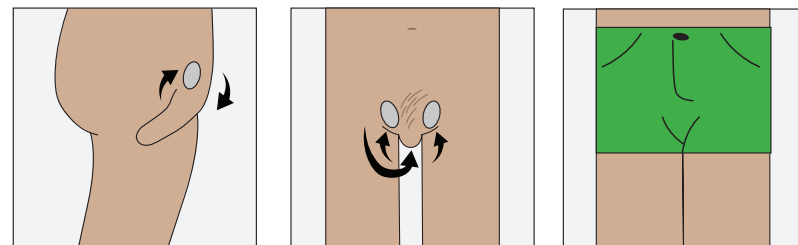
Tucking methods

Many people prefer to shave or trim the pubic hair before tucking. We recommend using the restroom before tucking, because once secured you will have to untuck to go to the bathroom.

Method 1: Use the inguinal canals

The testicles migrate through the inguinal canals to outside the body before we are born. The testes can be placed back into these spaces with gentle pressure.

1. Use your fingers to gently push the testicles up into the inguinal canals. This should not be painful. If you feel any discomfort, consider stopping and trying at a later time.
2. Once the testicles are in place, place the penis and scrotum back between your legs. You can secure these within your gluteal cleft (the space between your buttocks).
3. See the options listed in the chart for how to secure the tuck.



Method 2: Push the testicles to the side

1. Push the testicles back and to the side.
2. Place the penis and scrotum back between your legs. You can secure these within your gluteal cleft (the space between your buttocks).
3. See the options listed in the chart for how to secure the tuck.