

NON-SURGICAL FORESKIN RESTORATION

The Stretching Procedure

NOTE: This information was originally published by the BUFF (Brothers United for Future Foreskins) organization, and should not be construed as medical advice. The information is general and does not apply to any one person.

WHAT TO EXPECT FROM RESTORATION

Regardless of your choice to stretch or go ahead with a surgical procedure, EVERYONE who has gone through a restoration procedure reports a substantial increase in the sensitivity of the glans (head of the penis) after a few weeks of being recovered.

Surgery is not for everyone, and this information is an alternative to the surgical procedure. While the surgical procedure offers instant results, it should be noted that the taping method described herein requires a great deal of time and patience and most importantly, EMOTIONAL FORTITUDE.

Stretching usually progresses in three stages: Initial, Equilibrium, and Extension. The following are instructions for the Initial stage.

First measure the penis limp, along the top from the base to the tip. Next measure how far you can pull the skin up over the head during erection, both with light finger pressure and then with as much force as you can WITHOUT CAUSING PAIN. Record these measurements, because they will be used as a guide to your progress. The measurements taken during erection are the most accurate ones because the size of the flaccid penis can vary greatly.

THE TAPE STRAP

After a hot bath, to make the skin soft and loose, pull it as far forward over the head as possible, WITHOUT CAUSING PAIN. Use a piece of tape to strap it in place, running the tape side to side instead or top to bottom. Tapping side to side will make it easier to urinate with the tape in place. For some people, it may be easier to sit down and urinate.

TAPING TECHNIQUE; "THE FINE POINTS"

To gain somewhat better adhesion from the tape you are using, you can paint the skin with tincture of benzoin, which is also known as friar's balsam. It may be purchased at any pharmacy. Coat the skin with one layer to assist the skin in accepting the tape. It is essential to avoid pain, nature's way of telling you that you are hurting yourself. Pain from taping too tightly suggests that you are causing internal tears in the skin, which will scar and contract as they heal, impeding your progress. If an erection causes pain, remove the tape IMMEDIATELY. Some complain that erections cause the tape to come off. Others complain that erections with the tape in place are painful. All of this varies with the individual and some people make no complaints whatsoever.

For those circumcised very tightly, there will not be enough skin to cover the glans at first. In this case, it is important not to let the tape touch and stick to the head, since removing the tape will be painful. A square of tape face to face with the strap, where it contacts the glans, will prevent this. Some men prefer using BAND-AID strips. Another way to prevent the tape from sticking to the head is to apply a light coat of VASELINE, being careful not to get any on the skin of the shaft.

It is also important that the skin of the penis be clean and free from sweat and body oils, which will impede the adhesion of the tape. After the tape is in place, the head must be free inside the skin so that it can move and exert forward pressure, which is what will stretch the shaft skin. Handling the penis may cause an erection which makes taping difficult. Wait until the erection subsides before attempting to continue. You will notice with the tape in place the penis will be FORESHORTENED and the gentle tension on the skin from the pressure of the glans will cause stretching. Erections also help stretching, if they are not painful.

For full effect, it is best to wear boxer shorts that let the penis hang free, rather than briefs which support the penis and tend to limit the tension of the stretching.

#### HOW LONG WILL IT TAKE?

-----

The size of the penis, the length of the head, and the amount of skin which was circumcised will affect how quickly you get the results you want. Your goal is also important. Some men want just enough skin to cover the head. Others want more. The most important factor is the effort and persistence used. The time required varies widely between individuals. In stretching, some men have attained full coverage in four months, while others have taken longer. The process can take as long as one to two years.

#### THE RESULTS

-----

Usually, the first result notice is a change in the color and texture of the glans, which becomes pink and moist from being constantly covered, and regains sensitivity. This happens within a few weeks. The skin will stretch noticeable for a week or so, then it will "rest" for a few days. This leads to initial elation on your part when the results are visible, and disappointment when the visible progress stops. A similar "stop and go" effect occurs with body builders and dieters. PERSISTENCE and AVOIDANCE OF DISCOURAGEMENT when the skin is "resting" is vital to your long term success!

#### THE SCHEDULE

-----

It is important to keep the tape on CONSTANTLY! Only constant tension will stretch the skin permanently. It is a mistake to try to speed up the process by sudden sharp pulls. This can cause internal scars. You can remove the tape for washing, and obviously for sexual encounters, but if you do not remain taped for almost 24 hours each day, progress will be much slower. Although it seems to be a waste of time to remain taped when nothing actually appears to be happening, it is important to keep the glans covered to regain and maintain sensitivity.

## RECORD YOUR PROGRESS

-----

Keep a written record of your progress, and if you can, take photographs each month. It is a psychological boost to actually see tangible proof of progress each month.

## WARNINGS

-----

DO NOT use clamps, elastic, weights or any other material that may cause injury, in an effort to speed up the process. In particular, do not risk cutting off the blood supply in the skin, as this can lead to serious consequences. There are three ways to tell if the blood supply is being restricted:

1. If there is any pain, it means the tape is too tight.
2. If the skin turns blue and feels cool to the touch.
3. To test for constriction, press your finger on the skin hard for about 15 seconds. Remove your finger. The spot pressed will be lighter in color. If it does not return to normal color within six to twelve seconds, the blood flow is impaired. Loosen the tape.

## THE TAPE RING

-----

Once the skin has stretched somewhat you will be able to use a tape ring.

If you were not cut tightly, and have enough skin, you can start out with the tape ring. Stretch the skin out beyond the glans and wrap a half-inch wide piece of tape around it, tightly enough to hold it in place, but not so tight as to interfere with urination or stop blood circulation. As a rule, if urine will pass, so will the blood. If the ring is too loose, it may slip back behind the glans and cause constriction, which can be painful and cut off blood circulation to the head. If this happens, remove the tape at once and reapply it forming a smaller ring that will be less likely to slip back.

Some people with unusual problems should stretch under the supervision of a sympathetic doctor. However, most people can do it alone. In any event, it is recommended that you thoroughly familiarize yourself with the procedures described before trying it. Most of the problems occur from not reading the material completely.

## PENILE HYGIENE

-----

Contrary to the old wives tale, it is not necessary to wash the penis every day. Cleanliness of the penis has been OVER-EMPHASIZED for many years and this is one of the main reasons for routine circumcision being performed today.

After a week or so of being taped, you may notice a whitish secretion collecting under the skin. This is smegma, which is simply cast off skin cells from the top layer. It is not harmful in any way. The only reason to wash it off is to remove the odor, if you find it offensive.

Do not forcibly remove the tape for washing. Let it loosen from

naturale body oils and perspiration. When it has worked loose enough to enable you to remove the tape without pain, you can wash. Washing requires only warm water. If you wish to use soap, make certain that it is a mild soap. You may find that using a strong soap on the newly sensitized glans may cause irritation.

RECOMMENDED PUBLICATIONS

-----  
FORESKIN by Bud Berkeley (available from Bud Berkeley, P.O. Box 26011, San Francisco, CA 94126)

FORESKIN RESTORATION by Mark Waring (out of print)

THE JOY OF UNCIRCUMCISING (available from UNCIRC, P.O. Box 52138, Pacific Grove, CA 93950)

DECIRCUMCISION (available from Added Dimensions Publishing, 4216 Beverly Blvd, Suite 262, Los Angeles, CA 90004)

SAY NO TO CIRCUMCISION (available from NOCIRC, P.O. Box 2512, San Anselmo, CA 94949)