



TUCKING GUIDE

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WHAT IS TUCKING?

Tucking creates a visibly smooth crotch contour and can help alleviate dysphoria by making the penis and testicles less visible through clothing. This can be a good option for people who aren't able to get (or don't want) bottom surgery but want to lessen feelings of gender dysphoria.

Tucking has been heavily influenced by drag performers and is a practice that has been passed down for generations. There are two main approaches - using specialised underwear, known as gaffs, or medical tape. Many people find gaffs more comfortable for daily wear, while tape can be useful for specific situations.

While there can be health risks associated with tucking, these can be reduced with the right techniques.

If you have any questions about tucking, you can reach out to UC's Rainbow Leads or a nurse or your GP for more support

This guide will give you some tips for tucking safely and some binding options.

TUCKING SAFELY



Tucking shouldn't hurt

Tucking can be uncomfortable, especially for your first time, but it should never hurt. Start by tucking for shorter periods of time (30-60 minutes) and gradually building up your tolerance. Give yourself lots of time to practice.

It can help to start tucking at home where you can easily untuck if needed.

Not every day is the same

Consider your goal for today. Remember this doesn't have to be as flat as possible, all bodies have curves and bumps. Think about what you will be doing, what your body needs, and what the weather will be like that day.

Using the bathroom

If you are taping, you will need to untuck to go to the bathroom. In preparation, you should urinate before you tape. Make sure you still drink water while you are tucked, even though it might be annoying untucking to use the bathroom.

Take breaks

Don't tape or wear gaffs overnight. If you are using tape, you should only tuck for 4-6 hours and ensure that you have at least 1-2 days without tucking weekly. It's important to look after your body even though breaks might be difficult if you are experiencing lots of dysphoria.

Hygiene

Adding tight compression to any part of your body can cause more sweat to build up than usual. This can increase the likelihood of skin rashes, irritation, or infection. To avoid this, make sure you take breaks from tucking and use products such as baby powder to prevent moisture from building up while tucking.

Managing risks

There is a very small but serious risk of torsion. It occurs when the blood supply to the testicle is cut off. This causes sudden, severe pain and requires immediate emergency surgery. Any delay in treatment can lead to permanent damage, loss of the testicle, or infertility, so it is extremely important you access help immediately. Contact your doctor as soon as you have concerns (most GPs have emergency appointments) or go to the nearest After-Hours Clinic or the Emergency Department.

Some people might have worries about the impact tucking could have on their fertility. Tucking testicles into the inguinal canal (natural space where they descend from in puberty) for long periods of time can increase their temperature which might impact sperm production. If you are concerned about this have a chat with your doctor.

**Listen to your body, if you experience
any pain, untuck immediately**

TUCKING WITH GAFFS

Gaffs are reusable, washable, purpose-made underwear designed for tucking with extra support panels. Some people find that they are more comfortable for extended wear than tape. There are lots of different styles of Gaff which often helps people find something that works well for their body.

WHERE TO BUY GAFFS



Bind Me

Aotearoa

XS - 3XL



Tuck & Bind

Australia

XS - 3XL



tomboyx

USA

XS - 4XL



Origami

Customs

Canada

XXS - 5XL
customised
sizes
available



Sock Draw
Heroes

Australia

Youth 4 - 14
Adult XS- 3XL

TUCKING WITH TAPE

There are different types of tape you can use to tuck: sports tape, hypoallergenic medical tape, etc. which you can find online or at a chemist. You want to use a tape that is specifically designed for use on skin, and you might need to try a few to find which one is best suited for you.

HOW TO TUCK WITH TAPE

1

Trim, shave, or wax the genital and buttock area. This will help when you're removing the tape.

2

The penis must be soft (flaccid) at the start of the taping process.

3

Some people choose to tuck the testicles into their body. This can be done by finding the space in your pelvis above where the testicles hang (inguinal canals). Gently lift each testicle into this space, they should be able to be placed in this position with minimal pressure. Be gentle and stop if there's pain or discomfort.

4

Wrap the penis in a piece of tissue paper or soft, thin fabric to minimise discomfort.

5

Stick a long piece of tape to one side of your mons pubis (groin). Gently push the penis towards your anus and adhere the tape with slight tension, but not too tight, to your opposite buttock. Avoid taping directly over the tip of the penis or anus.

6

Repeat the process for the other side, when you have finished the tape should look like an 'X'.

7

Wear snug underwear over the tape to help keep everything in place.

8

When removing the tape, make sure you're gentle as tape can cause skin abrasions. Taking tape off in the shower or soaking it a skin safe oil (like baby oil or coconut oil) breaks down the glue and will make it easier to remove.

If you are a visual learner, there are heaps of helpful guides online

NEED SUPPORT?



Book an appointment
with one of UC's
Rainbow Leads

Book an
appointment with a
nurse or GP at your
medical centre

Peer support around gender affirmation
is available from Qtopia through the
'Trans Package of Wellness'.
You can ask your GP to refer you to this service.



**This guide was developed by Rainbow Equity
in partnership with the
University of Canterbury Health Centre**



**Rainbow
Equity**