

## The Canister Tugging Method

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Please read The Natural Penis and Restoration before attempting use this guide. I'm not a doctor and this is not medical advice. You are responsible for your health. If anything feels strange or uncomfortable during any restoration effort, stop what you're doing and see a doctor.

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### On Tape Methods in General:

The most widely used means of applying tension to the penile shaft skin is with tape and elastic straps (fashioned from suspenders). The perfect tape for this is made by ReJuviness. They engineered the tape for use by people treating scars with silicone sheeting. ReJuviness tape comes in 2" wide rolls with 2 peel-away 1" width backing strips.

The CANISTER METHOD (also known as the Pill Tube method) involves preparing a plastic tube (sold as packaging for 35mm photo film) to house the glans, accept tape, and take tension straps or weights. This is the best tape method for several reasons.

- a) The canister is a consistent round shape with smooth edges where the shaft skin bears.
- b) The canister allows for solid fastening of straps or weights, with quick disconnect for urination.
- c) The canister allows the glans to be bathed in Eucerin lotion during use, adding to the regained suppleness.
- d) This method eliminates the need to find the Point of Equilibrium (POE) or to have a partial erection while applying the device.
- e) It allows for "packing," the use of spacer materials to push down on the glans, thus tensioning the inner skin. (author's note: I never do this, I feel if tension can make skin grow, then compression could have undesired effects on the glans).

The main drawback of the canister is the tape adhesive. Removing the tape daily at the end of a shower is the best regimen, but it's not easy. The other drawback is the shear girth of the canister. Even if the fit is such that the glans must be squeezed in, the skin tube to be grown will be no smaller than the outside diameter of the canister, which is too wide for many tuggers' tastes. Still, for beginners, it is definitely the best tape route for the first 6 to 12 months

People have invented and fashioned complicated fixtures for tape methods, including specially shaped weights, but none is clearly better than the canister.

### Tapeless Methods

I sell the Tapeless Conical TLC Tugger. The user centers the glans in a cup-shaped indentation, pulls the shaft skin up over the device, and keeps it in place with the silicone rubber cone. Tension is applied by pulling on the handle of the device with straps or weights. The skin looks like it is pinched between the inner and outer cones, but it's really not. It is held in place by friction with the outer cone. The tugging force needed to cause the device to come loose easily exceeds that for tape. Also with tape, one wouldn't want to pull hard enough to risk coming untapped, because the remedy is a re-taping, which must be preceded by a thorough washing - not something most folks have time for during a potty break at work.

[Note that I mention high tugging force only with regard to momentary states, like bending to tie a shoe, or rolling over in bed. Persistent gentle tugging is recommended. Pain is never to be tolerated. The tapeless methods all share the advantage that if something doesn't feel right, the device can be quickly removed and re-applied without a fuss.]

The other tapeless method I will discuss is my Your-Skin Restoration Cone. The cone by itself is useful for retaining the shaft skin if it is pulled up to cover the glans, allowing the glans and inner skin to achieve and stay at maximum sensitivity even during non-tugging periods. Its cone shape inherently adapts to any size or state of the glans. It stays on (assuming the skin is clean and dry) under briefs, and throughout most nights of sleep, including nocturnal erections. It is useful for folks who are just starting to consider restoration, for active restorers to wear during their non-tugging hours, and for post-restoration subjects who want to help their skin "learn" to pucker tightly around the glans. It can be used with small appropriately shaped inserts (see the RCS at TLCTugger.com) to give sufficient tension for those with plenty of slack skin. It is also part of the Tapeless Conical TLC Tugger system.

## Using the Canister

You will need:

- Your clean dry canister (the package that 35mm film comes in; you want the black kind which has a smooth edge where the cap snaps on, usually with grey lids). The bottom must have a 3/4" diameter hole cut out. Cut the rough opening with an Exacto knife, and smooth the hole's edges with a cuticle knife. You won't be using the canister lid.
- Lotion to lubricate the entry of the glans into the canister.
- A clip handle, which is a loop of steel taken from a 1.25" wide medium binder clip (a paper clip that can hold a 1/2" stack of papers)
- Elastic Straps to attach to the clip handle. It's best if there is some "float" in the clipping interface so the handle is under less stress. ComforTug straps available at [TLCTugger.com](http://TLCTugger.com) are ideal.
- ReJuveness tape, available at [www.ReJuveness.com](http://www.ReJuveness.com). A \$14 roll of tape is 33 feet long and lasts about a month.
- Lotions and soaps to purge your skin of tape residue. People have success with baby oil or oil-based suntan products, and with Cetaphil liquid (non-soap) cleanser.
- You may want an elastic knee brace to wear between your skin and the straps.
- You may want some cheap briefs you can cut the bottoms out of, to wear like a loin cloth when tugging.
- You may want some light weight tank tops or t-shirts to wear between your skin and the straps when tugging over the shoulder at night.
- You may want some extremely loose fitting pants to inconspicuously accommodate tugging. Levis 565 shorts come long enough to hide straps if you wear an elastic knee brace OVER the straps.

Steps to apply the canister:

- 1) Start with a clean flaccid penis and a clean dry canister
- 2) Wrap a 1" by 6" strip of ReJuveness around the canister **STICKY SIDE OUT**.
- 3) Squeeze a little lotion into the canister.
- 4) Squeeze your glans into the canister, twisting slightly to distribute the lotion.
- 5) Roll as much penile shaft skin as comfortably possible up onto the barrel of the canister, letting it be held uniformly in place by the inverted tape.
- 6) Remove one of the 2 backing strips from a 2" wide x 10" long strip of ReJuveness.
- 7) Wrap the ReJuveness around the rolled-up skin such that it contacts at least 1/2" of skin and some inverted tape.
- 8) After 1 full wrap, pull out the other ReJuveness backing strip and secure the remaining tape to the skin and canister
- 9) Attach a tugging handle though the 3/4 cut-out in the bottom.
- 10) Attach a tugging strap to the tugging handle.
- 11) Tug gently – 8 to 16 ounces of tension is sufficient.
- 12) To urinate, remove the tugging handle and peek your urethra out the bottom hole of the canister. When finished patiently dab several drops of urine before re-attaching (you're doing all this in a stall or the privacy of your home).
- 13) Remove the tape daily after a good warm soaking, like at the end of a shower.

Steps for routing the straps:

### **Tugging below the knee (day)**

- 1) Attach the tugger to your penis
- 2) Clip the single-thick end of the strap to the tugger
- 3) Run the strap down the inside of your leg and pull to the desired tension
- 4) Under tension, attach a safety pin at the level of the hinge of the knee joint
- 5) Hold the pinned part there and run the strap in front of your leg below the knee to the outside and around twice
- 6) Clip the doubled end of the strap over the safety pin at that part of the strap.
- 7) Adjust for comfort. The ComforTug straps elongate by 1/12 at 1 pound of tension.

### **Tugging over the left shoulder (night)**

- 1) Attach the tugger to your penis
- 2) Clip the single-thick end of the strap to the tugger
- 3) Run the strap up your chest, over your left shoulder, around back, and under your right arm.
- 4) Clip the doubled end of the strap over the safety pin at a point 3 – 6 inches above the tugger.
- 5) Adjust for comfort. The ComforTug straps elongate by 1/12 at 1 pound of tension.

Wear the Canister to bed, and under pants during the day. If you discover it has come off while you're sleeping, your best bet is to just unclip and wait until morning. You need to have a contingency plan for coming untapped or unclipped during the day. I clip right through my cut briefs. If I come untapped, I'm still contained by the strap holding the tugging handle. If I come unclipped at the handle, I'm still taped and the strap is still wrapped around my knee. The tough one is if the strap comes unclipped or unsewn where it hooks to itself. Since I wear an elastic knee brace under my strap, I can have the strap redundantly pinned to the brace.

Note that the glans is not actually IN the canister once you're tugging (especially after the first couple weeks).

Hygiene - As of this moment, you will use the stall and sit to urinate. This is so you can dab away residual drops of urine with tissue before re-clipping the Canister. (You probably don't want drops of urine between your inner skin and your glans, but if some is there, it's not a health problem; your body evolved to deal with urine in the prepuce). When bathing, wash your glans and inner skin only with clean water or a very gentle non-soap cleanser like Cetaphil liquid.

### Results you can expect from Canister use

- a) The glans will get more supple and sensitive very quickly. Maybe after a month or two, try jogging without the Canister. If it totally irritates your glans to be banging around in your shorts, you'll know you're on the right track. Take "before" photos and track your progress at 1 month, 3 months, 6 months, 12 months, etc.
- b) You may develop a sweet musky aroma. This is something like what intact men smell like. It is due to the natural secretions of emollients in the pink skin area combined with sloughed off skin cells. Just rinse with clean water and there will be no "taste" issue to bother anyone.
- c) You will grow some new skin. You will notice some new slack after about a month simply due to stretching and loosening of the skin you started with. Legitimate progress for real skin growth occurs more slowly. Don't try to measure your progress more often than every three months after that first month.
- d) Your glans may shed. It is possible you could slough off enough keratinized cells all at once that you would notice a temporary raw ragged texture to your glans. You should welcome this. It happened to people I know, but for me the change was more gradual. This shedding state precedes a smooth, shiny, healthy glans.

Stay in touch. When you have some slack skin, you can switch to a tapeless tugging method. You can get a Tapeless Conical (TLC) Tugger that works with your straps at [TLCTugger.com](http://www.TLCTugger.com).

Best Wishes,

-Ron Low

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<http://www.TLCTugger.com/>



Before picture – after 1 month of canister tugging



A cut-out canister



Strap showing pin at clipping point



Canister with tugging handle



Prep the film canister with lotion (not shown, wrap a reversed layer of tape around the outside of the barrel)



Push the glans in (reversed tape not shown)



Pull some skin up (reversed tape not shown)



Note the skin rolled up onto the reversed tape, and the outer tape sticking to inner tape and skin



Finish the first wrap with backing still partly in place



Pull out the remaining backing strip



Finish wrapping the tape and press into place



Tugging clip - close-up (don't apply tension until the tape has had 10 minutes to set)



Tugging clipped through loincloth



The shiny glans



Penis w/TLC Tugger Affixed