T-Tape Foreskin Restoration Method

Type: Tape. Used primarily with tensioning strap. Urination is possible without removing the device.

Focus: Users choice. Usually 50% Inner / 50% Outer, but 100% Inner or 100% Outer is possible.

How It Works

The T-Tape method is a very versatile method of foreskin restoration. Depending on the positioning of the tape, tension can be focussed evenly between the inner and outer skin, maximizing the effect of the stretching. On the other hand, tension can be focused exclusively on either the inner or outer skin, depending on the owners' intent.

The T-Tape is attached to an elastic strap that is wrapped securely around the waist / chest, over the shoulder, or near the knee.

A band of removable adhesive tape is wrapped around the skin on the penis. This adhesive tape is folded in such a away as to create a 'T'-shaped section where the top of the 'T' is adhered to the skin on the penis, and the vertical upright of the 'T' becomes a tab that is clamped and attached to an elastic strap to create the required tension.

Tightly Circumcised?

If you are tightly circumcised and don't have enough available skin to fold over the top to use some of the other restoration methods, T-Taping is a good way to start. The method uses whatever skin is available, and is easy to adjust as the available skin increases. This is can either be a complete process on it's own, or a step on the path to using another restoration method such as O-Rings or the Pill Tube method.

Measuring Penis Circumference (Length around)

In order to create a custom fit that is both comfortable and safe, the T-Tape must be made to accommodate the thickness of an erect penis. Even if you are not planning on taping at night when spontaneous erections are common, the extra diameter minimizes skin folding under the tape, and allows the tape ring to easily be slid back for urination.

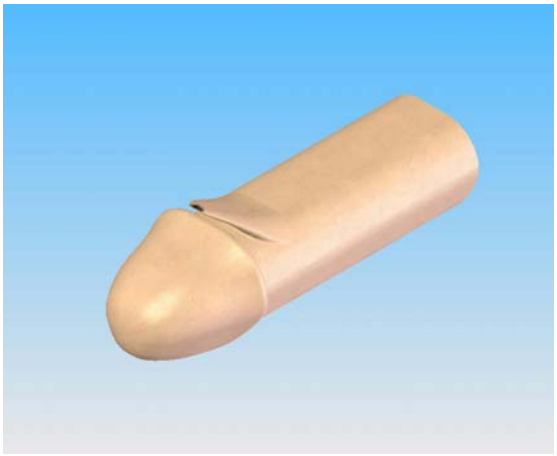
To measure the circumference of your erect penis:

- Achieve a firm erection
- Wrap a piece of string, flexible tape measure, or other flexible strip around the THICKEST part of your penis, even if it is not where you expect the tape to be placed.
- Unwrap the string/strip and lay it flat.
- Measure the overall length of the strip, add ½ of an inch for overlap.

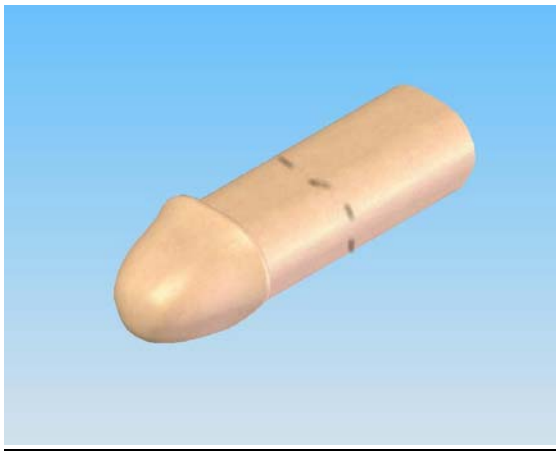
- This will be how long your cut T-Tapes will be.

Line of Equilibrium (LOE)

This line is where the tension on the inner skin is equal to the tension on the outer skin. This line is used to maximize the skin growth by equalizing the tension. The line of equilibrium is made up of several Points of Equilibrium (POE). To find the point of equilibrium, gently pinch a section of shaft skin while flaccid. Pull the pinched skin forward and roll it, change the pinch point until equal tension is felt in both the inner and outer shaft skin. That is the point of equilibrium. Mark that point with a non-toxic felt marker. Move around the circumference of the penis checking and marking the PEO at several points. By connecting the dots of the POE marks, you trace a line around the penis that is the Line of Equilibrium. If you are looking to equally tension the inner and outer skin, you should try to place the fold-line of the tape along the LOE. To place more tension on the inner foreskin, place the tape fold-line closer to the head of the penis (1/8" to 1/4"). To place more tension on the outer foreskin, place the tape fold-line closer to the body (1/4" to 1/2").



Point Of Equilibrium (POE)



Line Of Equilibrium (LOE)

Types of Tapes

There are many types of surgical and non-surgical tapes available on the market. You may wish to try several different manufacturers or several different styles from the same manufacturer. When choosing a tape to use, look for one that DOES NOT have super adhesion (stickiness). Too much adhesion increased the risk of being able to apply too much tension, potentially risking skin tears and stretch marks. On the other hand, choosing a tape that has too little adhesion risks premature release of the skin. The chosen tape should be somewhere in between; enough adhesion to stay attached all day, but able to release when too much tension is applied.

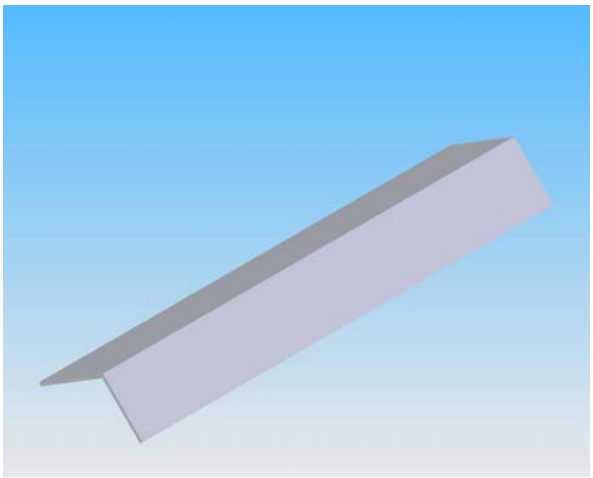
In addition to adhesion, you should choose a tape that is fairly thin and pliable. This helps both in easily allowing the gathering of the tape for tensioning, as well as keeping the edges from irritating the skin where the edge of the tape meets the skin.

Of the tapes that we have reviewed for t-taping we have found that the 3M Micropore tape to be the best value. It had medium adhesion (the best adhesion of any 3M product on damp skin), and is relatively easy to remove.

Reusable Releasable Tape Backing

A releasable backing is used as a guide for the making of the t-tapes, and should be made of something that the tape will release cleanly from. Waxed paper or the smooth backing from computer printer labels are both good, easily accessible materials.

Start by cutting a rectangular piece of the backing material about 1-1/2" wide and about ¾" longer than you previously measured your penis circumference to be. (Make sure you account for the ½" overlap) This piece is can be continue to be used for future t-tapes. Fold the piece in half along the long side, making sure that the releasable side is on the visible side when folded.



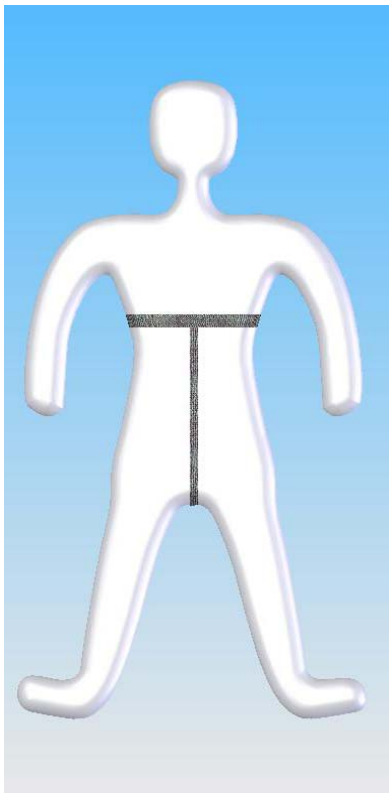
Reusable Backing

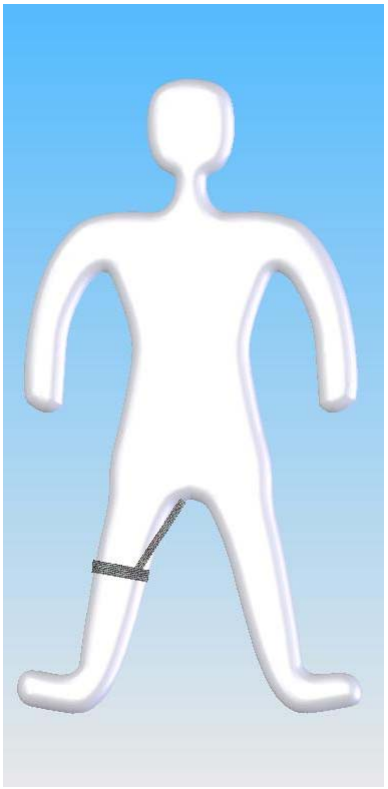
Tension Strap

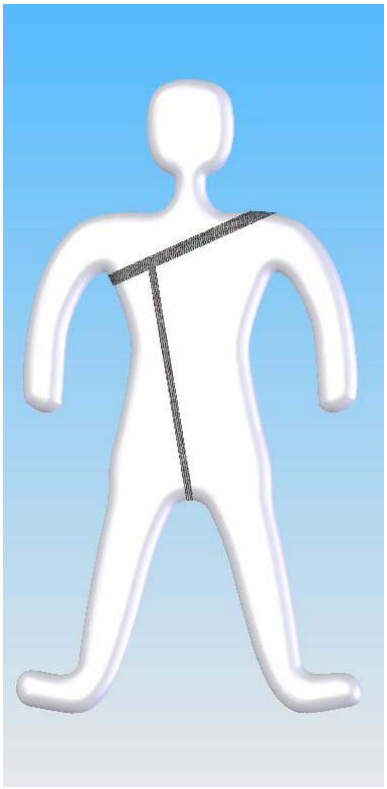
The elastic strap is used to create tension on the t-tape, tensioning the skin and promoting skin growth. Straps typically consist of a wide, adjustable leg or chest section (loop strap) and an attaching strap that goes between the loop strap and the tape.

The **loop strap** might be made from the elastic strapping available at most sewing or fabric stores. We recommend the use of 1-1/2" wide strapping. Strapping under 1" may be uncomfortable when worn. The length of the unstretched strap should start out about 6" longer than the circumference of your chest. Keep in mind that a long strap is easy to shorten, but a short strap cannot be conveniently lengthened. The loop can be completed by sewing the two ends together, or adding a quick release plastic buckle.

The **attachment strap** is the same type of strapping as the loop strap, but should be ¾" (recommended) or ½" wide. The narrower width means that the strap stretches more at a given tension, reducing the tendency for the tension to dramatically increase with small length changes. The strap should be long enough to (unstretched) go between mid calf, and groin + 6". Whether the loop strap is used on the calf, knee, waist, chest or shoulder, the attachment strap should (initially) be long enough to accommodate any configuration.







When discussing the elastic strap attaching the T-Tape to the leg or chest strap, thought should be given to the length. When the attaching strap is long, it takes more stretch to create the desired

tension, but the tension is more consistent as the length changes slightly during body movement. For example: a 6" length of elastic strap tensioned at 16oz. may increase to 19oz when stretched an additional 1". Conversely, a 10" length tensioned at 16oz may only increase to 16.5oz when stretched an additional 1". Because the shorter length is actually stretched proportionally farther, there is a larger increase in tension. On the other hand, if the attaching strap is too long, it can become difficult to achieve the desired tension in the space available. Depending on where the loop strap is located (waist/leg/chest/shoulder), the required initial length of the attaching strap will vary.

The **clip** is needs to attach the tensioning system to the t-tape. A safety pin can be used as an impromptu (and not recommended, think sharp object around your genitals) attachment but a suspender clip or other small clamp is best. Depending on your tensioning comfort level, a basic suspender clip may work, but for higher tensions, a suspender clip with the plastic teeth should be used to resist pullout.

Alternate arrangement: If using the strap exclusively around the waist, a single long strap may be made and wrapped around the torso, being tucked in to hold it tight.

Whichever position or strap style you use, it is important to choose a size and position that is comfortable to wear, and doesn't restrict your movements. Your daily activities will dictate the placement of the loop strap. Depending on location, sitting, standing, lifting twisting and bending can quickly change the tension on the strap. Rapidly loosening it or tightening to uncomfortable levels. Trial and error will tell you the placement and length that is best for you. Several days at each position may be needed to properly evaluate the best choice(s).

DO NOT cut either strap until you are sure that the chosen length will suit. It is initially better to fold or tuck the free ends in to keep the out of the way while experimenting. You may also want to have the attaching strap left at the longest length needed for either the leg or chest placement, so that you can change locations as required. Once the proper length is established, the ends should be cut several inches longer than you need, in case of error.

Note: The ends should also be sealed to prevent fraying. Heat or a line of glue along the end will keep the material from unraveling.

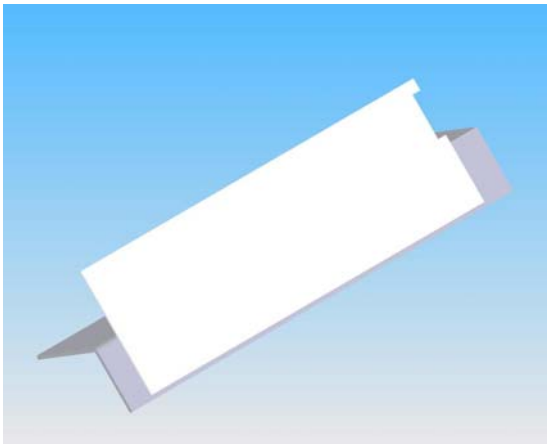
Making The T-Tapes

T-Tapes are easy to make once you get the basic design down, and one can be made in under 30 seconds. The basic concept is creating a 'T' shaped piece of tape where the upper surface of the top of the T is sticky, and the bottom of the vertical I portion is gathered and clamped. The clamp is then attached to a tensioning device like elastic strapping. The strapping applies tension to the tape, pulling on the tape, tensioning the skin.

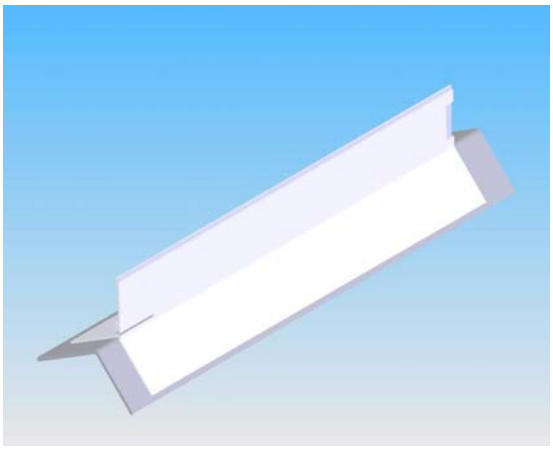
What you need:

- 2" Surgical tape
- Scissors
- Releasable backing
- Attachment clip
- Tensioning device

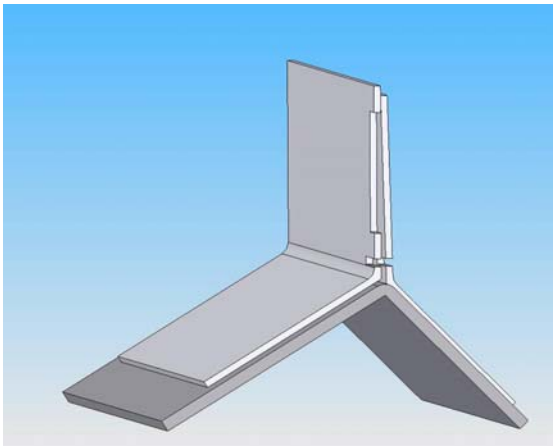
i. Cut one piece of tape to the length previously found to be needed. (+ ½" overlap)
ii. Place the tape flat (sticky side up) on a flat work surface.
iii. Fold the backing material and carefully line up one end of the tape with one end of the backing. About 1/2" from the fold, with the extra tape hanging over the fold. This will be the tape holding the inner skin. (Tape Wing A)
iv. Turn the assembly so that the fold is at the top, and the sticky face of the tape opposite you.
v. Using scissors cut a ¼" x ¾" tab from the left end of the tape (if right handed) and leaving at least 1/8" of uncut tape above the level of the backing. This notch is used to hold the two ends of the loose tape 'tail' once you are tapped up.
vi. Cut a second piece of tape the same length as the first. Cut a similar notch by estimating height.
vii. Flip the assembly over so that the fold is at the top with the backing folded flat, and the sticky side of the first tape piece is toward you. This should be placed on a tabletop (non-sticky side down) until you have enough practice to do this freehand.
viii. Again start at one end, carefully line up the second tape with one end of the first. About 3/8" from the fold, with the extra tape hanging over the fold. This will be the tape holding the inner skin. (Tape Wing B)
ix. Starting at one end, firmly press the two tapes together, trying to minimize ripples or folds in the tape. The tab removed from the first tape should create a sticky area with the addition of the second tab.
x. Cut a 3/8" slit in the two tapes at the joint of the T-top and T-vertical. This creates two sticky tabs to overlap the two wings.
xi. Any exposed sticky surface along the top length of the tape should be folded over, or cut off.
xii. The tape is now ready to use.



Apply Tape Wing A (Note Notch Cutout)



Apply Tape Wing B (Note Second Notch and Slit)



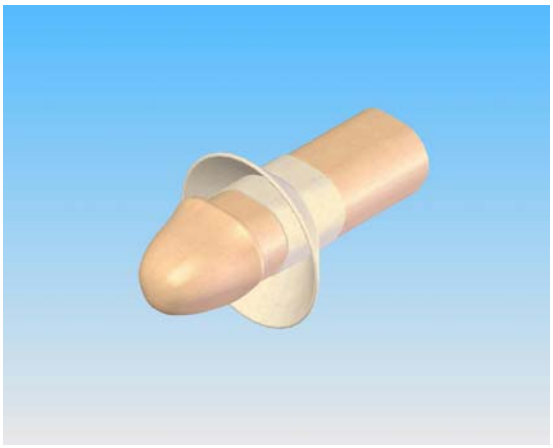
'T' End View: Close-Up

Taping Up

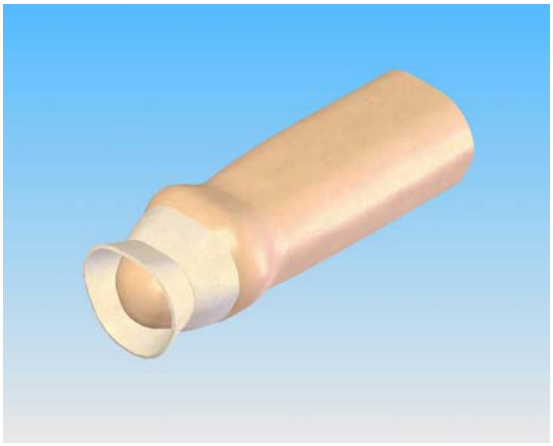
This is the easiest and safest way to 'install' your t-tape.

- Start pealing about 50% of the t-tape off the backing., keeping Tape Wing A (outer skin) toward you, and the sticky tab to your left. **Hint:** If you peel the tape off the backing straight up and then back at 180 degrees along the length of the backing, the tape should keep it's form and not close / stick prematurely until ready to use.
- Achieve at least a 75% erection.
- If using 3M Micropore tape, you may choose to very lightly moisten the area where the tape is to be applied. The tape adhesive is moisture activated, and we have found that it may hold better if very slightly dampened before application. Application when dry is also fine.
- Attach the free end of the tape on the top of the penis at the 9 o'clock position, and with the joint of the 'T' at the LOE.
- Keeping the tape slightly tensioned along its length, slowly wind the tape around the circumference of the shaft, until the free tape is used. The rest of the tape still attached to the backing can be released and wrapped.

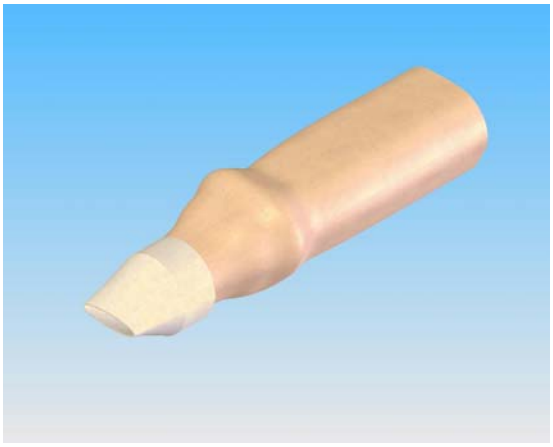
- Overlap the wings and the post, and press to bring the tape ends together. If cut the correct length, there should be between ¼" and ½" of tape overlapping, ensuring the attached tape stays put and doesn't spring open.
- Press tape evenly onto shaft to ensure full contact.



Apply Tape



Pull Forward



Fold Tape and Fasten

Tensioning

There is much debate about the degree of tensioning that is both effective and safe. There are no hard rules about the amount of tension that is right for everyone. Every man has individual needs based on skin type, type of tape, sensitivity to the tension / adhesive, direction the tension is being applied, length of time tension is applied, and personal comfort.

There is a general agreement that when starting out, the tension should start fairly low and should be increased over a number of weeks until a higher, but still safe and comfortable tension is achieved.

The tension is too high if…
- There is pain from the tension
- There is any skin tearing, blistering or chafing
- The tape spontaneously and consistently peals off within a few hours.

As a general rule, 6oz (1/3 lb) can be a good starting point, and up to 32ox (2 lbs).has been reported. The typical tension would be said to be between 8 oz and 16 oz (1 lb).

Remember: MORE TENSION IS NOT NECESSARILY BETTER

Tension can be estimated by suspending a plastic bottle filled with water from the strap and noting the distance stretched, and duplicating that stretch when worn.

Assuming that the weight of the empty bottle and any attached straps are insignificant, a measuring cup can be used to fill the bottle with water.

½ cup = 4 fluid ounces = 4 ounces = 1/4 pound
1 cup = 8 fluid ounces = 8 ounces = 1/2 pound
250 ml = 250 g = 0.25 kg = 8.8 ounces = 0.55 pounds

Alternate arrangement: The weight of the bottle can be suspended directly from the attached t-tape and the 'feeling' of the stretched skin noted. If that feeling is duplicated with the strap, then the strap approximately equals the bottle weight (at a similar angle)

Alternate arrangement 2: A handheld fish scale or other spring scale can be used to directly measure the tension on either the tape or the strap

Removing / Residue

Depending on how long the tape has been in place, it may take some effort to remove the tape. We have found that most tape adhesives stick more aggressively when left in place for several hours. Tape manufacturers generally note that the adhesives take time to fully develop maximum adhesion.

The manufacturer suggests: "Work a little cooking oil or baby oil into the adhesive to help the bandage release from the skin. Or use ice (covered with a paper towel for 5 minutes or less) -- ice will

cause the adhesive to become brittle which may cause the adhesive to release." You generally don't have to go to these lengths though.

We have found that letting water flow over the area during a shower, and gently pulling off the tape, and rubbing off the adhesive is an easy way to remove the entire residue.

Tips / Tricks

Tip: If you are experiencing the tape coming loose prematurely, several things can be adjusted.

- Reduce the amount of tension applied.
- Increase the width of the tape in contact with the shaft skin.
- Tape on a full erection. The larger surface area will increase tape adhesion.
- After urination, expel as much urine from the urethra as reasonable, and dry the area.
- During hot / humid weather, wear loose fitting cotton underwear.
- Bathe / Shower with soap that does not leave residue or 'lotion' behind.
- Fully wash off body lotion, oil or lubricants on the penis after use.
- Wash after masturbation or sex.
- Change type of tape being used.

Advanced Tip: Once the routine has been established AND you are not using the tapes at night, you can choose to tape over a stretched flaccid penis. There are several advantages: less tape is used, shorter tapes mean less bunching when closed. You may have to stretch the flaccid penis lengthwise to tighten the skin enough to apply the tape to the reduced diameter. Disadvantages: Should not be used at night since there is not enough room for the penis expansion during nightly erections, less tape/skin contact means less tape adhesion, and not as easy to slide back for urination.

Advanced Tip: Use 3" tape. Once you have enough skin to cover the glans when pulled forward, you can use 3" tape rather than the 2" tape. Rather than use two pieces of 2" tape, you can use one piece of 3" tape folded over itself. This creates a shorter overall gathered length, but reduces tape use by 25%. To use a single piece of tape, cut it to length, place one edge along the tape guide as you normally would. Fold the guide, and carefully fold the leading corner over until it matches the appropriate corner on the other side. Square up the tape, and press flat and straight along the length.

We will try to update both the text and illustrations in this document as they become available. Please check back periodically for updates.

We value your input on this and all Apollo Technologies projects. If you have any comments, suggestions please contact us at info@apollotechonline.com .