

Tucking 101

Tucking is normal for many identities, including transgender and non-binary people. Not all people choose to tuck, and that is also okay. If you want to tuck or have considered it, keep in mind some of this information below. Please consult the potential impacts with your medical doctor.

DO:

- Listen to your body
 - If you experience pain or discomfort, you may be tucking for too long or incorrectly.
 - Check for irritation and rashes regularly.
- Clean and wash your body on a regular schedule.
 - This allow your body to stay clean and minimizes infection.
 - Allow yourself to breathe and be completely dry before tucking again.
- Talk to the people you feel safest with about tucking.
- If you feel safe, inform medical professionals that you are tucking.
- Find the right method and materials that work best for you and keep your body healthy.
- Wash the gaff in cold water after each use, do not bleach, and ensure it is dry before next use.

OTHER INFORMATION:

- Infertility: Speculation that those who tuck can have results of lower sperm counts and fertility issues.
- Testicular pain: Extended tucking can result in discomfort and/or increased pain.
- Skin Irritation: This is a quite common occurrence especially if using tape. Carefully shaving the area where tape is used can help reduce irritation.
- Bathroom Use: Taping can decrease fluid intake in order to minimize trips to the restroom. Minimizing trips to the restroom can also increase the chances of urinary tract infections.

MOST POPULAR METHODS:

- Taping
 - Special tapes and adhesives are designed to decrease irritation and increase comfort.
- Gaffe:
 - Special type of tight-fitting undergarment that help maintain structure and alignment
- Other:
 - There are reports of other methods being used. As with most tucking research, it is limited and careful consideration should be taken when trying your own method or a new one.

Research on the safety and practice of tucking is limited and sparse. Tucking can be necessary and affirming for some. However, there is limited information on how to do it safely and potential side effects. Please supplement this information with your own research and findings to ensure the best results.

TRANS FEMME SHAPEWEAR:

There are limited options for safe and effective garments. Below is a list of some well-known companies that either sell femme shapewear or can provide free shapewear for those in need.

Point of Pride (www.pointofpride.org/trans-femme-shapewear/) Provides free shapewear, specifically compression undergarments, to any trans femme person who wants one but cannot afford one. Includes information on how to apply, sizing guides, safely tucking, and FAQ page.

Origami Customs (www.origamicustoms.com) Offers a wide variety of gender-affirming products, sizing guide, and a variety of options. (\$20-\$35)

Gender Gear (www.gendergear.ca) Offers a wide variety of gaffs, tucking supplies, and other trans femme affirming garments. (\$21-\$35)

Additional Information on Tucking:

www.healthline.com/health/transgender/tucking

www.buzzfeed.com/meredithtalsan/all-the-questions-you-had-about-tucking-but-were-afraid-to-ask

www.prideinpractice.org/articles/transgender-genital-tucking-guide/

www.pointofpride.org/gaffs-101-tucking-safely-and-comfortably/

Please remember to do your own research on companies, safety, and information prior to using materials for tucking and or buying compression undergarments