

## Comfort Tips

- Trimming/shaving generally helps with tucking.
- Use a sharp razor and shaving cream or soap to avoid irritation.
- Duct tape is not recommended because it can tear hair, skin and cause rashes or irritation. However, if you do use duct tape, remember to shave (although not right before, as that can cause irritation) so that the tape does not pull hair. Soak in a warm bath before removal to make the tape less sticky.
- It's not possible to urinate while taped, so use the bathroom before you tape.
- Don't forget to drink water, but try to make time to relieve yourself before and after.
- Remaining taped for longer than 4-8 hours causes irritation, discomfort, and possible pain while urinating. Try not to tuck 24/7. Take breaks if you can.

**HOTT (Health Outreach to Teens)** is a welcoming, non-judgmental, confidential program designed specifically to meet the health & wellness needs of LGBTQ young adults aged 13-24. HOTT provides services to insured & uninsured youth regardless of ability to pay.

*At 18th St location only and on a mobile medical unit that travels to sites throughout NYC. For more information, visit [callen-lorde.org/HOTT](http://callen-lorde.org/HOTT).*

### Locations

#### Callen-Lorde

356 West 18th Street  
New York, NY 10011  
212-271-7200

#### Callen-Lorde Bronx

3144 3rd Avenue  
Bronx, NY 10451  
718-215-1800

#### Thea Spyer Center

230 West 17th Street  
New York, NY 10011  
212-271-7200

Hours and programs vary by location, visit [callen-lorde.org](http://callen-lorde.org) for more information.



Available on Request

[callen-lorde.org](http://callen-lorde.org)

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# SAFER TUCKING



# CALLEN-LORDE

## What is Tucking?

The goal of tucking is to make the underwear area look smoother. This can be done in multiple ways.

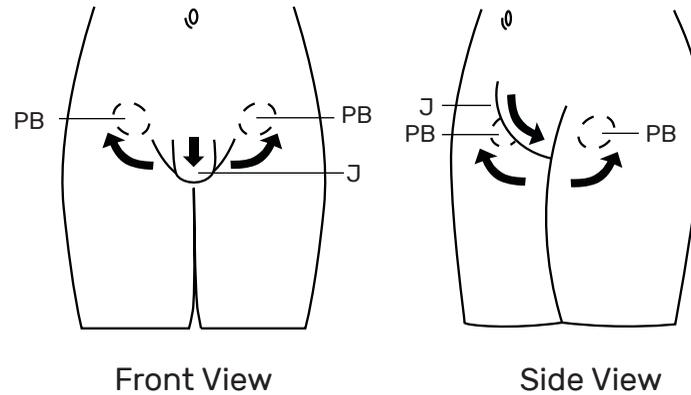
### Why Do Some People Tuck?

- Tucking can help relieve gender dysphoria or make you feel better about your body
- Tucking can make wearing some shorts, skirts, and pants more comfortable
- Tucking can help you navigate situations more safely

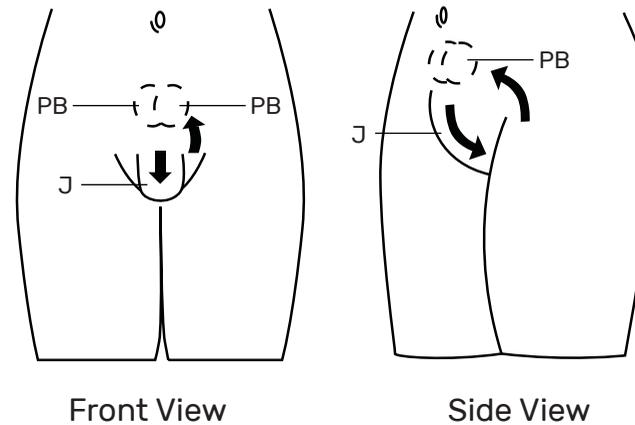
### So Where Does it All Go?

Some people prefer not to use anatomical terms to refer to their genitals, so from here on we'll call the parts "PB & J." There are spaces in your pelvis (called inguinal canals) right above your genitals that you can use to make your underwear area look flatter. You can push the PB up into these spaces and pull the J back. After you have been on hormones for a while, things will shrink and become more comfortable. This can all be secured using either medical tape or various clothing options.

### Method 1



### Method 2



## Ways to Tuck

### Control Briefs \$10-30

Often marketed for "tummy control," control briefs (like SPANX) are made of strong, elastic material. Pull yourself toward the back between your legs and pull the control briefs up snugly. You might have to readjust throughout the day. Some people prefer buying a size smaller than usual. Another option is cutting the legs off a pair of panty hose and wearing them like control briefs.

### Layering Undies \$10-30

Layering spandex undies might cause more irritation, so use cotton. Pull yourself toward the back between your legs and pull the underwear up snugly. Low waist/"hipster" styles don't work as well.

### Taping \$5-10

Avoid using duct tape, see "Comfort Tips". Wrap medical tape around the shaft and pull it down toward the back. Use more tape to secure. Medical tape removes less painfully, but does not stick when wet. Taping could make it painful to sit.

### Gaff \$20-30

Gaffs are worn like underwear and made of strong, elastic material to hold things in place.

### Vee String \$200-500

Vee Strings are like gaffs but are made of latex rubber and the outside looks like a vagina.