

# **Greg's T-Tape Strips and Insert**

**A modified version of the T-tape with foam plug method**

**Date: 13 March 2010**

**INTRODUCTION:** There are several reasons that I devised, and have continued with, this variation on t-tape. First, it allows me to position the tape where I want it better than other things I tried, such as o-rings and the pill tube. Since I have not tried any devices that in some way clamp your skin, I cannot say how it compares to them, however, I do not think they have any advantages over this issue for me. Second, you can apply the tape without worrying about whether you are erect or not. I almost always apply it when flaccid, and then have erections while it is on. No problems. Third, it is easily customized and modified to adapt to changes and problems you encounter. Fourth, it is easy to get the stuff to do it, nor are the items needed expensive, so you can give it a try without investing much time or money. Fifth, as far as I can tell, you can go the distance with it if you choose. Sixth, it is easy to keep the insert clean. Read through these instructions and see what you think. The best method is the one you will use on a routine basis. It needs to be incorporated into your routine, like brushing your teeth. Best wishes on your restoration.

Greg B.

## **STUFF YOU WILL NEED:**

One tube of aquarium grade silicon caulking (get it at aquarium stores. It looks like a big toothpaste tube)

Rejuvenss Tape (other tapes can be used as well, but this works the best for me)

Astroglide Gel personal lubricant (others would probably work as well, feel free to experiment)

Wire Twist Ties (like you find holding wires together and keeping plastic bags closed)

Some Wax Paper (or something else that the uncured silicon won't stick to)

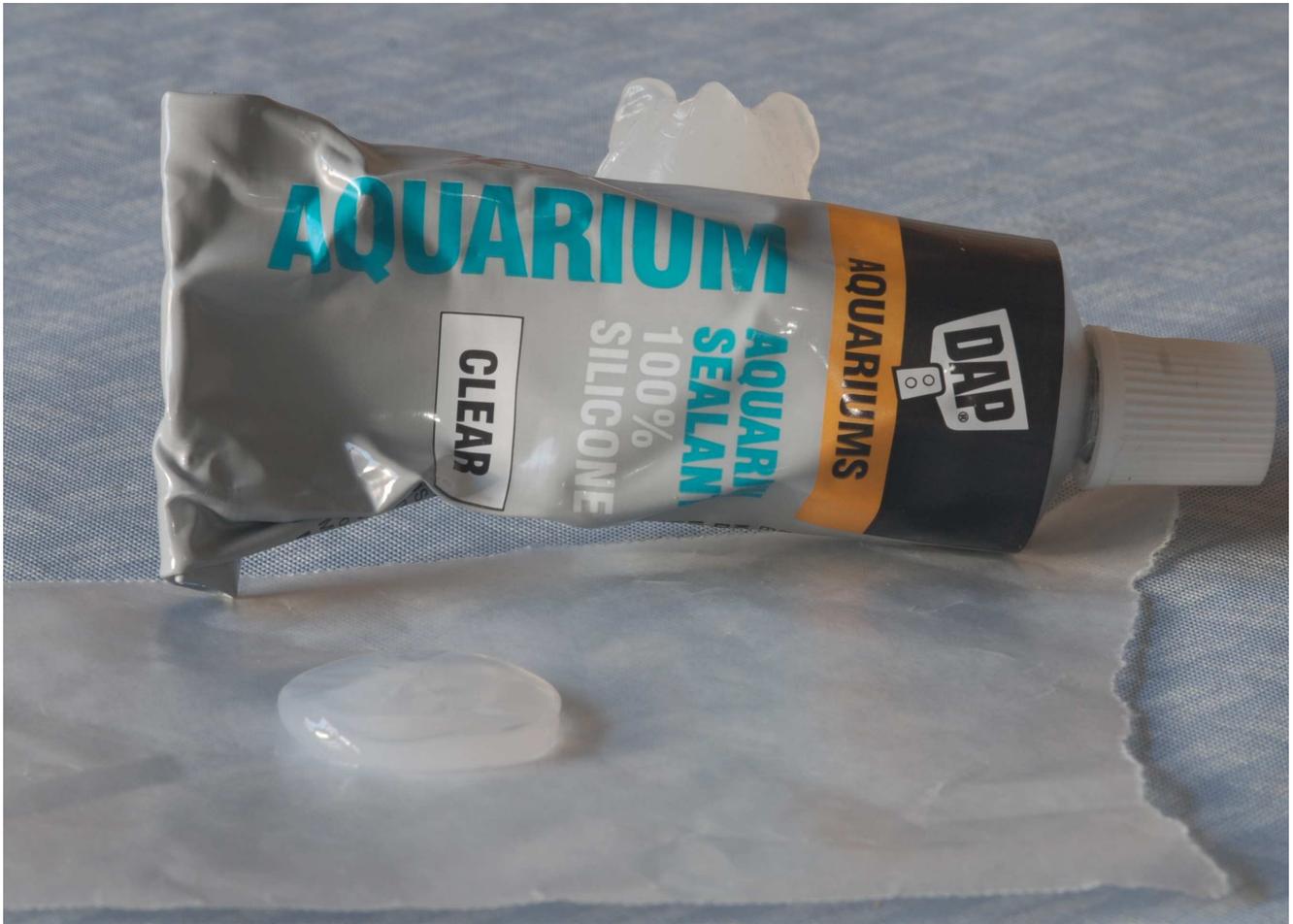
Ice Cubes (for shaping uncured silicon sealant)

Rubbing Alcohol (for cleaning wax off the silicon sealant after it has cured)

Paper Towels (for cleaning wax off the silicon sealant after it has cured)

## **DIRECTIONS:**

**Making the Insert:** Get a small piece of wax paper, and the tube of silicon. Squeeze out the silicon onto the wax paper, creating a disk, more or less. Don't worry too much about how it looks, as long as it is a little less than the diameter of your penis. About the thickness of the silicon as it comes out of the tube should be good, depending on how much skin you are starting with. You can always add more later, so don't worry. Or, you can make several of different sizes. Feel free to experiment. It is cheap and easy to work with. See Illustration 1.



*Illustration 1: Silicon Disk Ready to be used as a Small Insert*

Take the ice cube and smooth the silicon out, shaping it as needed. You may want to wet the ice cube first, as it seems the layer of water is the critical part. You can also use warm water to form the ice cube into a better shape for this first. All you are trying to do is end up with a solid disk of material at this point. Basically, just smooth it. Don't let yourself get frustrated, you can always trim pieces off and add more to it later. Then let it cure 24 hours. Don't worry about the water from the ice cube, it will evaporate over night.

After it has cured, peel off the wax paper. There may be a little wax left on the silicon insert, so you can use a piece of paper towel soaked with rubbing alcohol to remove the wax. Let the alcohol evaporate. Then add some more silicon to one end of the insert and use another ice cube to form this end into a cup shape that will fit your glans more or less. Don't worry about getting it exact, a roughly shaped cup with uneven edges is fine. Then let this improved insert cure for 24 hours. If you needed to add more or modify it further, go ahead. Play around with it until you are satisfied. Just give it 24 hours to cure after each modification. Just remember that you do not have to be a perfectionist.

When you are starting out with very little skin, you do not need a very long insert. Something that looks like a disk will be fine. A slight hollow in the end that goes against your glans, and you may have what you need. At this point you are simply trying to add a small “spacer” so that the tape will push against your glans enough to create tension. As you have more skin, your inserts will need to be made longer, in order to apply enough tension to effectively induce cell division, and, thus foreskin growth.



*Illustration 2: Medium Sized Insert Ready for Use*

If you want to get a jump on later stages of restoration, you can get a second tube of silicon and open both ends. A strong pair of scissors or light tin snips work well. Shape the end you cut open into a cylinder ( it is flat at one end, like toothpaste tube) by squeezing it. Let this sit in your garage or basement for several months to cure/harden. Check every month, and as it hardens from the cut open end, peel back a little more of the metal tubing to let the inner silicon harden too. Eventually you will have a solid cylinder of silicon, that you can use for restoring. A nice, solid very well made cylinder that works extremely well. It is worth the wait, in my opinion, see Illustration 3. Cut to length as needed, add a little more silicon the the ends as needed and you are done. If the diameter of the tube is too large compared to your penis, then just use the previous method with wax paper and keep adding more silicon until it is the length you want. No worries.

One more tip. As you insert gets longer, the tape may slip off the end. Adding a little silicon to create 3 bumps at the tape end is very helpful, as they keep the tape trapped in between them, so it does not slip off.



*Illustration 3: Long Insert Ready for Use*

**Another Method:** Another method for forming the silicon was devised by another restorer and is as follows. Take a pill tube - which is the correct size tube for your penis, film canisters work for me. Fill the tube with coins and place it in a small Tupperware-type container that is about as tall as the tube. The pill tube is standing up with the coins weighing it to the bottom. Fill the container with water, but do not let the water level go over the top of the tube. Place the tray, with the water and the tube in the freezer overnight. After the water has frozen to ice solidly, pour the coins out of the tube, it is now frozen and most likely stuck in the ice. Pour some hot water into the tube to melt the ice touching the tube enough to break it free of the ice. A syringe or ear cleaning bulb may make directing the water into the tube easier. Remove the tube as soon as possible, leaving a perfect cylinder shaped hole in the ice. You may want to put this in the freezer again to firm up the ice again. Fill cylinder shaped hole with silicone sealant. You may need to use a stick or something to push the thick and sticky silicon sealant down to the bottom and remove trapped air bubbles. You can form a depression at the top, to fit your glans at this time if you want. Leave the whole mess out overnight. The water will melt leaving a nicely formed insert. The insert will be soft and unusable for about 2 days, until the sealant fully cures.

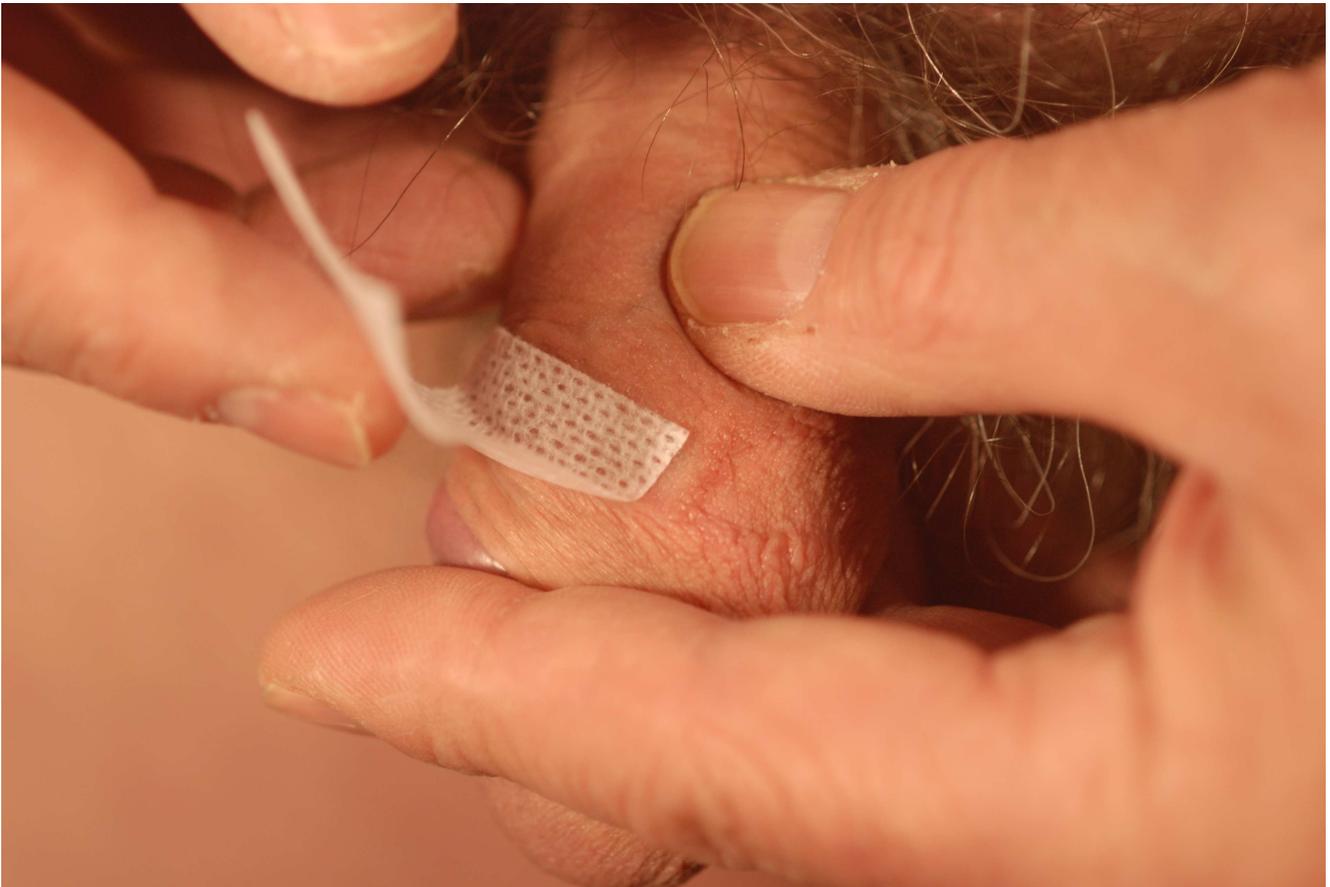
**Applying the tape:** You will essentially be building 3 mini t-tape segments on your skin. It will be as if you applied t-tape to your skin and then removed small sections, leaving 3 remaining pieces. There will be a gap in between each, and they will be equally spaced around the circumference of your penis. See Illustration # 4.



*Illustration 4: T-Tape Strips in Position*

Start by cutting 6 pieces of Rejuveness tape. Rejuveness tape comes in a roll that is 2 inches wide and has paper backing. Cut it crosswise, about an inch wide/long, so you end up with a piece 1 inch by 2 inches. Repeat 5 more times. Take the paper backing off of the first piece of tape and partly stick it to something you can easily remove it from in a moment, like the edge of a shelf or counter.

Take a second piece and remove the backing. Apply this piece of tape so that the long axis is perpendicular to your circ scar. If you want to use another position, like the POE, go for it. I use my circ scar. Apply to your skin by starting approximately 1/4 inch from the circ scar on the outer skin and ending at the circ scar. This leaves a little tape applied to the skin and most of the tape extending off the skin, with the non sticky side facing your penis shaft. See Illustration # 5.



*Illustration 5: First Piece of Tape Applied*

Gently press the fold down to sort of crease it and hold it in position. Note that Rejuveness tape is very soft and pliable. At first you may find it difficult to work with, especially if you are used to 3M Paper tape, but after a little experience you will get the hang of it.

While holding the tape in position, take the first piece of tape that you left on a temporary spot and apply it starting 1/8 to 1/4 inch from the circ scar on the inner skin and ending at the circ scar, lining it up with the first piece of tape. See Illustration # 6.



*Illustration 6: Second Piece of Tape in Place and Ready to be Attached to the First Piece*

Let it lay loosely over your fingers so that it is basically flat and then "roll" the other piece so that they come together, sticky side to sticky side. this creates a double piece of tape extending from your skin, and two "feet" attached to your skin. You have just created your first t-tape strip, see Illustration 7. Don't worry if the tapes didn't match up quite right, just fold the sticky side over. The tape does not have to be full size. Squeeze the tape on the skin at this point to help ensure it is solidly attached.



*Illustration 7: First of 3 T-Tape Strips in Place*

Repeat this for the rest of the tape pieces, so you end up with three t-tape strips equally spaced around your penis. There will be a small (1/4 to 1/2 inch) gaps between these tapes, when flaccid. This can be done in the flaccid or erect state, or anywhere in between. See Illustration # 4.

If you apply the tape too crooked for your liking, you can peel it off and reapply. The glue does not fully adhere for about 20 minutes or so. Take your time at first, but once you get the hang of it it is very simple and fast.

If you stick with this method, you will want to rotate/alternate the position of the tape on your penis so that over a week's time you have applied tape to all the skin around the circumference of your penis. This will give all the skin tension evenly. If you don't, after several months you will notice a slight scallop effect as the areas of skin that always have tape start to get longer than the areas that are always tape free.

**Applying tension:** Take the insert and apply lubricant sparingly to the cup shaped end, mostly around the outside. This allows the skin to slip over the silicon more easily. Slide the insert into you tape/skin tube a few times to distribute the lube and make sure the skin slips freely over the insert.



*Illustration 8: Insert being slid into the Tape/Skin Tube for Tension*

Then pushing the insert against your glans, compress it and create a tube with your skin that has the insert inside. Gather the ends of the 3 tapes, and bunch them up trapping the insert inside. This puts tension on the skin. Now, take the 3 tape ends and give a little extra pull by sort of pinching your fingers to push the insert a bit further in. You want enough tension that it feels sort of like the skin has reached it's limit, but not that it hurts. Take a wire twist and wrap it around the tape close to the insert, and twist it to lock it in place. See Illustration 9.



*Illustration 9: Insert in Place and Tape Fastened with a Wire Twist Tie*

Based upon my observations, I believe (no good hard data, sorry) that the amount of tension can significantly affect how quickly you grow skin. More importantly, just a little less tension than this optimal amount and you will not see much growth. At optimum tension, I can detect an increase in length over one week, though I cannot measure it. Less than optimal tension and there will still be growth, but it will be slower and harder to see, say months before you see progress. I bring this up to emphasize what I said above, pay attention to the amount of tension used.

You need to pull the tape that last little bit, so that the skin feels like it has just reached it's limit of elasticity. Using this much tension will cause some redness and puffiness where the tape is applied, by the next morning, when you remove it. If you don't get that redness, you are probably not getting your maximum skin growth. A couple days rest without tugging and the redness will fade. A week and it will be gone.

I would recommend that you start out at a completely safe and comfortable tension. Don't try to achieve maximum tension (redness and puffiness) for the first week or so. Instead use this time to get comfortable with this technique and the feelings it causes. See how your skin reacts. Then increase it a little bit. If your skin gets red and puffy, then don't increase the tension any further. Of course be alert in case the redness is irritation, torn skin, an allergic reaction. Stop if you are unsure. But be aware that it is easy to slip into a routine over time where you do not pay attention to getting that sweet spot of tension. And your skin growth slows and you wonder why. Try adjusting the tension.

If the tape is not long enough to trap the insert, then simply add more tape to the part that extends away from your skin, making it longer. And be sure to use just a little lube, say the size of a lentil. If you use too much it will cause the tape to fail after a few hours. If you don't use enough the skin will stick and you may get a small "abrasion" or rash. You should find that the insert slides smoothly into the skin tube. If it sticks and hesitates, add just a bit more lube. When you are first starting out and don't really have much of a skin tube, this may not be an issue. I started using silicon after I had a pretty good skin tube, so I cannot say for sure. And, of course, you can switch to a shorter insert too.

You can vary the size of the inserts you use to vary the tension, both as you grow skin, and if you want to vary the tension over the course of the day. I have used a smaller one at night (save your earlier ones for this) so that my skin is just extended, with no tension. I cannot say for sure if it helps, but it has not hurt. By using the smaller insert I avoid too much tension during erections at night. And as you grow skin you can incrementally add more silicon to your insert to lengthen it. Keep in mind you can also vary how much tape extends beyond the twist tie, so this is another way to adjust the tension as your skin lengthens.

Currently, I do not bother with a shorter insert at night. Instead, I use a small string, tying a slip knot in it. I then simply gather the ends of the t-tape strips, and tie them together, see Illustration 10. My skin is long enough now that this keeps the skin over the glans. A twist tie could also be used for this, I simply find it less comfortable as it has sharp ends that scratch. When I had less skin, the small insert was more comfortable as it kept the glans covered, rather than allowing it to rub against the tape and my clothes.



*Illustration 10: String Holding Tape Over Glans without Insert*

One extra feature of using the silicon insert is that it is heavy enough to provide some tension when hanging down. Feel free to experiment by embedding weights in it, or also using a strap to pull the tape at the same time. I have not needed anything else. Another tip is if you want a more reliable way to attach things to the tape, you can embed a small bead in between the layers of the tape as you bring them together. I used to do this with 3M Micropore tape, which was stiffer, so would not hold as well with just a twist tie. I have not needed beads with Rejuveness, but it is an option you can use if you want. It does make it more secure and then you can simply loop a string with a slip knot over it for tugging without an insert. Or with an insert. Or use something besides twist ties. Lots of options. Feel free to play around with it.

**Going about your daily chores:** At first you will be able to wear what you normally wear. As you start using longer inserts, you may find that jocky style underwear (if you use that style) seems to interfere with comfort. I go without underwear now that my insert is about 2.5 inches long. I use a tube of soft material (from a sock) to cover my penis for comfort while wearing jeans. I use a shoe lace around my waist to hold this cloth protector up ( the lace goes through a couple holes in one end of the sock material) and I let it hang free. I simply put my taped up penis through the tube, so it is surrounded loosely, see Illustration 11. This protects my penis from abrasion against the seams and zipper. Boxer style underwear would probably work as well.



*Illustration 11: Sock Tube and String for Comfort under Clothes*

While driving, you may find that all of a sudden you start noticing a pain in one of your testicles. I think this is due to the pressure of the silicon insert against your testicles, or perhaps your vas deferens, which may get trapped between your leg and the insert. Just reach inside your pants and re-arrange things as needed. I mention it because at first it surprised me and I didn't realize the cause. Even now it surprises me when it happens, due to the delay between when your balls get hurt and when they actually start to complain.

**Peeing:** This is not a pee through method. I keep a film canister with a little lube on my bathroom window sill and another in my pocket for when I am away from home. To pee, I first get a small piece of toilet tissue so that I have a clean place to put the insert, then I pull down my pants, pull my penis from the cloth sleeve (see above) and unwrap the wire twist. I remove the insert and put it on the toilet tissue. I hold the tape back and pee. When I am finished, I take some lube from the film canister and sparingly reapply it to the insert as described above. Replace the insert, and get dressed. It's pretty easy once you get used to it. It is much easier sitting than standing. Note, that while at public restrooms, I put the piece of toilet tissue inside my pants, then the insert and the wire twist on the toilet tissue. I also put the film canister in my pants as well. That way nothing can fall or roll away.

**Schedule:** Monday through Friday I put the tape on in the morning. I wear the insert, for full tension, for 3-6 hours. At some point, I can feel my skin "getting tired" or too tense and then remove it. Then I switch to a small insert or more recently no insert, simply using the twist tie or a small piece of parachute cord tied into a "hangman's noose" to keep the ends of the tape together and my glans covered. I needed a small insert in the beginning, because the wrinkled tape was uncomfortable against my glans. When my foreskin became long enough to mostly cover my glans, I could do it without the insert, though the insert adds a bit more tension when I get a nocturnal erection. For a while I simply tied the ends of the tape together, the way you start a shoelace, ie tie the first part of a square knot in the tape. The rope is the most comfortable. I wash the long insert with soap and water each night, then dry it with a towel, and set it aside for the next day. I either wear the small insert through the night, or simply keep the tape tied so it covers my glans. In the morning, I wash the small one, if I was using it. One nice feature of the silicon is that it is easy to wash and keep clean. Much easier than foam inserts. Friday night I remove the tape and take a rest from tugging over the weekend.

I take a shower each weekday morning. After showering I remove the tape. After 24 hours the tape comes off pretty easily. Friday nights, I fill a small cup with warm water, and let the tape soak for about a minute. Then remove it. It is harder to remove Friday night, but it comes off reasonably easy, with just a little discomfort. If you are having trouble removing the tape, try rolling your skin off the tape, essentially peeling the skin off the tape. This trick seems to help. Also try soaking it longer, perhaps in warmer water. I have not had much trouble, as long as I go slowly.

After showering and removing the tape, I put on fresh tape, but leave it loose. After eating breakfast and brushing my teeth, say 20-30 minutes I put the insert in and apply tension. I wait to make sure the tape has adhered well. It does not adhere well to wet skin, so basically I am letting my skin dry. I do not know how critical this is, but it is convenient so I do it. Experiment and see how it works for you.

I also take occasional weeks or months off, due to travel and my job. If you don't want to, then keep taping. I don't think it will effect anything except how long it takes to restore. But if redness or discomfort occur, take some time off. This isn't a race, for goodness sake.

**Other tips:** I have found that I can shower with the tape on and let it dry and continue tugging. But it becomes less reliably attached and a piece or two are much more likely to slip off. However, if you really want to be frugal, I have been able to keep the tape on for up to 3 days, even with a shower. After swimming, though I always need to replace it, even if it seems to be still attached well. But for me, it is easier and more reliable to simply shower every morning and apply fresh tape. Especially with Rejuveness, which leaves no residue. This makes it quick and easy to apply fresh tape. The 3M Micropore left residue that took a little fussing to remove.

Rejuveness can be mail ordered, so you should be able to get it. Here is the Rejuveness site:  
<http://www.rejuveness.com/>

Other tapes can work too, and some have used Mefix, which they say is just like Rejuveness. Feel free to use whatever you want.

If an individual t-tape strip fails, it is very easy to re-apply another and keep going. My experience is that only one usually fails, even if I use too much lube, so I just re-apply that one and go on my way tugging again quite quickly.

If you are using another tape, or need more grip, you can add a bead, part of a toothpick, or even a small roll of tape to the end of the tape strips, embedding them between the two pieces.

## **Retainer**

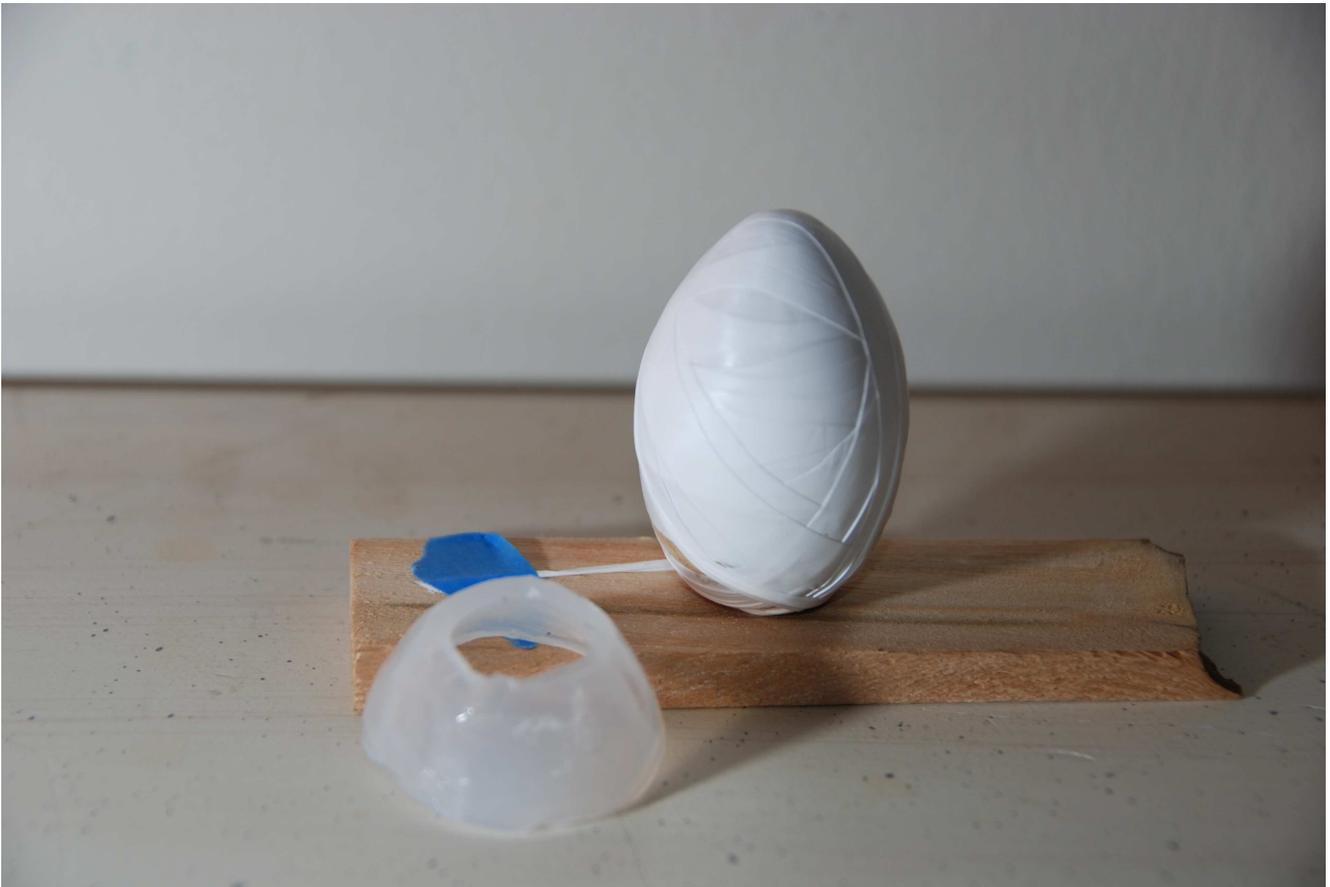
Many are interested in retainers. While I personally do not use them to speed dekeratinization up, I have found that going commando can be a bit “uncomfortable” now that I am this far along. After some experimentation, I have come up with a good solution, based on using silicon like I do for the insert. You will need a wooden egg or other mold and some teflon plumbers tape in addition to the other supplies already mentioned.

The wooden egg can be found in craft stores. The egg is about the size of a Cadbury chocolate egg you find around Easter, approximately 2 inches long. Glue the egg to a scrap of wood or something to hold it upright. Whichever end best approximates the shape and size of your glans should be pointing up. For me, the narrow end works best.

Wrap the teflon plumbers tape around the egg and tie it off at the bottom. This results in a teflon covered egg. Using the aquarium sealant (remember to use aquarium sealant, not the typical stuff you find at a hardware store) spread the silicon over it, say 1/8 inch thick, forming a band that is about 1/2 to 3/4 inch wide, with the egg protruding above the silicon. Use an ice cube to smooth and shape it, but don't worry too much about the edges. Let it set for 24 hours.

After curing overnight, it can be removed from the egg by gently lifting the bottom edge a little at a time, and working around the perimeter. Trim with scissors or a knife and your done. The teflon tape should stay on the egg, but if it doesn't, no worries, you can put more on next time. You will end up with a section of a cone, basically. Trim the edges as desired and test it out. These are quick and easy to make, so experiment.

Illustration 12 is a photo of the wooden egg, glued to a piece of scrap wood, and wrapped in plumber's teflon tape, with the silicon retainer beside it.



*Illustration 12: Retainer and Wooden Egg Covered with Teflon Tape*

I have worn it a few times and it feels very secure and closely fits my glans shape. The skin is held very well. That said, it can fall off, depending upon what my penis decides to do, but feels much more secure than other options I have tried, like O-rings, baby bottle nipples, and silicon formed over a tapered shape. Be aware that your penis can slip through this retainer as you become erect. This will reduce the blood supply to your penis, so do NOT use this at night. I use it when exercising and walking in sweat pants.