

TENI life hacks are designed to provide information that we hope will make your life a little bit easier. Please remember that everyone is different and there are diverse experiences in the trans community. Our life hacks should be considered as guidance only and should not be taken in any way as medical advice.

## Tucking

Tucking is a technique for achieving a flat groin for trans women or trans feminine people.

### How to

- Push the testicles back up inside.
- Pull the rest of the genitals between the legs.
- Secure the arrangement with very tight underwear (or some other method).

### Tips

- Use tight underwear.
- Use control briefs (like tummy control, available in most underwear stores).
- Get a pair of tights (possibly old ones from a friend) and cut off everything but the stretchy part at the top. Those are basically control briefs.

### Do

- **Take time to adjust it**  
After a few hours of tucking (varies depending on how active you are) things are probably going to start to feel a little out of place. Part of the prevention here is practicing to get as tight a tuck as possible. Other than that, it's something you'll have to get used to dealing with - excuse yourself to the bathroom when a tuck becomes too uncomfortable and fix it in the stall.
- **Think about trimming or shaving pubic hair**  
More & longer pubic hair can cause discomfort and generally make your tuck less effective. Definitely consider shaving down there, or at least trimming up a little bit if you don't already.

### Don't

- **Tuck for longer than 4-8 hours**  
After about 3 or 4 hours you're likely going to feel general aching. Just as people who bind shouldn't do that for too long, you shouldn't tuck for too long at once. Usually 4-8 hours (again, depending upon activity level as well as experience) is going to be all you can stand before getting some longer lasting aching. Tucking for a long period of time can cause a build-up of bacteria causing urinary tract infections and may cause long term damage.<sup>1</sup>

<sup>1</sup> <http://www.wikihow.com/Tuck-and-Tape>

### For more information:

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