

GAFF SIZING

WHEN CHOOSING a gaff, pick a size that is compressive but still allows for movement. Be sure to account for the fact that it will stretch out a little bit. Gaffs can be a little uncomfortable and take time to get used to but they should not be painful to wear.

TO FIND YOUR SIZE, use a soft measuring tape to get two measurements (as we carry two different brands of gaffs); one around the hips and the other around the lower waist, just below the belly button. Once you have your measurements you can refer to the chart below to find your size.

Classic and Luxury gaffs go by hip measurement in inches

XS 26"

Small 28-30"

Med 32-34"

Large 36-38"

XL 38-42"

2XL 42-46"

Janet's Closet gaffs go by waist measurement in inches - Say you measure 36", any clothing that says "Fits to Waist 36" you can fit in. If you want a looser fit, you can choose a "Fit to Waist 38"

XXS- waist up to 24"

XS- waist up to 28"

Small waist up to 32"

Med- waist up to 36"

Lrg waist up to 40"

XL waist up to 44"

2XL waist up to 48"

3XL waist up to 52"

4 XL waist up to 56"

We currently only have thong style gaffs on hand, if there are style needs that vary from what we typically carry, reach out to us directly and we can try to find alternatives

GAFFS & SELF-CARE

TO PROLONG longevity, use cold water to hand wash or use a gentle cycle when using a washing machine. Do not use any bleach. Air dry your gaff and avoid using the dryer.

- **Give your body a break from wearing a gaff when circumstances allow. It's important to let your body breathe**
- **Wash your gaff after every use**
- **Do not wear your gaff to sleep**
- **Add baby powder or cornstarch before putting on your gaff to help prevent chafing and irritation**
- **You can swim and exercise in your gaff but try to shower soon afterwards**
- **To wear a gaff you can either pull the penis* towards the anus before putting on the gaff or taping or you can "tuck" then put the gaff on or tape**
- **Do not wear a gaff for more than 8 hours especially if you are tucking**
- **Stop wearing your gaff and/or tucking immediately if you feel any pain**

**Please note that we are using anatomical language for ease of googling but anyone can choose any language they desire for their body and parts*

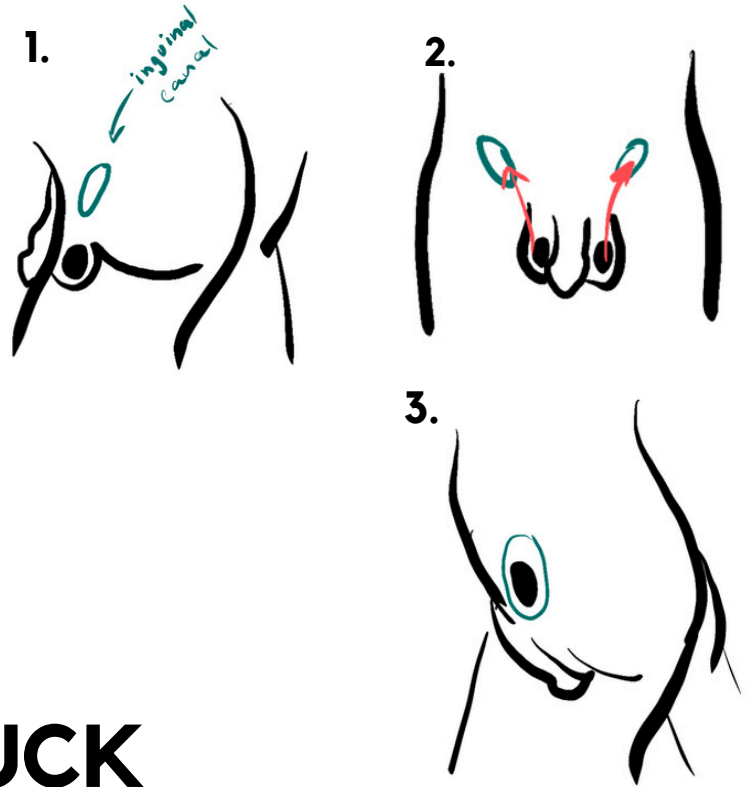
***More on tucking below*

**Updated resource by Sexual Health
Nova Scotia - October 2024**



TUCKING 101

Tucking is the act of pushing the testicles* up into the corresponding inguinal canals and pulling the penis* back between the legs towards your anus. You would then put on your gaff or use skin safe tape to hold everything in place.



USING TAPE TO TUCK

1. If you are using tape to tuck then you will need to shave or wax the area prior to taping for the adhesive to stick and to avoid pulling any hairs. You will want to start with an exfoliated, clean, and dry area for the best adherence.
2. If you are not using a tuck tape kit then you will need to cut a long strip of tape. You want the length to be long enough to anchor the tape around the pubic mound and end around the lower back area.
3. Peel back enough of the tape backing so you can adhere the anchor point around the pubic mound but leave the rest of the backing on the tape.
4. Use a cotton pad, gauze, toilet paper, or other similar soft cotton items to cover your sensitive bits from the adhesive. Some folks may wrap the penis and scrotum which would happen prior to taping while others may use a pad to completely cover the area.

5. Locate the inguinal canals. These are spaces in your pelvis that should be at the front, sitting just above and to the side of the penis. Gently guide the testes into the corresponding inguinal canals. This may take some time and practice. It's a weird sensation but it should not be painful.

6. Now you can pull the penis back towards the anus.

7. Secure everything in place by using the remainder of the tape, ending at the lower back. Be sure that you are not stretching the tape at the starting point around the pubic mound or at the ending point around the lower back.

TUCKING TIPS

- Try laying on your back when getting used to pushing the testes into the inguinal canals**
- A cool shower can be helpful as the testes will automatically bring themselves closer to the body**
- A warm shower can be helpful with lowering the testes and allowing for exploration and familiarity of the inguinal canals prior to tucking**
- You can use a large-size roll of trans tape, medical tape, sports tape or tucking specific tape**
- If using tape, pee beforehand as some methods of tucking and taping do not allow for ease of bathroom use**

Resources

- <https://www.folxhealth.com/library/how-to-tuck-tips-tricks-and-safety-when-tucking>**
- <https://transtape.life/pages/tucking>**

