



# TUCKING

## What is tucking?

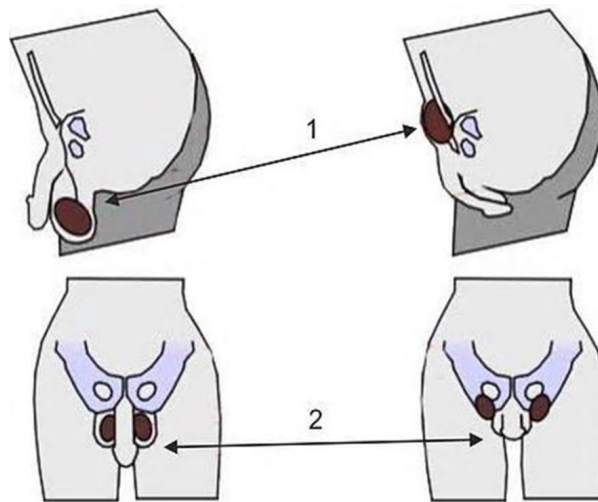
Tucking is a practice where the testicles (if present) are moved into the inguinal canal and the penis and scrotum are moved to the back in the perineal area (or groin), for a physically smooth contour of the crotch area.

## What should I use to tuck?

Form-fitting underwear or a special undergarment is worn to maintain this alignment.

## What should I avoid?

Do not use tapes or adhesives directly to the skin as they can cause irritation and cut off circulation.



## Common Risks:

- Tucking is associated with increased risk for urinary tract infections (UTIs). Limit tucking to less than **4 hours at a time** and make sure to urinate throughout the day.
- Skin irritation due to increased heat and sweat can occur. Check your skin daily and avoid tucking if irritation occurs. If you develop a painful rash with drainage or other signs of infection, contact your provider.