

## Foreskin Restoration Frequently Asked Questions

**Foreskin Restoration: What Is It?** Non-surgical Foreskin restoration is the growth / expansion of the skin on the penis shaft to mimic the form and function of the foreskin in the adult male. Men who pursue foreskin restoration are generally circumcised and are not satisfied with their status. Men who still have their natural foreskin can also pursue foreskin lengthening for a variety of reasons.

**A Quick History Of Circumcision:** Circumcision had been practiced for thousands of years throughout the world as a religious rite, as a passage into adulthood, and as a mark of status.

In the late 19<sup>th</sup> and early 20<sup>th</sup> century, circumcision became the ‘cure-all’ for the many maladies stemming from masturbation in both boys and girls. Epilepsy, insanity, and syphilis among other diseases were treated by reducing the likelihood of a child masturbating by reducing the pleasure associated with it.

Although it was finally realized that circumcision did not cure these conditions, (nor cure masturbation for that matter), the ‘tradition of circumcision’ was firmly established. As time went on, doctors moved forward with attempts to justify the continuation of the practice, and the value of their own childhood circumcisions. Cervical cancer, urinary tract infections (UTI’s), penile cancer, and venereal diseases were all put forth as the most up-to-date scientific reasons for circumcision. All of these have been thoroughly reviewed, and all have been dismissed as having such a small potential benefit as to not offset the known complications of the circumcision procedure. Even the recent media reports of the link between circumcision and AIDS transmission (based on prematurely released, unpublished, unreviewed studies), there are no medical AIDS associations recommending circumcision as a preventative measure. In fact, no professional medical association / society IN THE WORLD recommends routine circumcision as a preventative measure for ANY medical reason.

Even with the medical aspects a non-issue, the social aspects continue to perpetuate a dying fad. When the locker-room-teasing concept, and the to-look-like-dad idea, and the easier-hygiene ideas are all logically torn down, all that is left are just excuses for people who are uncomfortable with having to deal with the unknown...The scary scary foreskin.

Fortunately, the United States (with a circumcision rate slightly over 50%) is slowly falling in line with the rest of the world who stand at about 15 – 20 %.

With more access to information through the Internet, both parents and doctors are questioning the practice of circumcision.

**Why Fix what isn’t Broken?:** Many circumcised men feel that they are fine the way they are, and refuse to think that there might be anything substandard about their sexual equipment.

Others realize that there was something very important taken from them. Something that had an effect on them physically and sexually, something that was probably taken without their consent, and probably

taken without knowing what would be lost. That realization can lead to a sense of sadness over what was lost, and a longing to have it back.

How it works: Non-Surgical foreskin restoration is based on well know (if poorly understood) responses by the body to tension placed on the skin. Given a moderate amount of tension or pulling on the skin of a human, the body will try to relieve that tension and accommodate it by growing extra skin in that area.

You may be familiar with the Padaung women in Southeast Asia who go to extremes and stretch their necks using heavy brass rings. Or you may have seen the those men with the 3” disks through their lips or trough their earlobes. These are examples of how gradual tension on body structures will permanently elongate and alter that structure.

A similar phenomenon is seen in the severely obese. As their bellies slowly grow with the size of the underlying flesh, the skin is stretched and actually grows to accommodate the stress of the tension without splitting. If the weight was suddenly dropped, the excess skin does not recover, but actually hangs loosely off the body.

It is though that when the tension is placed on the skin, the only way that the body can elongate the skin without causing damage, is to fill the space under tension with new skin cells. Basically, the new skin cells are ‘healing’ the existing skin by expanding it. As the tension is maintained though, the process of adding new cells continues over and over. Although the cells themselves are microscopic, there is a measurable change when thousands of cells are created.

By artificially tricking the body to believe that the skin is under tension, doctors can ‘create’ a patients own skin for transplant in surgery or for grafting.

Similarly, by placing a steady, moderate amount of tension on the skin of the shaft of the penis, the body will respond by creating new skin length in that direction. Ultimately, the newly created skin length will begin to fold over itself, and start to act like the skin sleeve it was meant to be.

Does it hurt?: When using the proper devices, Foreskin Restoration should not hurt. Pain is the body’s way to tell you that there is something wrong.

If you experience pain, it is generally because:

- too much tension is being applied
- tension has been applied for too long
- the tensioning device is not installed properly
- the tensioning device has shifted (based on the way you are kneeling etc...)

There may be some discomfort as you are getting used to the feeling of the device on you penis. If the discomfort is significant, or persistent, an alternate restoration device should be tried. We have not yet found a men who was not able to find a comfortable device (whether home-made or purchased) that did not suit their penis shape and lifestyle.

As you are getting used to the sensation of the device in place, it should become less obvious, and will, in time, start to feel like any other piece of clothing.

How long does it take to finish?: Realistically, Foreskin Restoration will take between 1 ½ to 2 ½ years to complete. There have been reports of men completing their restoration after 6 months, but others have taken 8 years.

This varies with a number of factors that can affect the time taken to complete the task.

- How tightly you were originally circumcised will play a huge roll in the time taken. A man with tight shaft skin has to grow significantly more skin than a man who was very loosely circumcised. More skin equals more time. (Please don't be discouraged if you are tightly circumcised. We have found that tightly circumcised men find more benefit and have a greater sensitivity change than their loosely circumcised counterparts.)
- How devoted you are to the process. Just as you will never get into great shape if you only go to the gym once a month, you will have to start the restoration process and stick to it to achieve results. Consistently using the restoration method of choice is best, but again, like the gym, taking time off will not ruin everything, as long as you start the process back up.
- The method used also has a great affect on how long it takes to restore. We have found that T-Tapes and O-Rings are best for consistently growing the skin. The simplicity of their use, their comfort, and their ease of use for most lifestyles makes them methods that you are more likely to keep following. REMEMBER: If you find a method troublesome, inconvenient, or painful, you are unlikely to continue with the process long enough to achieve the results you are looking for.
- How Hard and How Long you continuously tension the skin will affect the overall time you take to restore the skin. Some Restorers swear by very short periods of very high tension to achieve their goals, others find they prefer 24/7 tugging at lower tensions. We recommend a middle ground of moderate tension, with break periods, as well as periodic changes in both the tension and equipment used. Changing the tension from short periods of higher tension to longer periods of lower tension can keep your body from adjusting to a continuous stress, and encourage growth. You may also find that using a high tension technique for a short period of time and following it with very low tension (single o-ring / unstretched taping) can give the skin a chance to adjust while encouraging the glans 'hug'. As in bodybuilding, rest is a requirement. Rest gives the body a much-needed break, allowing it to respond to the stresses it has received. Rest actually increases development, while reducing the chances of injury. Restoring for several days, and resting for one or two is an option (weekday vs. weekend). We strongly recommend that 24-hour / 7 day restoration is not suggested.

What will I get out of it? Will I gain back sensitivity?: There are several things that you will get out of the process, some tangible, some not.

Although each man's experiences will be different, what you gain is like nothing you will have expected. I went in to the process expecting that the greater sensitivity gained would be like stronger sensitivity, meaning more pronounced. In fact, I have found that it would be closer to call it a broader sensitivity. The feeling of touch on the skin is different, the feel of the shower hitting it is different, the feeling of the skin rolling over itself, or the feeling of it touching clothing are all different. I could not

imagine that I would regain such a broad range of sensations that I never knew existed. I can liken it to listening to Maurice Ravel's Bolero. The start of the piece is quiet. As the music progresses, it slowly gets louder and more intense. This is what I expected after foreskin restoration, louder and more intense. What I actually found could also be illustrated from the music. I got the louder and more intense, but I also got the bass drum, cymbals and trombones that I had otherwise never noticed.

My experience deals with three areas: Inner foreskin, frenum, and glans. Each has notably increased in the sensation:

A) My inner foreskin has is slightly more sensitive.

B) The glans has a sensitivity that is no longer concentrated at the ridge (corona), but there is now feeling that extends further along the length of the head itself.

C) The area around my frenum is giving me sensations that I have never felt before. The whole underside of the shaft around the frenum area has a greater intensity of feeling, and there is a distinctly new sensation when the areas along the two 'hollows' along the shaft length are manually stimulated. This is a sensation I have never experienced prior to restoring, and it is quite enjoyable.

I attribute this increase in sensitivity to two things: Coverage / protection of the skin and less friction during...manual use. I would suspect that when given a rest, the nerves have a chance to recover from the over stimulation they normally must endure. When the skin is covering the head, the glans is protected, the frenum area is protected, and the skin in the inner fold is protected. The exposure normally felt is gone and the nerves can adjust. As well, the gliding action of the foreskin makes manual stimulation without artificial lubricants possible. Even with lubricants, the direct rubbing off the skin will have the long term effect of dulling the sensations. If the skin is not directly rubbed, then the nerves will see the sensations are new, and respond more intensely.

A good example of this would be to think of the inner thigh. If you stroke the back of your fingertips lightly over someone else's thigh, it may send a shiver through them. But do it over and over, day after day, and they will eventually lose that shiver feeling.

Please don't confuse the increased intensity of feelings with over sensitivity. The term increased sensitivity is often mistaken for 'increased chance of premature ejaculation'. This is not the result of foreskin restoration. It is this shiver / tingle intensity you are trying to regain.

There is also the less tangible knowledge that you have the power to change something that you probably had no control over. This empowerment can relieve some of the sadness or bitterness of having your genitals modified without reason.

Is it worth the hassle?: Based on shared experiences from Restorers around the world, the unequivocal answer is YES!

Will it be like the real thing? The short answer is Yes and No.

You will never regain the parts that were cut away. The frenar band, the frenum, and the lost inner mucosal skin can never be replaced.

That being said, there are some significant similarities between the restored foreskin and the real thing:

Both will cover the glans, providing a protective covering to keep the glans from experiencing daily rubbing against clothing, and the resulting desensitizing effect. Both will provide a movable sleeve of skin to facilitate intercourse and masturbation. Both will have a similar appearance, and most untrained observers would not notice that the restored foreskin is any different from the broad range of natural foreskin shapes.

Is it permanent?: Foreskin Restoration causes the skin to grow longer, and does not just stretch it out. Yes, Foreskin Restoration is permanent. There have been some reports of slight (5% maybe) spring back of the skin if tension is not applied for several months. This can be attributed to a very minor degree to the actual stretch of the skin rebounding, but it can also be attributed to a reduction of the generally unnoticeable edema (swelling) of the shaft skin when tensioned. As the swelling goes down, the skin actually takes on a more natural, tighter ‘hug’ of the glans. It is generally advised to restore slightly longer than you think you need to account for this rebound effect.

What will others think of me?: Ultimately, Foreskin Restoration is a personal choice you have made to make positive changes in your own life. If you have decided that this is something that interests you, then there is no real reason why anyone has to be made aware of what you are doing and why. The social animal in all of us though, will wonder what others would think if they found out your ‘little secret’. Please don’t let this fear of the unknown stop you from pursuing Foreskin Restoration. Realistically, unless you tell someone about your ‘hobby’, no one will know. Most of the methods listed are discrete enough to not be noticed by others. We do however, strongly suggest that you talk to and discuss that matter with your marriage partner. They might think it strange at first, but most will come to understand why you feel the way you do, and hopefully support you in the process.

We have put together a number of suggestions on how to handle various social situations:

Your Partner: Whether married or attached, telling your significant other that you want to take several years to pull on the skin of your penis and permanently stretch it sounds rather odd. Hopefully they are sensitive enough to your needs that they understand and at least listen to you. Please keep in mind that unless they have looked into the topic of circumcision, or stumble across a reference on the Internet to Restoration, they will probably look at you puzzled (at best) or like you just grew two heads (at worst). The concept will be so foreign to them that they may think that you have gone over the edge. Given time, and an understanding of the what’s and why’s of Foreskin Restoration, we have found that most partners provide support, or at least indifference. The few occasions where hostility or ridicule remains, there is usually an underlying issue that is unresolved that has nothing to do with Restoration.

We have come up with an analogy that may clarify why any man would undertake Foreskin Restoration, and be upset at what was done to them in the first place.

1) A mother has one breast removed due to breast cancer. Do you think she is justified in having surgery to repair some of the damage done? Do you think she is justified at being angry?

2) A mother has one of her infant daughter's breasts removed to help protect her from future harm, since that mother had to have one removed due to cancer. Is the daughter justified in having surgery to repair some of the damage done? Do you think she is justified at being angry?

3) A mother has one of her infant daughter's breasts removed to help protect her from future harm, since one of the mother's Bridge Club friends once had a niece who almost lost a breast to cancer. Is the daughter justified in repairing some of the damage done? Do you think she is justified at being angry?

I'm sure you are asking yourself: Why would she need to replace what was so suitably removed? She has another, and it will function fine, and have plenty of sensation! If she loses it early enough, not only will she not feel the pain, but she will not remember, and she will never know what it would be like having two breasts. Needing to have it done later in life will only be more painful and traumatic. Hygiene would definitely be easier, and only take half the time. It is after all, her parent's right to determine what is best!!!

Does the above still make sense to them if the 'Foreskin' is substituted? Do they still wonder why a man would want to reconstruct his foreskin, and feel betrayed for having it taken in the first place?

Sometimes discussing personal issues with someone else can be very difficult, especially for men. We encourage you to share this with your partner, and allow them to

Your Parents: Unless you are very close to your parents, and know that they will be understanding and supportive, we do not recommend discussing the situation with them. Please keep in mind that they may feel it is a personal attack on what they thought was best for their child, or if it were done without their consent they may feel guilt bad because of your unhappiness over it. Remember that you are going through the process for yourself, and they don't even have to know.

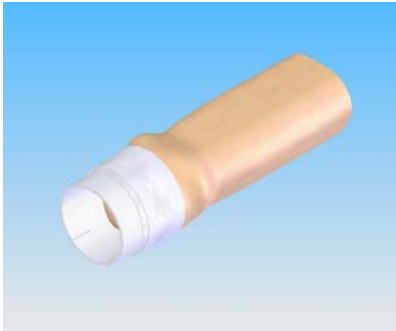
Your Friends / Co-Workers / Clergy: There is no need to discuss this personal issue with anyone unless you want to. You may wish to bring up the subject if you feel it may be helpful to another man in a similar situation, but that seldom happens in a social, or work environment.

For Intact Men: Circumcised men are not the only ones who can benefit from Foreskin Restoration. If you are intact man, you can also use the same techniques to further lengthen your existing foreskin. Whether you only have partial natural coverage, or like the look of more overhang, there is nothing stopping intact men from lengthening what they already have.

## Restoration Methods:

### Film Tube Method

The use of Film Tubes (Canisters) or other rigid cylindrical objects is a basic, inexpensive way to start your Restoration. The shaft skin is taped over the outside of the tube, creating tension on the skin and skin growth. [Film Tube Foreskin Restoration.pdf](#)

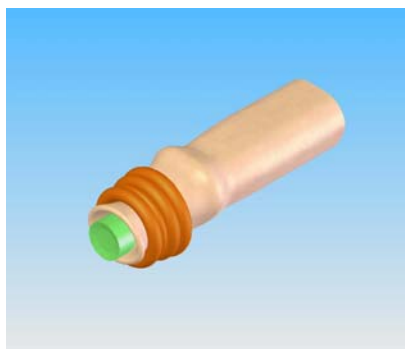


### **Friendly Plastic**

Friendly Plastic is a low-melt temperature plastic that can easily be molded to any shape you want. It is often used to form cones or other shapes to assist in Restoring. As with the Film Tube Method, shaft skin is brought forward in front of the shaped plastic cone and secured in place. Friendly Plastic Foreskin Restoration [Friendly Plastic Foreskin Restoration.pdf](#)

### **S.T.O.R.M O-Ring Method**

Our Staggered Tapered O-Ring Method uses soft silicone o-rings to gently place tension on the skin. The very popular method is easy to use, adjusts as the skin grows, and is more discrete than some methods. STORM O-Ring Foreskin Restoration [STORM O-Ring Foreskin Restoration.pdf](#)

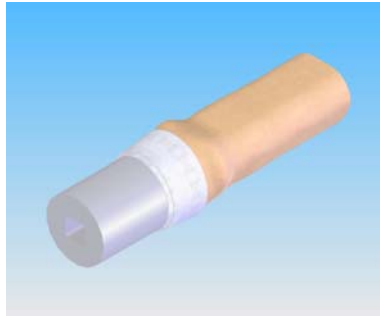


### **Suspended Weights**



Gravity is your friend when using weights to create the gentle skin tension to encourage skin growth.

[Suspended Weights Foreskin Restoration.pdf](#)



### **T-Tape Foreskin Restoration**

T-Tapes uses medical tape to gently, yet firmly tug the skin for your Foreskin Restoration. T-Tape is one of the most popular restoration methods, it can be used without additional tensioning to hold the skin forward, and is one of the best for overnight use. An accompanying restoration device, such as elastic suspender type straps, a weight device, or magnetic strapless tugger is used to create the tension, with the tape acting as the skin attachment point. [T-Tape Foreskin Restoration.pdf](#)



### **Commercial Devices**

There are several devices available for purchase that were invented and marketed specifically for Foreskin Restoration. We have no opinion on the suitability of any of these devices, and cannot recommend one over another. We do caution however, that the old adage of “if it’s too good to be true, it probably isn’t ” applies. Beware of promises for very short restoration times. Skin can only safely grow at a given rate. We don’t know of any commercial devices that are so radically different from Do-It-Yourself devices that they could reasonable boast such claims. We applaud the time and effort put in by these entrepreneurs, but feel that it has translated into some relatively expensive products. Buyer beware.



The Future of Foreskin Restoration: Not surprisingly, there is very little research going on into Foreskin Restoration. Right now, the best we can hope for is a ‘trickle down’ effect from other research currently being conducted.

There are some exciting possibilities on the horizon:

**Cloning, Stem Cell Research, and Tissue Engineering:** Advances in this field are still in their early infancy. There is a possibility through that someday, a replacement foreskin may be brought into being using a man’s own DNA blueprint. A foreskin that and not only mimics, but matches the original. The growth of cardiac, skin, nerve, and optic tissue among others is being explored. Growth outside the body, as well as growth inside the body (ex: regenerative dentistry) hold promise for the replacement of lost tissue with the patients own.

**Micro-Surgical Techniques:** The attachment of tissue grown outside the body, or at another site on the body is a science all it’s own. The skills used to connect minuscule blood supplies, nerves, and other connective tissues are continually being developed and expanded. These techniques would be necessary to properly attach a viable foreskin replacement.

**Pharmaceutical Approach:** Pharmaceutical companies are continually trying to find ways to speed skin healing and regeneration for patients such as burn victims or breast cancer patients. The spin-off of these technologies could be the development of chemical compounds that stimulate healthy skin growth, and would accelerate the traditional Foreskin Stretching techniques.

**New Stretching Techniques:** As more men discover the possibility of Foreskin Restoration, the accumulated knowledge and experience expands. We gain understanding and insight into those Restoration techniques that are effective, comfortable, and easily used. We at Apollo Technologies are trying to take that experience and apply it to the lives of men all over the world.

Who Can Help Me? There are many men who have gone through Foreskin Restoration and who are willing to share their stories. The Internet is a great resource to find information on Restoration and Restoration Techniques.

There are support groups of men all over the world under the banner of NORM (National Organization of Restoring Men), who assemble (in person or on line) to help others with their restoration efforts and to draw strength from their understanding.

At Apollo Technologies, we are here to provide information to help with your Foreskin Restoration. If you have any questions about restoration, please feel free to contact us at: [info@apollostechnology.com](mailto:info@apollostechnology.com)

We will try to update both the text and illustrations in this document as they become available. Please check back periodically for updates.

We value your input on this and all Apollo Technologies projects. If you have any comments or suggestions please contact us at [info@apollotechonline.com](mailto:info@apollotechonline.com) .

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