

## S.T.O.R.M Foreskin Restoration (Staggered Tapered O-Ring Method)

Type: Tapeless, Self-contained, Non-Metallic

Focus: 75% Inner foreskin, 25% Outer

### How It Works

The use of O-Rings for Foreskin Restoration has proven to be a low cost, gentle way to encourage skin growth. O-Rings promote foreskin growth by placing both the inner and outer penis skin under tension. The main advantages of using the rings are the portability, ease of use and cost. When not in use, they can be stored in a shirt pocket. They are easily removed, and can be put with practice in under 2 minutes. All the tension is toward the tip of the glans (head of the penis). This promotes growth along the length of the shaft without lateral stretching, encouraging the skin to form as narrow a tube as possible. When there is enough skin to overhang the tip of the glans, this translates into a simulated 'pucker', similar to what an intact man may have.

In its simplest form, the movable skin on a flaccid penis pulled forward of the glans, and 'threaded' through the ring. The shaft skin is kept forward by the outward pressure caused by the bunching of skin in front of the ring. This technique is often used by men trying to keep the glans covered without actually stretching the skin. The drawback of the single o-ring is that the tension is not applied over a very long area, and there is not as much potential for growth. It can also be difficult for men without much extra skin to have enough in front of the ring to apply the outward pressures needed to keep the skin from slipping back through the ring and having it fall off.

Another limit to this technique is that the fairly short length that the o-ring touches the skin can cause a large 'pressure point' there the skin can become uncomfortable, and severely reduce circulation. An o-ring with a larger thickness (over the standard 1/8" / 0.125") is recommended to increase the contact area and reduce point pressures.

**Warning: Do not use a single o-ring that is large enough to allow the glans to go through. The glans could get stuck on the wrong side of the ring, cutting off circulation and causing tissue damage.**

### Specifics

A superior method of o-ring Foreskin Restoration is the tapered stack method. This method relies on a stacked series of o-rings that reduce in diameter as the stack gets farther away from the body. The slow change in diameter reduces the abrupt change in direction that the penis shaft skin has to go from the diameter of the shaft to the diameter of the inside of the o-ring. An abrupt change can cause unwanted pressure points, whereas a progressive reduction in diameter eases the skin closer together, minimizing pressure changes. To apply a tapered stack of rings, the first and largest ring should be

placed on the glans of a flaccid penis (sized to not let the glans slip through), and the mobile shaft skin should be threaded through. As much inner and outer shaft skin as is comfortable should be pulled through the ring at this point. When the ring is in comfortably in place, another smaller ring can be put on. A finger may need to be used to keep the collected skin from 'retreating' back through the ring as the next is being put on. This process continues until run out of room for new rings. It is suggested that approximately 1/4" to 3/8" of skin should extend beyond the ring, allowing for skin to exert its outward pressure, keeping it in place. The final ring should have a large thickness to minimize direction change pressures, and should be large enough to not impede blood flow. Most men report that a 3/4" inside diameter ring is about right, but this will vary by skin thickness, resiliency, and general comfort level. Experimentation is the only way to determine what is best for you. A little experimentation can also help determine the amount of skin needed to be in front of the final o-ring to maintain tension, while keeping the rings from falling off. Once the final ring is attached, and there is enough skin to grip ahead of the o-ring, a final tension should be applied to both the inner and outer skin. As well, the amount of tension applied should not be painful. If too much tension is applied, or the skin gets folded (the most common cause of discomfort), pulling the outer skin back towards the body will relieve some of the excess tension. It is also a good idea to do a slight 'pullback' as part of the routine to minimize overlapping skin folds, and pinched skin between the individual rings. You may notice that through the day, the rings may become loose. Perspiration, oil secreted from the skin, and the mechanics of sitting and standing can lead to o-rings slipping off, or the body of the penis pulling back into the body and drawing the inner skin out of the rings. This can be minimized by using a keeper to resist the sliding of the foreskin tube backwards through the o-rings.

A keeper is used as a wedge on the outside of the tapered o-ring stack to increase the outward pressure of the skin to keep it ahead of the ring, and increase friction to keep the inner skin layer from sliding back and pulling out of the o-rings. A keeper can be a piece of foam, a formed piece of silicone, a wadded up tissue, a rigid piece of formed clay, or as is often used, a silicone baby bottle nipple cut to the right length. Whatever material used, the keeper resists the external skin in the o-ring stack from collapsing. It is our experience that this is the most consistent way to maintain tension using o-rings. Note: Using a long, narrow keeper with a short stack of o-rings can lead to the keeper pressing against the glans or urethra area. While this most likely will cause no problems or discomfort, irritation may develop. Modify the keeper, stack height, tension or discontinue use if this happens.

**TIP:** Using a final ring that is larger than the second last creates a 'funnel' effect that gives a greater surface contact when using a keeper. This surface contact increases the hold of the keeper and reduces skin slip.

## Starting Out

When first starting the Foreskin Restoration process with o-rings, you need to remember that it takes time and patience for you and your skin to get used to being manipulated. The first few times you put on the rings, you may find that the skin becomes sore very quickly, and that there may be bruising from the rings. This is a sign that you may be applying too much tension, or you may be just trying to

get too many rings on too quickly. It takes time for the skin to adjust to the demands being placed on it. Back off the tension, put on fewer rings, and you will find that in a few days / weeks, applying the rings gets easier and more comfortable. As the skin lengthens, you may notice the tension decreases or that the skin ahead of the o-rings is getting longer. When this happens, you have the option of increasing the overall stack length by adding additional rings, or keeping the number of rings the same and pulling the skin out farther. A longer stack definitely increases the overall length of skin under tension, possibly leading to more rapid gains in the foreskin length. A shorter stack is less noticeable under clothes, but may not be as efficient in terms of skin growth. I would suggest that the optimum stack length should be between 1.5” and 2.5” to give a long area of tensioned skin, while not becoming too long, and getting in the way.

### My Penis Is Gone!

Please note that some men may find that when the shaft skin is pulled forward, and the o-rings are applied, the shaft of the penis may seem to be pushed into the body, effectively disappearing. This is common, and we are not aware of any problems associated with this. Men with longer flaccid penises are less likely to experience this.

### Circulation

Foreskin Restoration using o-rings does affect circulation. You are reducing circulation by applying pressure to keep the skin ahead of the rings. You can expect a slight darkening of the skin, and a slight temperature drop, but should always have some tactile (touch) feeling in the area. Any significant color change, cool skin and / or numb skin means that there is too much pressure or tension. Remove the rings and let the skin rest for several hours before replacing them. When replacing them, experiment with using less tension, fewer or larger rings, until you have found a combination that applied tension while being comfortable. I am not a medical professional, so if you experience something that does concerns you, stop, and either consult a doctor, or try a different approach.

### Cleaning

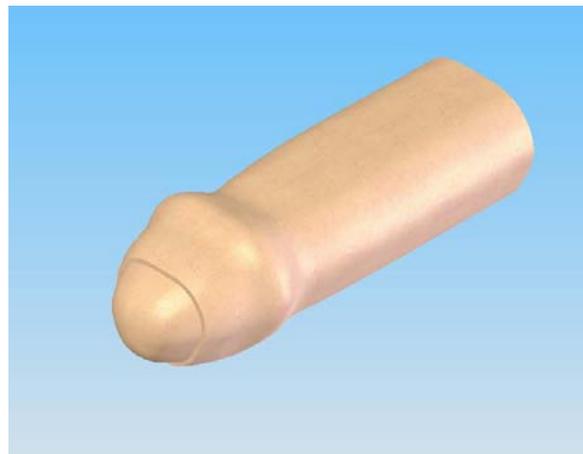
Sweat and bacteria can build up on any restoration equipment. Periodic soaks in alcohol, boiling (for silicone products) and just plain soap-and-water with a complete rinse will keep your equipment clean and sanitary. At the very least rinse with clean water after use.

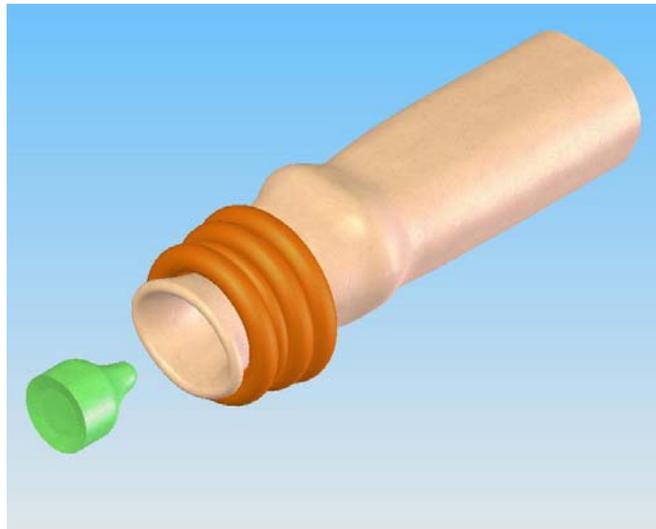
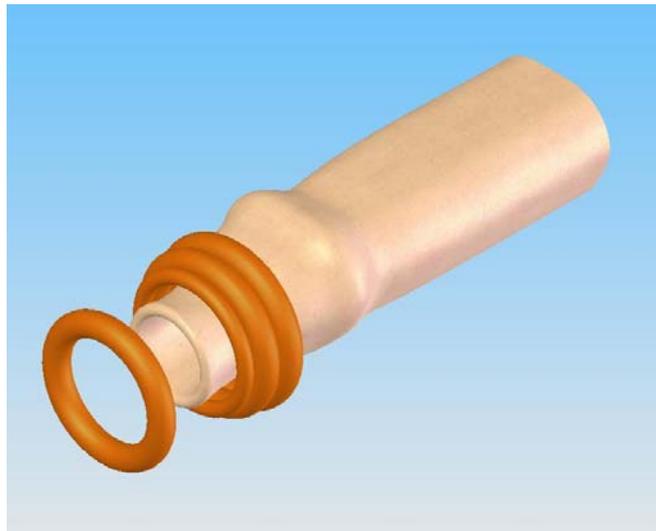
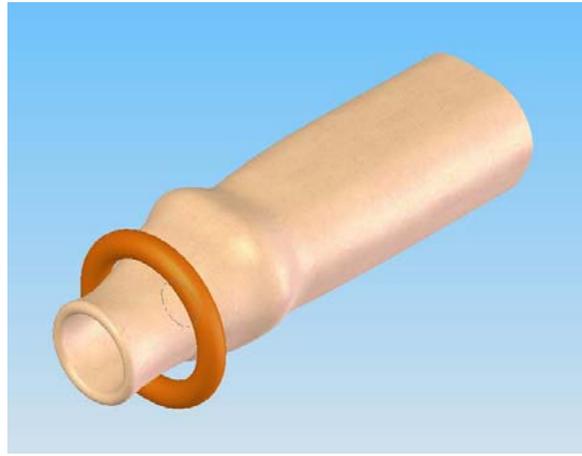
**Caution: I would not suggest sharing Foreskin Restoration equipment of any kind between men.**

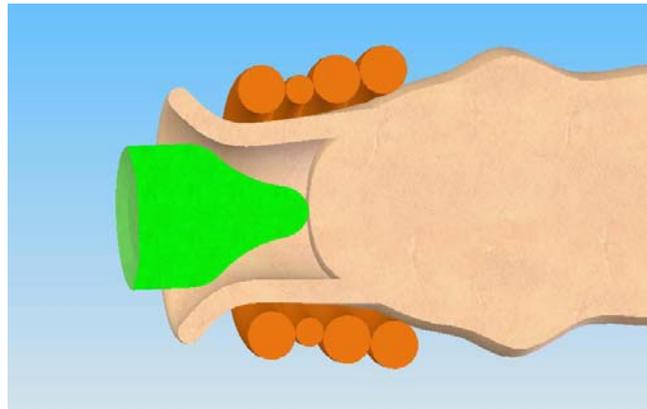
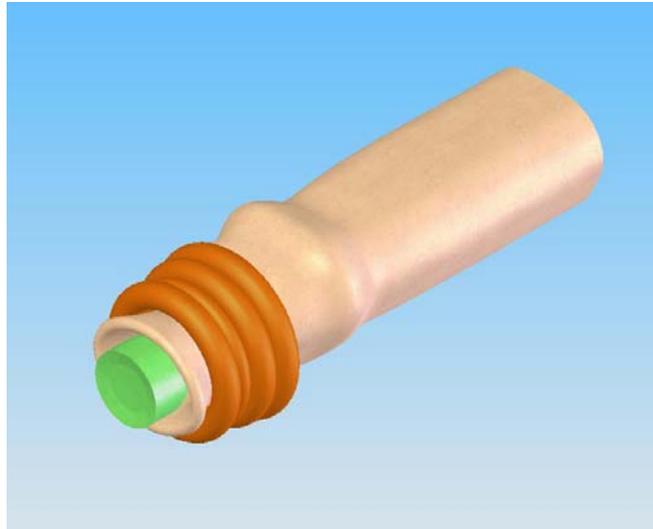
### Tips / Tricks

- Shave around the base of the penis. It not only keeps pubic hair from being pinched between the rings, but it also gets your penis out of hiding and appears to be larger.

- Review my “8 –Ates Of Foreskin Restoration” for more tips.
- Alternating larger and smaller o-rings will create an ‘accordion’ stack of rings that resist side shift. Increasing comfort, and reducing the likelihood of skin slippage.
- Using a final ring that is larger than the second last creates a ‘funnel’ effect that gives a greater surface contact when using a keeper. This surface contact increases the hold of the keeper and reduces skin slip.
- If possible, use only Silicone as an o-ring material. Silicone is very skin friendly and is unlikely to cause any reaction. (Silicone tubing and o-rings are often used in medical or food preparation equipment for its non-reactive and cleanliness qualities). Silicone also has a higher ‘grip’ on skin (coefficient of friction), and is more likely to maintain tensions than Buna N, Viton or Nitril o-ring material. It is a more expensive material to use, but well worth the additional cost.







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

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