

Please read "The Natural Penis and Restoration" before attempting use this guide. I'm not a doctor and this is not medical advice. You are responsible for your health. If anything feels strange or uncomfortable during any restoration effort, stop what you're doing and see a doctor.

Start with a clean dry cone. The silicone material is stable to 600 degrees, so it could be boiled, but daily cleaning with soap and plenty of water is generally considered sufficient.

Apply the cone to a flaccid penis. Pull forward on the penile shaft skin, rolling it over the glans. When the glans is hidden, put the cone over it. This is done by bunching up the skin with the thumb and two fingers of one hand while applying the cone with the other. Use the ends of your fingers to "shoe horn" any uneven skin back into the cone. Look into the small opening to see how well centered the bunched up skin is. You should see your urethral opening peeking through.

The cone will stay in place on its own. The friction between your skin and the rubbery cone, coupled with the tendency of your skin to roll outwardly off the glans, creates a state of equilibrium. Because you're dependant upon friction, the outer skin must be clear of lotion or other residues.

Advanced Tips:

- After pulling your skin forward, apply an outward rolling stress, to pre-stretch the INNER skin as much as possible.
- If you're post-restoration, you may need to pack a small spacer inside your skin to maintain enough tension for the cone to stay in place. See the TLCTugger.com web site for the RCS conical spacer that goes against your glans. You pull your skin over it and then place the cone over your skin. You will also see cylindrical packing spacers for still more tension.
- Although lotion will interfere with the grip of the cone, you also need to keep your skin from getting too dry. You could apply Eucerin lotion before getting in the shower and then rinse it away at the end of your routine with clear water.

Wear the cone to bed, and under briefs during the day. If you discover it has come off while you're sleeping, just reach around in the bedding until you find it. With practice, you should easily re-apply it in the dark. With time it will come off less often.

Hygiene - As of this moment, you will use the stall and sit to urinate. This is so you can dab away residual drops of urine with tissue before re-applying the cone. (You probably don't want drops of urine between your skin and your glans, but if some is there, it's not a health problem; your body evolved to deal with urine in the prepuce). After urination, take your time and milk several drops of urine out of the length of your penis before trying to re-apply the cone. When bathing, wash your glans and inner skin only with clean water or a very gentle non-soap cleanser like Cetaphil liquid.

You can re-apply the cone as soon as you're done with a shower. Some trapped moisture seems to be beneficial for your inner "pink" skin. Just make sure you're not trapping debris like body hairs in there.

Depending on how much slack skin you have, you may be able to use the cone even if you put a thin layer of lotion just below the corona. If so, I would recommend Eucerin. Be cautious as it can be tricky to re-apply the cone if I've gotten any lotion on the outer skin, which would limit the retaining friction.

Results you can expect from cone use

- a) The glans will get more supple and sensitive. Maybe after a month or two, try jogging without the cone. If it totally irritates your glans to be rubbing around in your shorts, you'll know you're on the right track. Take "before" photos to track your progress.
- b) You may develop a sweet musky aroma. This is something like what intact men smell like. It is due to the natural secretions of glands in the pink skin area combined with sloughed off skin cells. Just rinse with clean water and there will be no "taste" issue to bother anyone.
- c) You may grow some new skin. This is possible from the tension created by nocturnal erections. It is not, however, the aim of cone usage. If you'd really like to grow skin, you need to tug. When I started, I used the tape-on canister method with lotion for months. I tugged every night, and most days. The canister allows you to hygienically urinate right through the opening without untaping. The Tapeless Conical (TLC) Tugger allows you to quickly remove and re-apply the tugger whenever necessary.

- d) Your glans may shed. It is possible you could slough off enough keratinized cells all at once that you would notice a temporary raw ragged texture to your glans. You should welcome this. It happened to people I know but not to me. This state precedes a smooth, shiny, healthy glans.

Stay in touch. When you have some slack skin, you can switch to a tapeless tugging method. I can make you a Tapeless Conical TLC Tugger that works with the Your-Skin Cone.

Best Wishes,

-Ron Low

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 <p>The Your-Skin Cone</p>	 <p>Rolling the skin tube forward</p>	 <p>Stretching the inner skin</p>
 <p>Bunching up the skin</p>	 <p>Applying the cone</p>	 <p>The cone hanging on by itself</p>
 <p>Urethra centered in skin pucker</p>	 <p>A mostly-restored penis</p>	 <p>The shiny glans</p>
 <p>Tapeless Conical (TLC) Tugger</p>	 <p>Tugging w/Tapeless Conical</p>	 <p>Tugging with Canister</p>