

# CIRCUMCISED? TAKE THE TEST!

- Using your thumb, push the head of your penis back into the remaining shaft skin.
- “Trap” the head securely and comfortably using medical tape. You may need to shave periodically to increase tape adhesion and to reduce discomfort of tape removal. Avoid taping the scrotum or urinary opening.
- Loosen the tape at bedtime to allow for nocturnal erections or you may experience pain as your skin is stretched beyond its limits.
- Over several days, notice how the head slowly changes from a dull grayish-purple (in Caucasian males) to a more natural, brighter color as dead skin build-up dissolves. You should also notice an increase in sensitivity.
- Note: For this test to work properly, the head must be trapped as much as possible throughout the day and night. This test does not constitute medical advice.

[www.norm.org/lost.html](http://www.norm.org/lost.html)

[google.com: “foreskin restoration”](https://www.google.com/search?q=foreskin+restoration)

[www.luckystiff.org](http://www.luckystiff.org)

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