

# The Complete Guide to Foreskin Restoration



By Bryant Bedell

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Cover image:

A geoduck (*Panopea generosa*) being held in two hands

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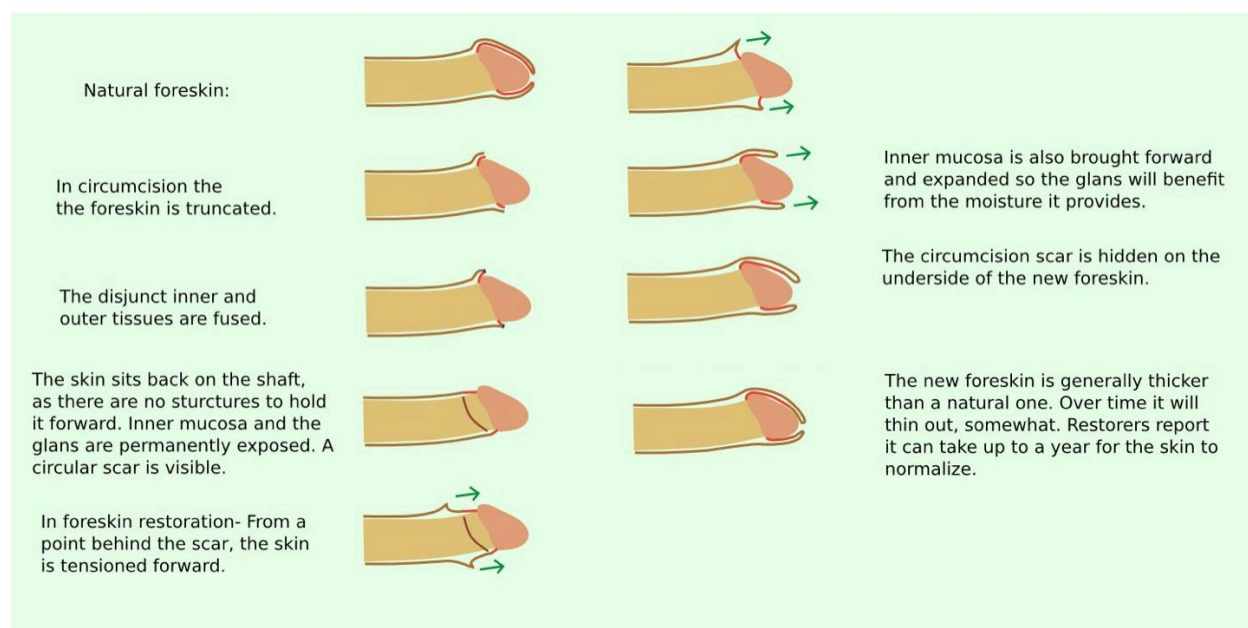
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## Chapter 1: What is Foreskin Restoration?

Foreskin restoration is the process of expanding the remaining skin of a circumcised penis by applying gentle tension. Over time, a new tube of skin can be grown that looks and functions much like a natural, intact foreskin. Foreskin restoration is 100% natural and does not involve any surgery.

Foreskin restoration is possible through a process called skin expansion. When skin is mechanically stretched through tension, it sends a signal to skin cells that there is not enough skin to cover the underlying tissue. As a response to this signal, skin cells start to divide into new skin cells, increasing the surface area of the skin(1). This results in the permanent growth of new skin.



Concept of foreskin restoration, edited.

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Skin expansion is a natural process that occurs under normal conditions. When a person gains large amounts of muscle or fat, the overlying skin has to expand to accommodate the new tissue underneath. When a morbidly obese person loses a significant amount of fat, the excess skin will still remain, attesting to the permanence of skin expansion.

Skin expansion is also commonly used in medical settings in instances where more skin surface area is needed, such as burn damage or excessive scar tissue. The most popular method of skin expansion that plastic surgeons use is temporarily inserting a silicone balloon expander under the skin.<sup>(2)</sup> The balloon is filled with saline, which stretches the overlying skin. More saline is injected into the balloon over several weeks or months, until enough skin is grown. The balloon expander is then removed, leaving new permanent skin that can be used for reconstruction.

People all over the world have figured out how to induce skin expansion by artificially applying tension to the skin. This is usually done for cosmetic reasons, depending on the specific culture. Earlobe stretching is one of the most common applications of skin expansion worldwide, and is still practiced today.



Skin can be expanded to great lengths.

A Man of New Georgia, Solomon Islands, 1908. George Brown, D.D., Public domain, via Wikimedia Commons

In the case of foreskin restoration, no surgery is required. The skin of the penis is gripped using either tape or a tapeless restoration device, and tension is applied by using an elastic strap or weights. Restoration is a mostly a passive process. The skin stays under constant tension during the day, with all of the equipment hidden under the pants. Restoring can be completely

inconspicuous, and allows one to go about their regular day for the most part. Whether a man has a desk job or an active physical labor job, there are practical methods to restore the foreskin. Between applying, removing, and washing the restoration device, the total active time required for restoration is less than 10 minutes a day.

Foreskin restoration only expands the skin of the penis. It does not expand any of the underlying erectile tissue, and therefore, it does not increase penis size. Restoration is a slow process and typically takes two to five years or more, but with the methods outlined in this book, skin growth can be maximized in as little time as possible. But first, before jumping into the details of restoration, it is important to understand what we are actually trying to restore: the foreskin.



## Chapter 2: The Foreskin and its Functions.

All mammals have a foreskin, and it serves several important functions:

### **Protection:**

The first and most obvious function of the foreskin is that it protects the glans (head of the penis). The glans is an internal organ, and is meant to be kept in a protected, moist environment when flaccid. The inner part of the foreskin is actually a mucous membrane, and it secretes natural lubricants that keep the glans moist and reduce friction during intercourse.(3)

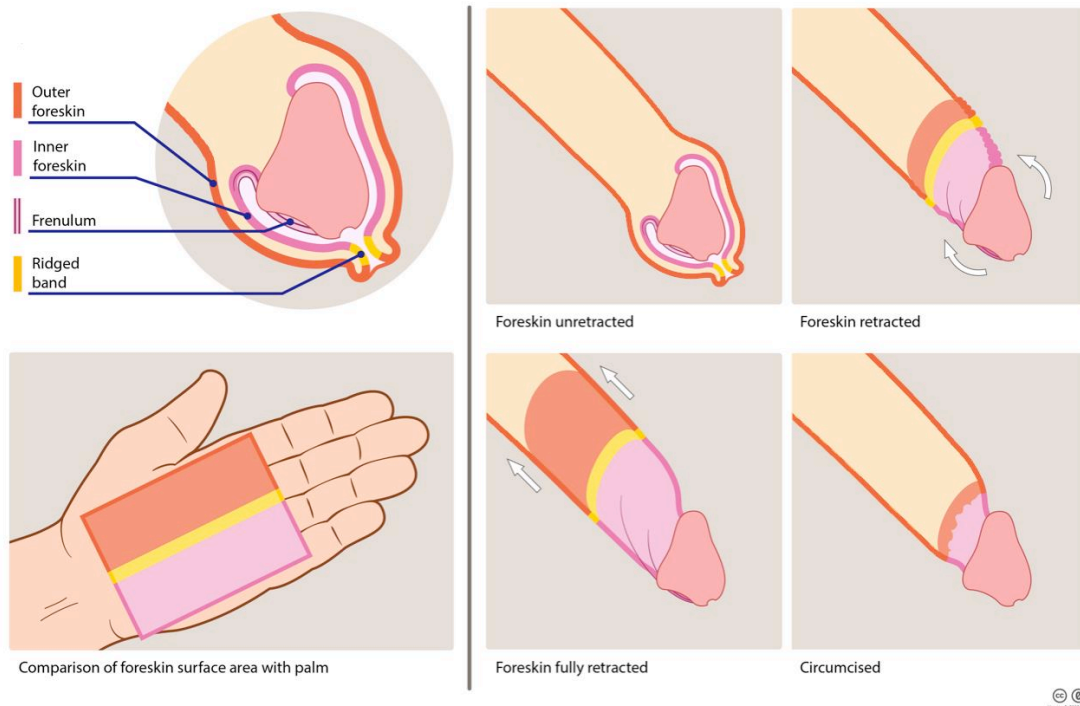
### **Mechanics**

The ability of the foreskin to glide up and down the shaft of the penis serves several important functions during intercourse. The muscles of the vaginal wall grip the foreskin, and the penis glides in and out of its own skin, rather than the vagina itself. This reduces friction inside the vagina, creating a movable pressure feeling that is pleasurable for both the man and woman.(4)The slack skin and reduced friction also prevents natural lubrication from being pulled out of the vagina.(5)

### **Sensitivity**

The foreskin itself is a highly erogenous tissue, with specialized nerve cells called Meissner's corpuscles.(6) While Meissner's corpuscles are also found in the palms of the hand, soles of the feet, and the lips, the highest concentration is in a specialized structure in the foreskin called the ridged band.(7) The ridged band is located just inside the tip of the foreskin at the junction of the outer and inner foreskin, and is stimulated through the gliding action of the skin. The frenulum, which anchors the foreskin to the underside of the glans, is also a highly innervated and erogenous area.(8)

### Anatomy and Function of the Foreskin



Anatomy and function of the foreskin, edited  
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When the foreskin is removed, the glans is no longer protected from the external environment. The glans dries out from exposure to air, reducing sensitivity. Exposure to air and excess friction causes a layer of keratin to form over the glans, which creates a rough texture and reduces sensation even more.<sup>(6)</sup> The remaining inner foreskin, now the area between the glans and the scar line, also dries out and loses sensitivity, and stops functioning as a mucous membrane.

The circumcised penis has little to no movable skin, with the skin being tight on the shaft when erect. In many cases, there is not enough skin to fully accommodate an erection, causing tightness, pain, and bleeding.<sup>(9)</sup> When there is not enough skin to fully accommodate an erection, part of the erectile tissue gets pushed back into the pelvis. Because of this, circumcised penises are on average 1 centimeter shorter in length than intact penises.<sup>(10)</sup> The lack of slack skin also reduces the girth of the penis, particularly at the base of the glans where the foreskin normally bunches up.

With the lack of slack skin in the circumcised penis, there is little to no gliding motion during intercourse. This causes excessive friction and irritation on both the penis and walls of the vagina.(11) The rough, dry, keratinized texture of the glans is also irritating inside the vagina. Without slack skin bunching behind the glans, it tends to scrape and remove lubrication from the vagina.(5) Due to the lack of gliding motion, women report being less likely to achieve vaginal orgasm from a circumcised partner.(13)

There are different estimates about how many nerve endings are removed during circumcision, but about half of the skin of the penis is removed, including the ridged band, and in most cases the frenulum.(10) Part or all of the frenulum is sometimes left intact. The reduction of nerve endings reduces the overall sensitivity and sexual pleasure in the penis. To compensate for the lack of sensitivity, more friction is needed to achieve orgasm, compounding the issues due to friction stated above.(14)

### **What Can be Restored**

When enough skin is grown to recover the glans, it returns to its normal state. Once the glans is continuously protected in a moist environment, the layer of keratin sloughs off, and the glans once again becomes smooth and sensitive. The inner foreskin also resumes its function as a mucous membrane, creating lubricants and emollients that protect the glans and reduce friction during intercourse.(9) Devices called retainers that keep the skin pulled over the glans can also be used in the meantime until enough skin is grown to permanently cover the glans (details on retainers will be covered in chapter 4).

As more and more skin is grown, the gliding action of the penis is restored.(14) Improvements in gliding action can be felt early on in restoration, even in as little as a few months. Tightness and pain from the lack of skin to accommodate an erection will also improve early on in the restoration process. It is also not uncommon to gain about 1 centimeter of length early on as the new slack skin allows for the full protrusion of the erectile tissue. When enough skin is grown to bunch up behind the glans when erect, this also restores girth to the end of the penis. Although in most cases there is no frenulum left to anchor the skin to the underside of the glans, a fully restored foreskin has more or less the same gliding action as an intact foreskin.

The reason why it is called restoration and not regeneration is that a restored foreskin does not have all of the same structures as a natural foreskin. The ridged band and the frenulum

do not grow back. However, the new skin will grow new nerve endings at the same density as the remaining skin it is expanded from. Men who have restored report that the newly grown skin is highly sensitive. More importantly, restoring the covering of the glans and the gliding motion significantly improves the sensitivity of the remaining nerve endings of the penis, greatly improving overall sensitivity and erotic sensation.

A fully restored foreskin looks very much like a natural foreskin.(14) Many men who have restored have been able to fool a urologist into thinking they are intact. In a casual setting like a locker room, a restored foreskin is almost indistinguishable from a natural foreskin.

Men who were circumcised later in life as adults and later restored, typically report that **a restored foreskin is anywhere from 70 to 90 percent as good as an intact foreskin** in terms of sexual function. Although men who were circumcised at birth cannot compare to being intact, they still report great improvements in sexual function. Men commonly report that restoration is not only one of the best things they have done to improve their sexual fulfillment, but also their life as a whole.(13) Although not a perfect solution, the majority of the sexual function that is lost from circumcision can be restored, making foreskin restoration a very worthwhile endeavor.

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