

My Phimosis Blog

Foreskin Stretching Daily Routine

Follow these steps for a healthy, retractable foreskin!

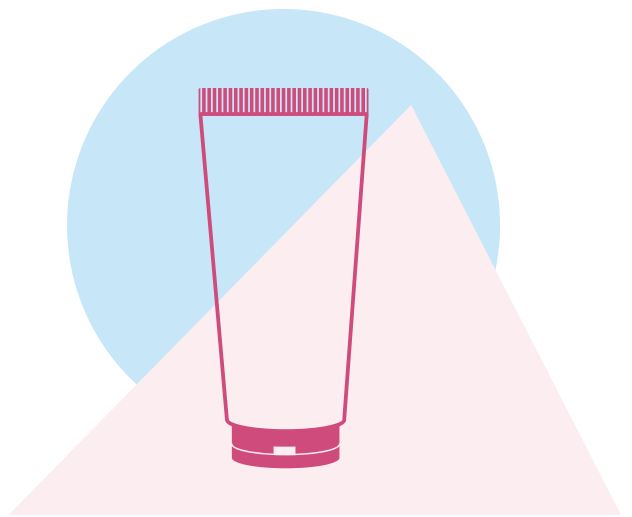


Wash

Washing your penis morning and night is crucial. Reducing the chance for bacteria and smegma to build up will help to prevent irritation and infections. Avoid expensive, perfumed products, as just mild soap and warm water is perfect!

Moisturise

Keep the foreskin healthy by applying a daily moisturiser with vitamin E. Always check ingredients to ensure that you are not sensitive to them, and avoid products containing zinc as this reduces the skin's ability to stretch.

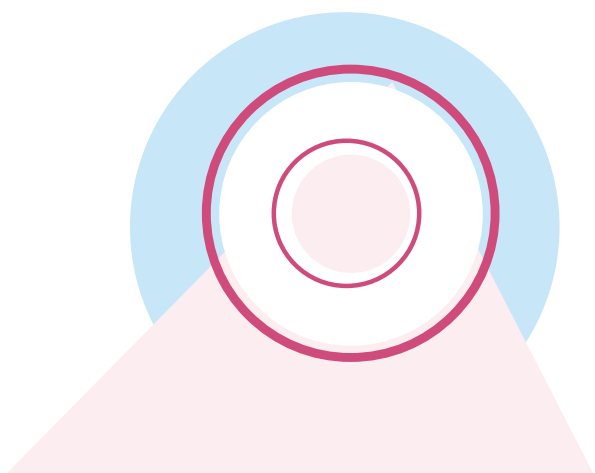
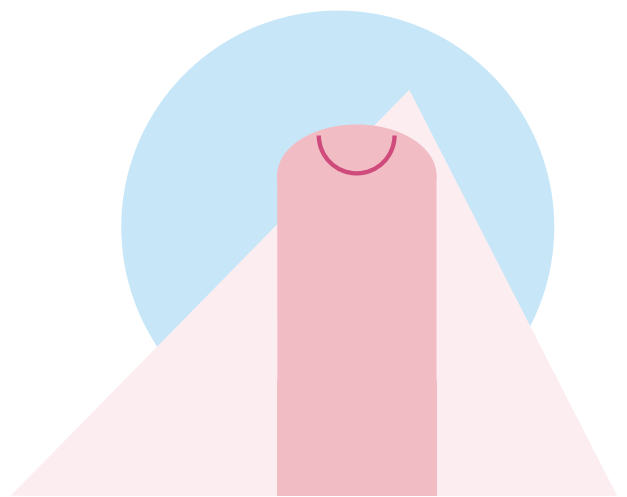


Fit a Ring

Phimosis rings help a lot. They save the aggravation and time consuming nature of hand stretching. Ensure that they are designed to fit your anatomy and not just ear stretchers or other makeshift products!

Remove Ring

As tempting as it may be, always remove the phimosis ring after 1 hour. The key to resolving phimosis quickly is stretching without inflammation. The skin always requires rest from stretching to allow cells to adapt without the presence of inflammatory macrophages. A constant stretch without rest always leads to a chronic inflammatory state, irrespective of the method used! .



Repeat

Two sessions of 1 hour per day will work perfectly for most guys, ideally morning and evening. Avoid rushing, keep to the plan, and pretty soon you'll want to show everyone your beautiful penis!