

# PHIMOSIS

*check if you have it &  
how to cure it*



**Adult content inside. All the people aged below 18  
shouldn't go further than this page.**

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# Difference in Circumcised penis and Uncircumcised penis

Shown below are the pictures of penis that are uncircumcised and circumcised penis



Uncircumcised penis  
Notice how foreskin looks.



Circumcised penis.  
Notice how foreskin sits behind glans and the glans are exposed.

An uncircumcised penis retains the foreskin, which covers the head of a nonerect penis.

When the penis is erect, the foreskin pulls back to reveal the glans.

A circumcised penis has no foreskin, which exposes the glans when the penis is both erect and nonerect.

It is important for people without a circumcision to keep the foreskin clean.

For teenage and adult males, pulling back and washing underneath the foreskin with mild soap and water, rinsing well, and then rolling back the foreskin can help maintain good hygiene.

Good hygiene of the foreskin can help reduce the risk of infections. Without regular cleaning, bacteria, dirt, and bodily fluids can all build up under the foreskin and form smegma, which looks yellow-white.

Poor genital hygiene can cause an infection of the glans or foreskin, such as:

- phimosis, wherein the foreskin becomes too tight around the head of the penis and cannot pull back
- balanitis, an infection of the glans and foreskin
- posthitis, a fungal infection of the foreskin

**If you can relate with any of the pictures shown below, there are high chances that you have phimosis.**



**Signs that you have phimosis:**

- Your foreskin is tight
- You can't retract foreskin to the end of glans (penis head)
- You can't clean under your foreskin.
- You haven't seen your glans completely
- Your urine stream isn't long enough
- Your glans are so sensitive that you can't even touch them
- Sex is painful

# TYPES OF PHIMOSIS

## Type 1 or Stage 1 Phimosis



*Type 1 Phimosis: Foreskin can retract till just above glans*

Type 1 phimosis is a state of penis when foreskin can be fully retracted over the glans but it has difficult sliding up and down. This state can be easily cured by doing foreskin stretching regularly.

Foreskin stretching using virgin coconut oil and phimosis rings yields the best and long lasting results.

## Type 2 or Stage 2 Phimosis



*Type 2 Phimosis: Foreskin can retract till mid portion of glans*

Type 2 phimosis is a state of penis when foreskin can be retracted just a little bit above the glans. The foreskin doesn't go down till the glans.

This state can also be easily cured by in about 2-3 weeks by foreskin stretching exercises.

Foreskin stretching using virgin coconut oil and phimosis rings yields the best and long lasting results.

## Type 3 or Stage 3 Phimosis



Type 3 phimosis is the most common phimosis found in adults. In this state the foreskin can slide only till a few millimeters on glans and only the tip of the glans is visible upon retracting foreskin.

Foreskin stretching using virgin coconut oil and phimosis rings yields the best and long lasting results.

## Type 4 or Stage 4 Phimosis



Type 4 phimosis is a state of penis when glans are completely invisible and foreskin cannot be retracted even upto the tip of glans. This is also called pinhole phimosis.

Pinhole phimosis can be cured by foreskin stretching and phimosis rings however it will take about 2-3 months to be completely phimosis free.

Foreskin stretching using 2 finger method and using Stretching tool yields the best results.

# METHODS TO CURE PHIMOSIS WITHOUT SURGERY

- 1. By using phimosis rings**
- 2. By using stretching tool**
- 3. By doing stretching exercises**
- 4. Using steroid cream**

In reality none of these methods will work alone and you'll have to use a combination of the above methods to completely cure phimosis. Combination of methods to use for each type or stage of phimosis.

**Type 1 Phimosis: Use steroid cream and stretching exercise**

**Type 2 Phimosis: Use steroid cream and stretching exercise**

**Type 3 Phimosis: Use all the 4 methods**

**Type 4 Phimosis: Use all the 4 methods**

# HOW TO USE PHIMOSIS RINGS

Once you have purchased phimosi s rings kit, you'll see that it contains 20 rings, 1 applicator tool and this booklet. Before you start using the rings, it is advised to inspect your foreskin and penis' health in general to make sure there's no underlying medical condition is present. Use phimosi s rings only when you're sure about it, better yet, consult a doctor. Also make sure that children don't use it.

## FIND YOUR PHIMOSIS RING SIZE

Find the ring size that is most appropriate for you depending on how far you can stretch the foreskin. Choose based upon the tightness, the ring shouldn't be too tight and shouldn't be loose either. We have all the sizes a human penis can possibly have, so fret not if you don't immediately find your phimosi s ring size. This involves some hit and trial, try the rings till you know which size fits best.



Apply coconut oil on foreskin



Apply oil over phimosi s ring



Retract the foreskin over glans



Slide the ring under the phimotic band (foreskin)



Check for tightness of the ring to make sure it is comfortable.

### Step 1: Apply coconut oil or castor oil on foreskin

It's always better to use natural products like extra-virgin coconut oil or virgin castor oil. This step is done to ensure the foreskin is well hydrated and is ready to receive the phimosi s ring.

### Step 2: Apply coconut oil on phimosi s ring

Apply castor oil or coconut oil on the outer circumference of the phimosi s ring.

### Step 3: Retract the foreskin over glans and slide phimosi s ring over it to finally set it under foreskin

Grab the foreskin and push it back a little, now bring it forward over the glans so that there is enough space for the phimosi s ring to sit under the foreskin. The marked black line is your phimotic band of the foreskin. Phimotic band is the tightest part of your foreskin. The phimosi s ring will sit under the phimotic band.

### Step 4: Check for tightness of the ring to make sure it is comfortable.

The phimosi s ring shouldn't be too tight or too loose, it should fit perfectly. If the ring is loose then try to use a size bigger than the current ring size. If you're using a bigger sized ring, please refer the image below on how to apply it



Fold the larger ring like this.



Place it under the foreskin.

## FREQUENTLY ASKED QUESTIONS

### Does these rings work for all stages of phimosis?

Yes, a big Yes. It works for phimosis of all stages, even if you have pinhole phimosis.

### How do I know which ring to start with?

Try to stretch your foreskin as much as you can and see how much it slides over your glans. This should tell you a rough idea about how the size of the ring. Furthermore, just try to see which size fits better. All you need to take care is, that the ring shouldn't be so loose that it falls off.

### When should I move up to the next ring size?

Once you start to notice that the ring size you're currently wearing falls off regularly, even over the rims, that means it is time for you to move up to the next ring.

### Can I wear the ring all throughout the day?

No, please don't wear it all through the day or for periods extending more than 1 hour. It may cause inflammation of the foreskin and that would be another demon to deal with.

### How do I keep the rings clean?

The rings are manufactured from a similar latex free material to that used in the teats of baby bottles, so we advise to use baby bottle sterilising tablets/liquid. This can be purchased from most supermarkets and is very inexpensive. Please do not use harsh chemicals or an autoclave as this can damage the rings.

### What to do when I feel uncomfortable to wear?

The rings are manufactured from a very soft material which most users will find comfortable. If you feel soreness/pain/numbness, it is likely that you are wearing a ring which is too large. Take a rest for a day or 2, and reduce the ring size until you feel a comfortable stretch.

### Can I wear the phimosis rings during sexual intercourse?

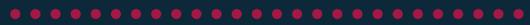
No. Under no circumstances should you do this. Remove the stretching ring, and thoroughly wash away the skin cream prior to sexual activity.

### I have pinhole phimosis and I don't think phimosis rings and stretching help me. What do you recommend?

Pinhole phimosis is a state when foreskin on an erect penis doesn't retract and takes the shape of a pinhole. Lot of our customers have had pinhole phimosis, and let me assure you, yes, even pinhole phimosis can be cured using phimosis rings.

### My phimosis has gone, but do I need to wear the rings intermittently to prevent it from returning?

If the foreskin is being retracted regularly during washing, and during sexual activity or otherwise, this is the natural stretching action which will usually prevent the phimosis from returning.



## EFFECTS YOU'LL FEEL

#### • Foreskin begins to loosen

Within one week, you'll observe that your foreskin starts loosening. If you're using rings (which you must) you'll be level up by 1 ring.

#### • Improvements while Urinating

You'll find that as your foreskin opens up more (slides more down on the glans), your urine stream is more speedy and reaches farther than it normally would.

#### • Sex is more enjoyable

If you have had sex before you treated phimosis, and when you compare it with after you've cured phimosis. You'll absolutely feel the drastic change and can ACTUALLY enjoy sex and finally know what you have been missing till now.

#### • Improved sensation in fellatio

Now that the glans are directly touched, the arousal is much more better and sensitivity is sky high as well.

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