



How to use phimosis rings to treat phimosis



Daily routine



Lubricate

Lubricate foreskin after showering with extra-virgin coconut oil. This keeps the foreskin hydrated.

Stretch

Stretch foreskin using phimosis rings twice daily using the methodology described in this book.

Loosen

Apply Fore-stretch phimosis cream (before sleeping) to loosen the foreskin & heal the cracks.

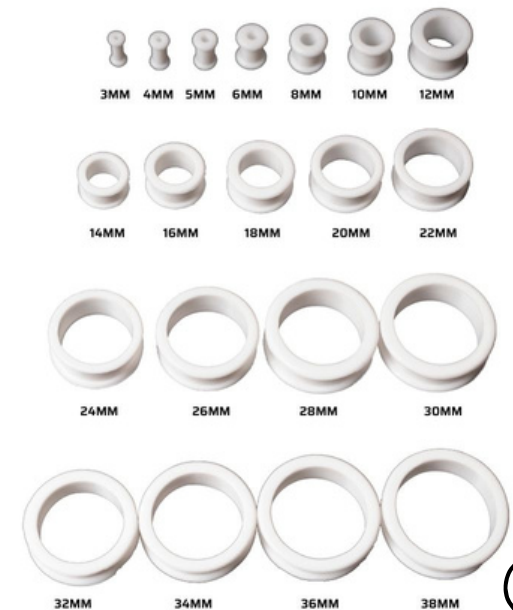
Clean

Clean the groin area daily with anti-fungal-mild soap to keep the area clean and hygienic.

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.

This kit contains all the sizes a human penis can possibly have, so fret not if you don't immediately find your phimosis ring size. This involves some hit and trial, keep trying the rings until you know which size fits the best.



STEP 1

Apply coconut oil on foreskin



Take a small amount of castor oil or coconut oil and massage it all over the foreskin and especially, on the prepuce. This is done to ensure foreskin and especially prepuce are well hydrated.

It's always safe to use natural products like extra-virgin coconut oil or extra virgin castor oil since foreskin is a sensitive part and unsafe oils can cause problems. Both these oils are anti-fungal & anti-inflammatory in nature.

STEP 2

Apply coconut oil on phimosis ring



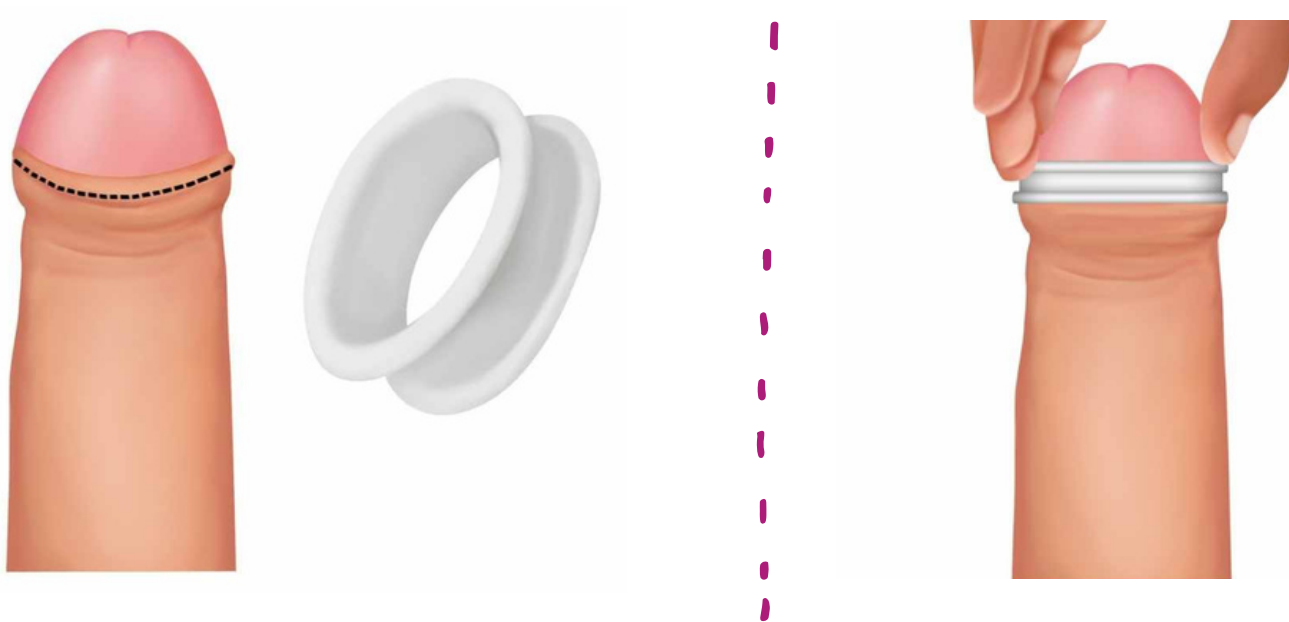
Apply castor oil or coconut oil on the outer circumference of the phimosis ring (the side on which foreskin will rest). This removes any dirt on the ring and reduces friction on the foreskin as well.



STEP 3



Retract the foreskin over glans and slide phimosis ring over glans to finally set it under foreskin

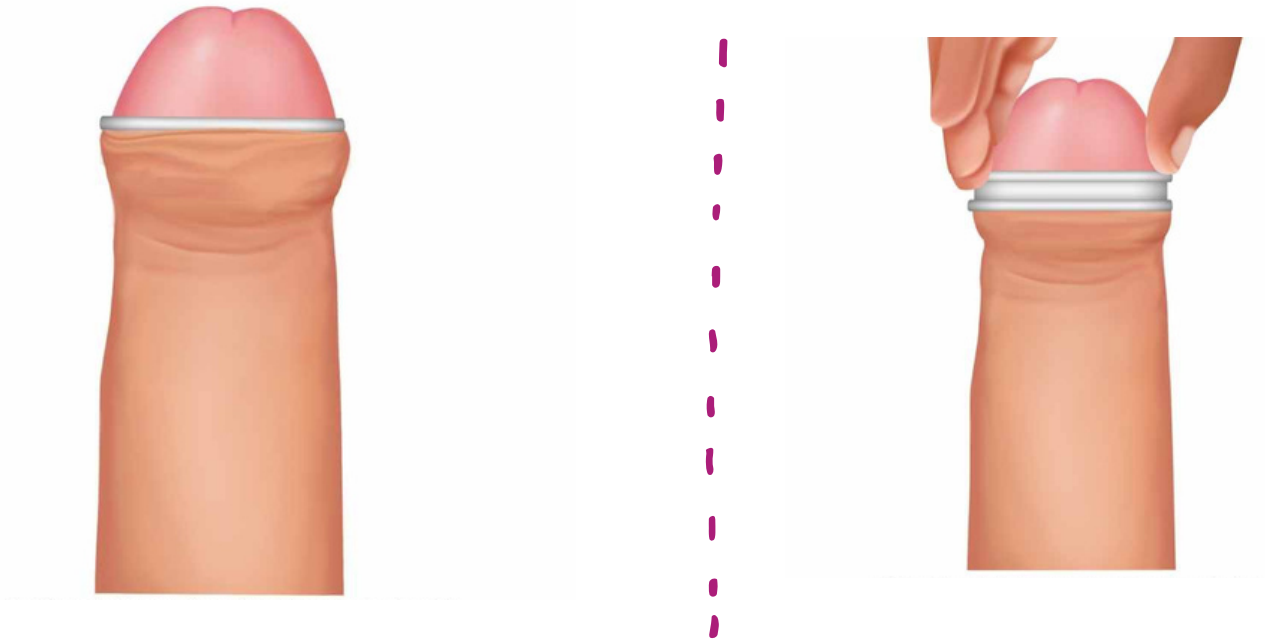


Place your first finger and thumb over the foreskin and try to slide the foreskin over the glans as much as naturally possible (without causing pain). The length till which you could slide the foreskin over is called the phimotic band (marked in black line). Using the other hand, grab the phimosis ring of appropriate size and press the ring slightly against the glans to tilt it and thereby fit the ring inside the phimotic band (or prepuce).

STEP 4



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



Duration	
20 MINUTE	00 SECONDS
to	
40 MINUTE	00 SECONDS

The phimosi 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. Furthermore, a tight ring can cause cracks on the foreskin, and in case of cracks development, you wouldn't be able to wear the rings for a few weeks and risk losing all the progress you have made to date.

If you're using a ring bigger than 24mm, please refer to the image on the next page to learn how to use these rings comfortably.

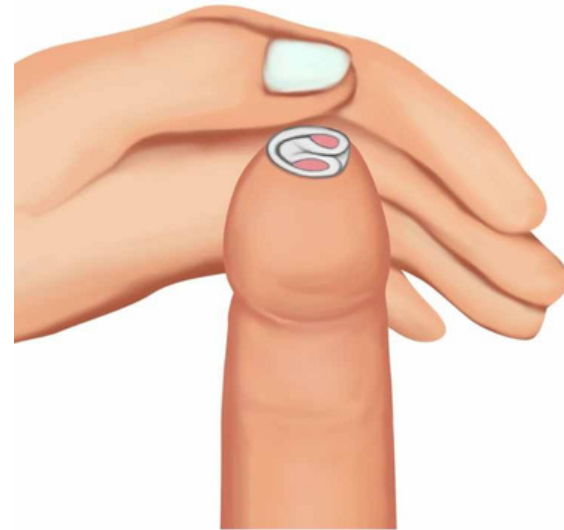
STEP 5



For bigger sized rings



Fold the ring as shown



Slide phimosis ring over glans and place it as shown

The rings above 24mm are categorized into bigger-sized rings. These rings have a different style of wearing which is shown in the above images. Furthermore, rings of sizes 30mm, 32mm, 34mm, 36mm, and 38mm have a special cut on one side of the ring to ensure an easy and comfortable grip on the foreskin. The side on which the cut is present will be up and the side where the ring is continuous (no cut) will go under the foreskin.

STEP 6



Removing the rings



Ring removal tool



Phimosi ring set on foreskin

After wearing the ring for 20 to 40 minutes or as per your comfort, remove the ring either using your fingers and thumb or else, try using the ring removal tool. To use the ring removal tool, make sure that the tool is properly cleaned and is free from dirt and dust. Compress the tool to grab the ring and slowly pull the ring out. The tool proves to be great help when the ring is tight and has set under the foreskin and wouldn't come out easily with bare fingers.



The foreskin will crack and get scarred when a very tight ring is worn.



Reference image



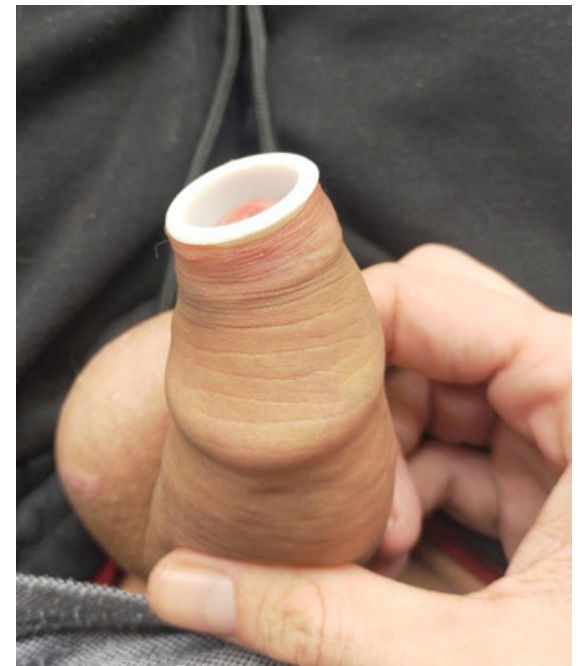
Reference image



The right way to wear phimosis ring.



Wearing a small sized ring



Reference image

FREQUENTLY ASKED QUESTIONS



Do 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 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, nor too tight to cause cracks.

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.

My foreskin is so tight even 3mm ring doesn't fit. Help

Start by applying fore-stretch cream (before sleeping) for 8-10 days. This should loosen the foreskin enough for the smallest ring (3mm) to penetrate. After shower, lubricate foreskin with coconut oil.

What to do when I feel the rings uncomfortable?

If you feel soreness/pain, it is likely that you are wearing a ring that is too large. Take a rest for a day or 2, and reduce the ring size until you feel a comfortable stretch.

What is the correct way to use fore-stretch cream?

You need not use the cream when doing phimosis stretching. The cream is meant to loosen the foreskin & heal any cracks caused by stretching. After stretching using phimosis rings is done, wash foreskin and apply cream over it..

What to do if the glans are hypersensitive even when gently touched? Will the sensitivity lessen over time?

The sensitivity will decrease over time after regular usage of phimosis rings and exposure of glans to air and water. To manually lessen the sensitivity:

Slide the foreskin over glans as much as naturally possible; apply extra-virgin castor oil over glans; try touching the glans with a finger or something soft such as a sponge.

While showering, shove the water stream over exposed glans. All these methods should reduce sensitivity over time. Expect progress from 2nd week onwards.

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.

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 problem to deal with.

My phimosis is gone, Do I need to wear the rings intermittently to prevent it from returning?

Unless you feel that your foreskin is getting tighter than usual there's no need to resume using phimosis rings. If you feel that the foreskin is getting tighter, it's better to use the fore-stretch cream first and move to phimosis rings.

Can I wear the phimosis ring during sexual intercourse?

No. Remove the phimosis ring, and thoroughly wash it prior to any sexual activity.



Signs of Progress



- **Foreskin begins to loosen**

Within one week, you'll observe that your foreskin starts loosening. Progress is visibly faster when using rings and fore-stretch cream as mentioned in this book.

- **Improvements while Urinating**

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

- **Sex is more enjoyable**

Sex becomes much more enjoyable for men and the degree of sensation is increased as you progress through phimosis. Nerve endings on the glans are now exposed to sensations which it never could in the past because of phimosis.

- **Improved sensation in fellatio**

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

Precautions



- Consult a medical practitioner before using these rings.
- Make sure the foreskin and penis are healthy and no underlying medical conditions are present before using the TreatPhimosis kit.
- Keep it away from the reach of children.
- Recommended age: 13 & above
- In case of no progress or irritation or undesired results, stop the usage immediately and contact a medical practitioner.
- Make sure to clean the rings and ring removal tool with warm water before and after using it.
- Do not retract the foreskin fully unless you are confident that it will not get stuck behind the head of the penis
- Don't let the ring sit under the foreskin for longer than 40 minutes as it may cause the foreskin to form cuts.
- Allow at least 8 hours of gap between 2 stretching sessions.

Disclaimer

The products, services and information present on the website and on the booklet is not intended to diagnose, treat, cure or prevent any disease because it has not been verified and evaluated by Food & Drug Administration. TreatPhimosis kit is not a medical device and it's effectiveness can vary from person to person based on severity, age, and other body conditions. The information provided on this site is not intended to be a substitute for a professional medical evaluation or diagnosis. We encourage all individuals to undergo a medical assessment prior to using our products. Testimonials shown on this site relate to optimum results achieved, and do not necessarily reflect the results which you will achieve.

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