

Step 2

[Install the Bottom End Ring (white)]:

Slide the *Bottom End Ring* (female: white), with the rounded side down (towards pelvis) and grooved-recess side (female side) facing up, onto the skin tube as created in **Step 1**. Be sure to slide this ring as far down the skin tube as possible. If the skin tube is not long enough to accommodate the *Set Rings* (**Step 3**) or if you simply want to minimize how much skin is under tension, proceed to **Step 4**. You are encouraged however to install at least the 0.5 cm *Standard Set Ring* (**Step 4**) as the additional length to the skin tube that this provides helps with the instillation of the *Tensioning Plug* (**Step 5**). Once installed, the *Bottom End Ring* should rest on top of the glans. The glans should NOT come through the ring. If this occurs, please contact us as a smaller diameter *MetaMoreFore* may be needed. At present there is only one size and it may or may not be “one-size-fits-all.”

Step 3

[Install Standard Set Ring(s) (blue) or Optional Set Ring(s) (Wedged, DILE, Weighted) as desired]:

Once the bottom *Bottom End Ring* is in place, slide any single (or any combination) of the *Standard Set Rings* (blue: 0.5 cm, 0.75 cm, 1 cm, 1.5 cm or 2.0 cm), one ring at a time, tallest to shortest, onto the skin tube. The best way to do this is to extrude the skin tube up into the ring (as if rolling the foreskin up and through the ring). There is some finessing to get this right and it becomes more difficult as more *Set Rings* are installed (because there is less skin to manipulate), but with practice it becomes easier.

Optional (3a) – Install the Wedged Set Ring (red or orange):

In some instances it may be desirable to focus tension on a particular side of the shaft (often times this is the dorsal or back side side). *Wedged Set Rings* (red or orange – as described below) can be slid down the skin tube in the same manner as the *Standard Set Rings*. Once in place, align the taller side of the *Wedged Set Ring* with the area where increased tensioning is required. The moderate (red) *Wedged Set Rings* have angles of $\sim 4^\circ$ (0.75 cm \rightarrow 1.0 cm) or $\sim 8^\circ$ (1.5 cm \rightarrow 2.0 cm). The extreme (orange) *Wedged Set Rings* have angles of $\sim 8.5^\circ$ (0.5 cm \rightarrow 1.0 cm) or $\sim 17^\circ$ (1.0 cm \rightarrow 2.0 cm). Caution should be used when tensioning with *Wedged Set Rings* as it is easy to over do it. It is best to install the *Wedged Set Rings* near the mid point of the skin tube. It is important to note that the *Wedged Set Rings* are NOT COMPATIBLE with the Bi-directional configuration of the *MetaMoreFore*.

→ and/or

Optional (3b) – Install the DILE* Set Ring (purple):

Beyond the use of *Expansion Rings* (**Step 7**) the *DILE* Set Ring* (purple: 2.0 cm) can also be used to increase the tension provided by the *MetaMoreFore*. The *DILE Set Ring* is a two ring system (an inner and an outer ring) that is threaded upon itself. In its minimal state (2.0 cm), when the outer ring is rotated clockwise, it moves away from the inner ring, thereby expanding its overall length (maximum expansion is ~ 1 cm). Install the *DILE Set Ring* like any *Set Ring* with the protruding tab facing down. This may not be obvious due to its shape, but the junction between the inner and outer rings should be towards the top (distal end) of the skin tube. The *DILE Set Ring* can be used in place of the 2.0 cm *Standard Set Ring* or in combination with any/all of the *Set Rings*. It is best to install the *DILE Set Ring* near the mid point of the skin tube. [*this configuration of the *MetaMoreFore* got its inspiration from the DILE – the original Bi-directional foreskin restoration device: www.dileinsert.com]

→ and/or

Optional (3c) – Install Weighted Set Ring(s) (stainless steel):

If you are using the weighted version of the *MetaMoreFore*, you would install the *Weighted Set Ring(s)* as the final ring(s) in the series of *Set Rings*. This is important so as to keep the weight of the *Weighted Set Rings* towards to distal (furthest from body) end of the skin tube. As with the *Standard Set Rings*, if using multiple *Weighted Set Rings* they should be installed tallest to shortest. *Weighted Set Rings* come as 1.0 cm (~1.2 oz), 1.5 cm (~1.7 oz) and 2.0 cm (~2.3 oz). Simultaneous usage of the *Weighted Top End Ring* (~1.5 oz) (**Step 4a**) with any of these single *Weighted Set Rings*, yields between ~2.7~3.8 oz of weight. Additional weight may be added via the use of the *Weighted Expansion Rings* (**Step 7d**).

→ and/or

Optional (3d) – Install Extreme Tensioning Set Ring(s) (black):

Use of the *Extreme Tensioning Set Ring(s)* provides for a greater surface area upon which to unroll the skin tube (**Step 5**) and this facilitates greater initial tensioning of the *MetaMoreFore*. After you have installed all other desired *Set Rings* (*Standard Set Rings*, *Wedged Set Rings*, *DILE Set Ring* or *Weighted Set Rings*) and if you are using any single (or any combination) of the *Extreme Tensioning Set Ring(s)* (0.5 cm, 0.75 cm or 1 cm) it (they) would be slid onto the skin tube (in the same manner as other *Set Rings*) prior to proceeding to **Step 4**. The top of the *Extreme Tensioning Set Rings* fit into the bottom (male side) of the *Top End Ring* (**Step 4**). It is therefore essential that the *Extreme Tensioning Set Ring* is installed at the most distill end (furthest from body) of the cylinder of rings.

Step 4

[Install the Top End Ring (white)]:

Install, as like the other rings, the *Top End Ring* (white) with the tab (male side) facing downwards. This tab fits into the recess (female side) on top of the *Bottom End Ring* or any of the *Set Rings* (**Step 3**) or *Expansion Rings* (**Step 7**).

Optional (4a) – Install Weighted Top End Ring (stainless steel):

If you are using the weighted version of the *MetalMoreFore*, you would install the *Weighted Top End Ring*, rather than the standard (white) *Top End Ring* – installation is the same as described above (**Step 4**). This *Weighted Top End Ring* weighs ~1.5 oz. At present, there is no *Weighted Bottom End Ring* as weight at the bottom of the skin tube may not be effective. Simultaneous usage of the *Weighted Top End Ring* with *Weighted Set Rings* (1.0 cm @~1.2 oz, 1.5 cm @~1.7 oz, or 2.0 cm @~2.3 oz) yields between ~2.7~3.8 oz of weight. Additional weight may be added via the use of the *Weighted Expansion Rings* (**Step 7d**).

Step 5

[Install the Tensioning Plug (opaque)]:

THIS IS A KEY STEP! Once the skin has been extruded up through the top *Top End Ring*, you need to gather the skin (keeping it under as much tension as possible) and start to roll it down the outside of the cylinder of rings created thus far (envision pushing a sock – from the top - off of a foot). This will take some practice. You want to do your very best to get the skin that is on the inside of skin

tube (created by the cylinder of rings) rolling UP and OUT of the skin tube and DOWN the outside of ring system. This skin should be kept under as much tension as possible. Once the skin has been pulled down and is as tight as you can get it, and while holding it under tension with one hand (using an “ok” sign formed with index finger and thumb and rolling the skin down the outside of the cylinder of rings) insert the *Tensioning Plug* (see Options **5a** & **5b** below) into the top of the skin tube. Once the *Tensioning Plug* has initially been set in place it can be readjusted. Do this by continuing to use the “ok” sign, and with two fingers of the other hand placed under the *Bottom End Ring* (pressing upwards) and the thumb of that hand adjusting the *Tensioning Plug* (much like a joy stick on a remote control) as needed. This *Tensioning Plug* prevents the skin from creeping back inside the skin tube. Mastering this step is tricky at first, but it does get easier with practice.

Options (5a & 5b) – Narrow Bore (a) or Wide Bore (b) Tensioning Plug:

There are 2 options for the *Tensioning Plug*. The *Narrow Bore Tensioning Plug* (standard option **5a**) helps to create a narrow stream of urine when using the rest room. The *Wide Bore Tensioning Plug* (**5b**) is needed when using a Bi-directional (**Optional Method 3**) or Inflatable (**Optional Method 4**; not supported here) configuration of the of the *MetaMoreFore*.

Step 6

[Retract excess skin trapped between Top End Ring and Tensioning Plug]:

Now that the skin is set and under tension, there will be excess skin between the *Top End Ring* and the *Tensioning Plug*. This excess (untensioned) skin should be kept to a minimum. To release some of this captured skin captured above the *Top End Ring*, simply push, from the *Bottom End Ring*, the entire assembled cylinder of rings forward (away from the body). This will force some of captured skin down and out below the *Bottom End Ring*. Once you have used this method to release some of the excess captured skin, you can now create space between two *Set Rings** (it is best to do this mid-shaft) and insert your finger – it will be tight at first – and “drag” the skin down towards the bottom (by using a slight “itching” of the skin downwards). Do this at a few different locations around the circumference of the skin tube and you will “unbunch” the excess skin that is trapped above the *Top End Ring*. DO NOT release too much skin as you need to leave behind a bead of skin (at least the thickness of a pencil) to help keep the rest of the skin under tension. [*Do not separate the first *Set Ring* from the *Top End Ring* as the *Tensioning Plug* makes for a tight fit and it is not easy to manipulate the excess skin downwards from this access point].

Step 7

[Install Expansion Rings: Standard (green), Wedged (red or orange) or Weighted (stainless steel)]:

Once the skin tube has been successfully created and the excess skin (trapped above the *Top End Ring*) has been minimized, install any single (or any combination) of the *Standard Expansion Rings* (green: 0.5 cm, 0.75 cm, 1 cm, 1.5 cm or 2 cm). Do this by slowly separating any two *Set Rings* (mid-shaft if possible), as in **Step 6**, and slowly insert the *Expansion Ring* (male side down) into the void between the separated *Set Rings*. Do this by aligning the gap in the *Expansion Ring* (i.e., the void space in the “C” of the ring) with the exposed skin tube and pushing the *Expansion Ring* into place (between the separated *Set Rings*). If installing more than one *Expansion Ring*, it is better to either install them at different locations along the shaft (between different *Set Rings*) or install the shortest one first, as it is easier to manipulate the taller rings into the same access point once the shorter one has been installed. Be mindful to maintain the VOID between the separated *Set Rings* until the *Expansion Ring(s)* are fully inserted and seated in place. During a tensioning session you may swap out one *Expansion Ring* for another (or add additional *Expansion Rings*).

Optional (7a) – Strapping-Specific Standard Expansion Ring (for support not tension):

If you wish to suspend the *MetaMoreFore* from the waist so as to avoid an obvious profile under your clothing, simply use the 1.0 cm *Strapping-Specific Standard Expansion Ring*. Installation is the same as described above (**Step 7**). The supplied *Strapping Cord* would be clipped to the supplied mitten clip (or other latch point) that is anchored to the waist band of your under garments. This *Strapping-Specific Standard Expansion Ring* is also used with the Bi-directional configuration of the *MetaMoreFore* (**Optional Method 3**). To tension the *MetaMoreFore* to the waist or down the leg, you will need the *Strap Tensioning Split Ring* (**Optional Method 2; see below**).

→ and/or

Optional (7b & 7c) – Wedged Expansion Rings (red = moderate; orange = extreme):

In some instances it may be desirable to focus tension on a particular side of the shaft (often times this is the dorsal side). *Wedged Expansion Rings* (red or orange – as described below) can be inserted, as described above (**Step 7**), so that the taller side is aligned with the area where increased tensioning is required. The mild (red - **7b**) *Wedged Expansion Rings* have angles $\sim 4^\circ$ (0.75 cm → 1.0 cm) or $\sim 8^\circ$ (1.5 cm → 2.0 cm). The extreme (orange - **7c**) *Wedged Expansion Rings* have angles of $\sim 8.5^\circ$ (0.5 cm → 1.0 cm) or $\sim 17^\circ$ (1.0 cm → 2.0 cm). Caution should be used when tensioning with these *Wedged Expansion Rings* as it is easy to “over do it.” Like *Standard Expansion Rings* (**Step 7a**), both versions of *Wedged Expansion Rings* (**7b** & **7c**) come with *Strapping-Specific* options and are used in the same manner as described in **Step 7a**. It is important to note that the *Wedged Expansion Rings* are NOT COMPATIBLE with the Bi-directional configuration of the *MetaMoreFore*.

→ and/or

Optional (7d) – Install Weighted Expansion Ring (stainless steel):

If you are using the weighted version of the *MetaMoreFore*, install the *Weighted Expansion Ring(s)* directly below either 1) any *Weighted Set Rings* (recommended location) or 2) the *Weighted Top End Ring*. If installing directly below the *Weighted Top Ring*, caution should be exercised as the *Tension Plug* can make insertion at this location difficult. However, all the weight for a weighted *MetaMoreFore* should be concentrated at the most distal (furthest from pelvis) point of the skin tube. *Weighted Expansion Rings* come in heights of 1.0 cm (~ 0.9 oz), 1.5 cm (~ 1.4 oz) and 2.0 cm (~ 1.9 oz). Simultaneous usage with *Weighted Set Rings* (~ 1.2 - ~ 2.3 oz; **Step 3c**) or the *Weighted Top End Ring* (~ 1.5 oz; **Step 4a**) provides for a wide range of weighting options (the lowest being ~ 0.9 oz when using only the 1.0 cm *Weighted Expansion Ring*). The maximum possible weight will be driven by the length of your skin tube and the options installed. As with all restoration devices, caution should be exercised as it is easy to over tension.

Optional Method 1 [Strapping for Support only]:

If you wish to use a strap to suspend your *MetaMoreFore* from the waistband of your undergarments, you can either use a *Strapping-Specific Standard Expansion Rings* (**Step 7a**) or a *Strapping-Specific Wedged Expansion Ring* (**Step 7b & 7c**) in place of a normal *Expansion Ring* of the two varieties. These *Expansion Rings* have “strapping tabs” (small tabs that extend out from opposite

sides of the ring) and the required *Strapping Cord* slips into these tabs. This cord can then be strapped to the waist using the supplied mitten clips. The *Strapping-Specific Standard Expansion Rings* and *Strapping-Specific Wedged Expansion Ring* **cannot and should not be used for tensioning**. They are simply used to support the *MetaMoreFore* from the waist so as to not have obvious profile under clothing. See **Optional Method 2** (below) for tensioning your *MetaMoreFore* with a strap. This *Strapping-Specific Standard Expansion Ring* is also used with the Bi-directional configuration of the *MetaMoreFore* (**Optional Method 3**).

Optional Method 2 [Strapping for Tension]:

To tension the *MetaMoreFore* with a strap to either the waist or down the leg you can use *Strap Tensioning Split Ring*. This ring is comprised of two halves (each a “C”) which are connected to one another with a *strapping cord*. Once the *Strap Tensioning Split Ring* is properly installed and anchored with the provided mitten clips, it rests snugly under the *Top End Ring*.

To install the *Strap Tensioning Split Ring*, pull the two halves apart, clip the lower “C” ring over the cylinder of rings (loop side towards the top) as close to the *Top End Ring* as possible, then work the second “C” over the cylinder of rings. Once both halves are installed, slowly pull the cord away from the body. The “C” rings should join, forming a completed ring around the base of the *Top End Ring*. Installation of the *Strap Tensioning Split Ring* needs to occur over a *Set Ring* and should be above *Expansion* or *Dile Rings*. This is very important as the *Strap Tensioning Split Ring* will not slide up and along the cylinder of rings if *Expansion* or *Dile Rings* obscure its path. It does take some practice to properly install and position the two halves of the *Strap Tensioning Split Ring*.

Once the *Strap Tensioning Split Ring* is in place and the two halves have been joined by pulling on the *strapping cord*, the cord can be strapped and tensioned, as desired, to the waist or down the leg to an anchor point (perhaps to a garter – not provided).

Optional Method 3 [Bi-directional]:

An added design feature of the *MetaMoreFore* is that it also has a Bi-directional configuration. In order to use the *MetaMoreFore* as a Bi-directional device, you will need the *Glans Cap* (**Step 1b**), the 1.0 cm *Strapping-Specific Standard Expansion Rings* (**Step 7a**), the *Wide Bore Tensioning Plug* (**Step 5b**) and one of the three *Push Piston* options (10 cm, 12 cm or 14 cm). These *Push Pistons* have notches along on the top ~50% of their length which aid in tensioning (see below).

To use the *MetaMoreFore* as a Bi-directional device, apply a small amount of lotion to the glans (**Step 1a**) and then install the *Glans Cap* (**Step 1b**). Then install the *Bottom End Ring* (**Step 2**) and the desired *Set Rings* (**Step 3**). It is best to use a minimum of two *Set Rings* as this will aid in the insertion of the required *Strapping-Specific Expansion Ring* (**Step 7a**). Then install the *Top End Ring* (**Step 4**) and the *Wide Bore Tensioning Plug* (**Step 5b**). This is a typical “set up,” except that a *Glans Cap* is used. Once the cylinder of rings has been properly created and tensioned with the *Wide Bore Tensioning Plug*, slowly insert the desired *Push Piston* (i.e., the 10 cm, 12 cm or 14 cm option), narrowed end first, through the *Tensioning Plug*, and down the length of the skin tube until it comes in contact with the *Glans Cap*. It is best to have the notches in the *Push Piston* facing you. This step should be done very slowly and you should take care not to “pinch” any of the skin during insertion. Once the *Push Piston* reaches the *Glans Cap*, slowly move it around so as to manipulate it into the hole in the top end of the spout of the *Glans Cap*. As you gain experience with using this method, it will become very obvious when the *Push Piston* is fully “seated.”

Now create a space between the two *Set Rings* and insert the 1.0 cm *Strapping-Specific Standard Expansion Ring* (**Step 7a**) (it is important to note that *Wedged* rings are **NOT compatible** with a Bi-directional configuration of the *MetaMoreFore*). Now push down the *Push Piston* as far as

you can, then lock the *Strapping Cord* (be sure that all of the “O-rings” on the *Strapping Cord* are above the strapping tabs – see below) into the most tensioned notch. To increase the tension of the *Strapping Cord*, slide one side of it out from the strapping tab and move the desired number of “O-rings” to below the strapping tab. Then re-secure the *Strapping Cord* into its strapping tab and insert into the desired notch along the *Push Piston*. The *Strapping Cord* comes standard with eight (8) “O-rings,” which is sufficient to tension the *Push Piston* between useful notches. Once the *Push Piston* has been tensioned, the *MetaMoreFore* may be (if desired) suspended from the waist using the split key ring at the end of the *Push Piston* and the provided mitten clip. During a tensioning session, you might wish (or need) to adjust the tension on the *MetaMoreFore*. You can do this by simply moving around the “O-rings” (above or below a strapping tab), changing to a different notch (higher or lower on the *Push Piston*), or replacing one *Push Piston* with another (i.e., the 10 cm, 12 cm or 14 cm option).

Optional Method 4 [Inflation]: A possible option, but not officially supported

Although inflation methods are not support here, the *MetaMoreFore* may indeed be configured as such. To do so, follow **Optional Method 3**, except do not use the *Glans Cap* (though do lubricate the glans). Various inflation supplies can be purchased through other vendors, or you could construct them yourself. Whatever approach you use, you should: 1) use a tubing diameter that will easily fit through the *Wide Bore Tensioning Plug* (and down through the created skin tube), 2) a balloon sealing method that does not obstruct insertion of the balloon through the *Wide Bore Tensioning Plug* and down through the created skin tube, 3) lightly lubricate the deflated balloon so as to facilitate insertion through the skin tube and 4) use EXTREME CAUTION when inflating. You can focus the tension of the balloon on as a little skin as you like (by using more *Set Rings*, and an over all longer “set length”) or as much skin as you like (by using fewer *Set Rings*, and an over all shorter “set length”). Skin that is below the *Bottom End Ring* (i.e., closer to the pelvis) and not surrounded by the cylinder of rings crated by the *Set Ring(s)* will be available to be inflated. It may also be possible to increase tensioning, subsequent to inflation, buy using *Expansion Rings* or by having installed a *DILE Ring*. As part of the the initial “set” of the *MetaMoreFore*. As much as this method had been pursued during early method development of the *MetaMoreFore*, it is not one that is officially supported. As with all restoration methods GREAT CARE should be used if it is employed. Additionally, non-balloon methods of inflation are incompatible with the “leave-it-in-place” concept of the *MetaMoreFore*.

Step 8

[“The Bathroom Break”]:

All configurations of the *MetaMoreFore* were designed around the “leave it in place” concept so as to facilitate easy bathroom breaks. It should be noted, however, that some configurations of the *MetaMoreFore* allow for quicker and easier bathroom breaks than others.

In order to use the bathroom, you detension the *MetaMoreFore* by either removing *Expansion Rings* (*Standard*, *Weighted* or *Wedged*), dailing back the *DILE Ring*, or unnotching and removing the *Push Piston*. If in the standing position, keep tension on the *MetaMoreFore* by gently pushing (from the *Bottom End Ring*) the cylinder of rings away form your body (thereby maximizing the tension on the *Tensioning Plug*) and aim towards the toilet or urinal (though obviously, privacy of a stall may be your preferred choice). It is recommended to slowly release the urine stream to ensure easy flow out through the hole in the *Tensioning Plug*. If using a *Glans Caps* (with either a *Packed* or *Bi-directional* configuration), the urine will flow out through the hole in the spout in the *Glans Caps* (which also serves to hold the end of the *Push Piston*), through the created skin tub and out through the hole in the *Tensioning Plug*. If using the *Narrow Bore Tensioning Plug*, the urine stream will mimic a normal one, however, if using the *Wide Bore Tensioning Plug*, the urine stream will be a bit wider.

Once you have evacuated your bladder there will be a some residual urine in the skin tube and it might require a few extra “shakes,” some minor “milking” and, in some cases, a small rolled up piece of toilet paper inserted into the hole of the *Tensioning Plug* to prevent drips. It is suggested that first uses of the **MetaMoreFore** take place at home so as to fully work out the methods and approaches. Once finished, reinstall whatever was removed and retention as desired. If strapping to the waist (via any of the various options/methods listed above), any drips of urine will stay within the skin tube until your next bathroom break. If you are setting your **MetaMoreFore** with a minimal “set length” (i.e., a shorter over all length of the *Set Rings*), you may also be able evacuate your bowls. However, this could be tricky as the detensioned **MetaMoreFore** could hang into the reservoir of water in the toilet. Care and practice with best methods and approaches are encouraged. Evacuating bowls with the **MetaMoreFore** in place, however, is discouraged.