

Instructions for how to use the ∞ *MetaMoreFore* ∞

the most customizable and versatile foreskin restoration system EVER!

Brought to you by Mel, the creator of the DILE, the first Bi-Directional foreskin restoration device.

Complete your Metamorphosis (to having a restored foreskin) with the ***MetaMoreFore***.
It can be any restoration device you want it to be!

Standard ∞ Strapped ∞ Wedged ∞ DILED ∞ Weighted ∞ Bi-directional ∞ Inflated(?)

The configurations are endless!

Step 1

[Create Skin Tubel]:

In the flaccid state, roll all excess/lose shaft skin beyond the tip of the glans. Do the best you can to create a skin tube (glans at the bottom of the tube) upon which the rings will be installed. You are basically recreating (from the slack skin that you do have available) a "foreskin" - i.e., skin forward of the glans. In some cases with those just starting out, it may be necessary to push the glans into the pelvis a little so as to create some slack skin. As time progress (and you grow more skin) this will no longer be necessary.

Optional (1a) – Lubricate glans (minimal!):

If you wish to obtain the longest possible skin tube, try applying a minuscule amount of lotion to the glans. Doing so allows the inside of the foreskin to slide easily past the glans, thereby allowing for a slightly longer skin tube and greater tensioning on skin inside the skin tube. Be mindful to apply only the smallest amount of lotion – just enough for a “sheen” (otherwise any extra lotion will work its way up the inside of your skin tube and may impede proper tensioning).

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)]:

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 tub 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.

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**).

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.

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 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 capture 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*).

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*), dialing 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 from 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 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 retension 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.

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).