

forenew

*Bi-Directional Foreskin
Restoration System*

Instructions

Introduction

Thank you for purchasing the Forenew Foreskin Restoration System. We are confident that you will be delighted with the results our product produces.

Please take the time to read the following instructions regarding the safe use of the product. These instructions provide detailed information on how the device works, how it should be fitted and used and how it should be cared for. Please also visit our website www.forenew.co.uk where you will find information, updates, product development and links to useful websites.

If you have a specific question, please contact our customer support team via email telephone or post. Once again thank you for purchasing our product and we hope you will be delighted with the results it achieves.

Why Restore?

A Natural Looking Penis

To many circumcised men their penis feels incomplete and unnatural. A circumcised penis consists of an exposed glans and often an unsightly scar as a result of the operation procedure. The 'quality' of this scar will depend very much on the surgeon's level of care when performing the operation. Using our device will bring about a natural looking penis with covered glans and the covering of any unsightly scar to the penile shaft. Most men gain significant positive psychological effects as result of restoring their skin.

Increase in Sexual Intensity

Many men who have restored their foreskin report that sex is much better for them. The glans and inner foreskin are mucous membranes which are exposed permanently when a man is circumcised. As the glans and inner foreskin are sensitive and easily stimulated the body

develops a calloused layer to insulate the nerves resulting in decreased sensitivity. Men who restore their foreskin report an increase in sensitivity and as a result an increase in the intensity of the orgasms they experience.

Better Sex for Women

A report titled *The Effects of Male Circumcision on Female Arousal and Orgasm* produced back in 2003 found male circumcision may exacerbate female vaginal dryness during intercourse. The report also stated that women who had experienced sex with circumcised and intact men preferred intact men at a ratio of 8.6 to 1. 85.5% of the women also reported that they were most likely to experience an orgasm with a genetically intact man. Men who restore their foreskin report their partner experiences less discomfort after sexual intercourse and artificial lubrication is often no longer necessary.

What is Foreskin Restoration?

Foreskin restoration is the process of lengthening the penis shaft skin over a period of time to replace the foreskin removed surgically. Circumcision surgery removes the frenar band, the ridged band and all or part of the frenulum and although restoration cannot replace these missing structures, foreskin restoration can create slack skin that will cover and protect the glans from becoming keratinized, just like the original foreskin.

How does it Work?

The device works by stretching the remaining skin of the penis. This method stimulates the human body's natural reaction to the application of tension. Tissue cells react by multiplying and the tissue gradually expands. Stretching of tissue has long been known to stimulate mitosis with skin from the shaft gradually increasing in length through regular use and eventually covering the glans.

How Long Do I Need to Wear It?

Skin restoration can only be achieved by wearing the device daily. It is not essential that the device is worn for long uninterrupted periods of time daily to achieve results. You can determine what period you are comfortable with wearing the device each day; however we recommend wearing the device for around four-six hours per day and applying noticeable tension will achieve mitosis and positive results.

Are the Results Permanent?

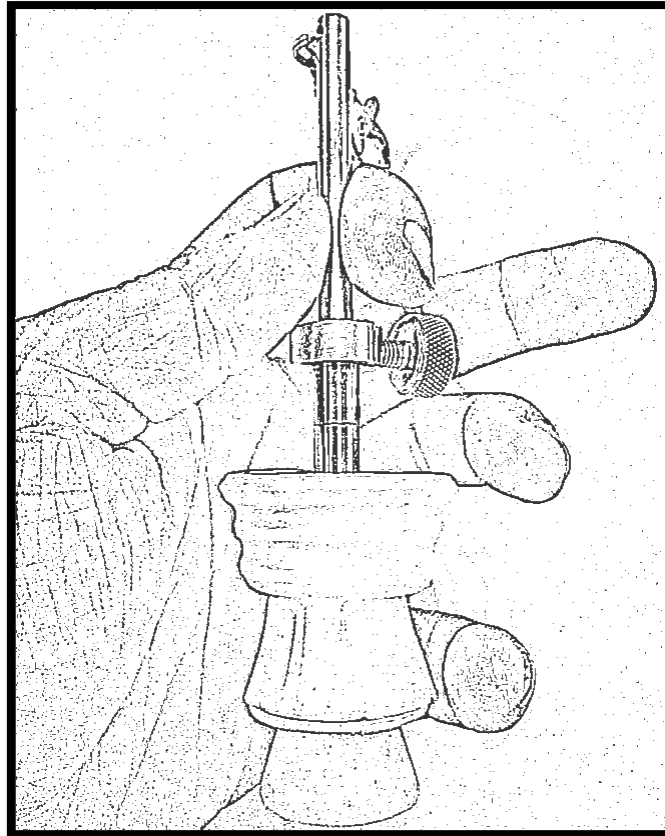
Yes the results are permanent, you do not need to wear the device once you have achieved the desired result.

Why Forenew?

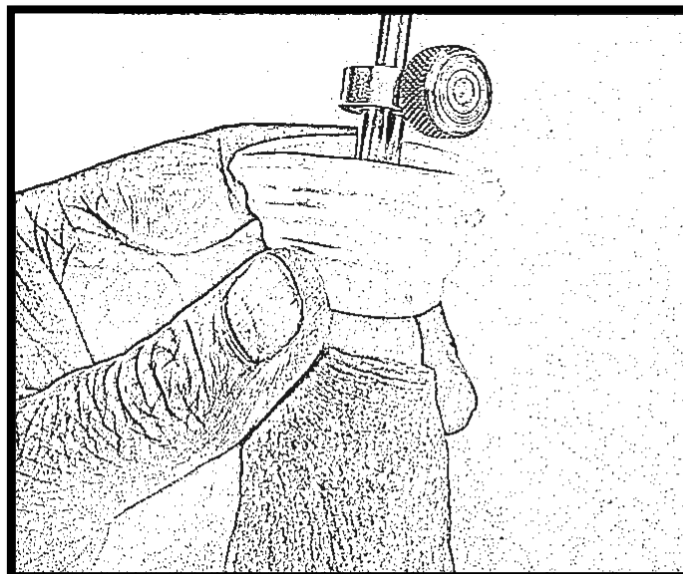
We believe the Forenew Foreskin Bi-Directional Foreskin Restoration System is one of the best there is on the market. We believe our device is one of the few devices which can be used the entire restoration process without the need for further parts. Our patented retainer design helps to ensure maximum grip between the device and the skin is maintained throughout use providing noticeable results over time.

Fitting

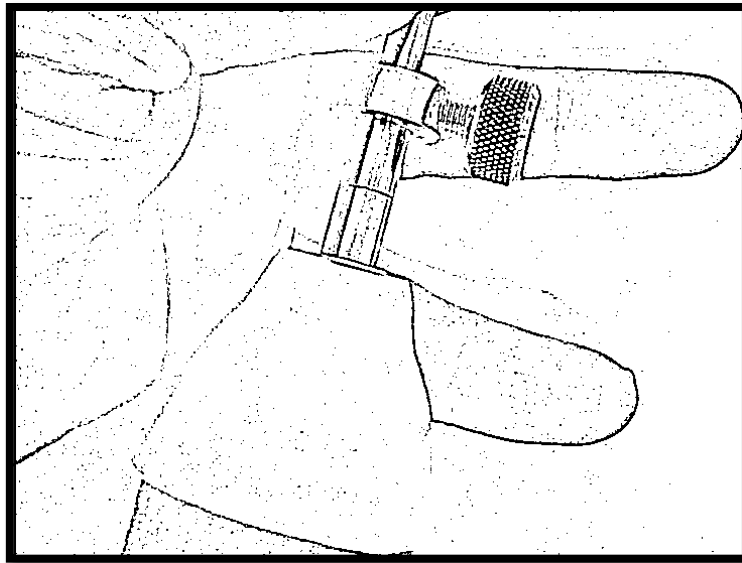
1. Prior to fitting, ensure both the device and the penis are completely clean and dry. Moisture may cause the device to slip.
2. Compress the device and lock the nylon collar in position to prevent the spring releasing. Invert the retainer (shown overleaf)



3. Position the pusher on top of the glans and pull the shaft skin up and over the cone equally (shown below).

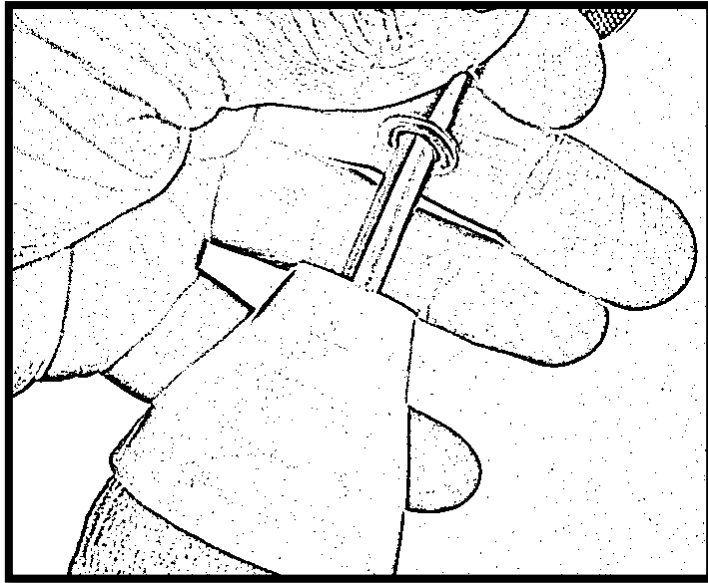


4. Keeping the skin in position carefully roll the retainer down maintaining skin position visually checking all the time the skin remains in position.
5. If the skin moves at any point or the skin is not equal than repeat steps 3-4 again until the skin is satisfactorily positioned, and it feels comfortable. Note - It is important to ensure the skin is not pinched or uncomfortable in any way. Any discomfort felt when fitting will only be amplified during the period of the use.



Above – Visually check to ensure the skin is positioned equally.

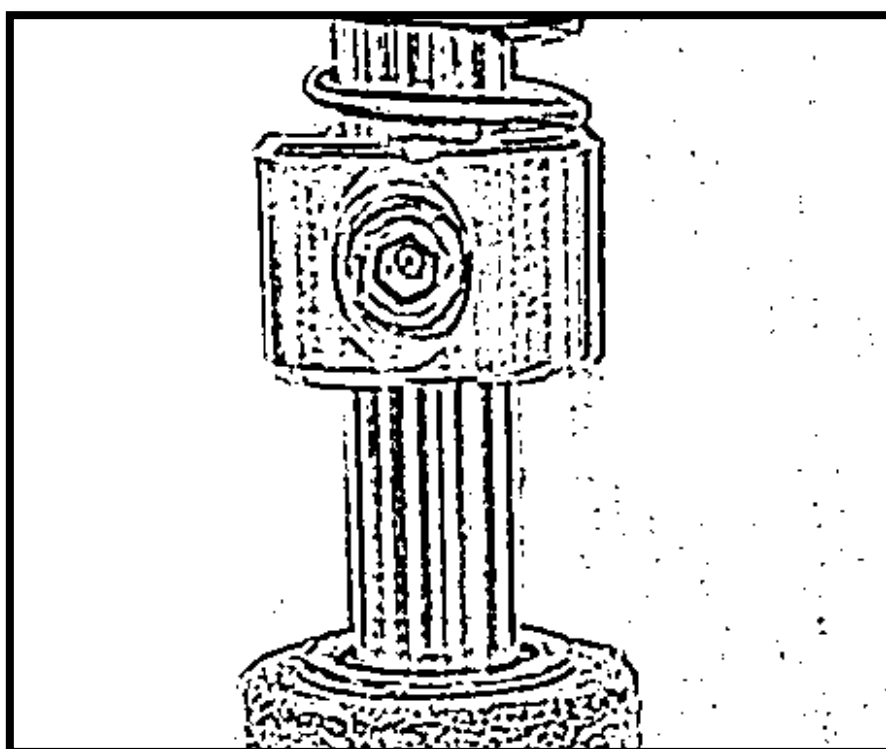
6. Gently release the locking screw maintaining pressure to let the spring tension the skin slowly. **Please note if using a high-tension spring extreme care should be exercised to gently take up the tension on the foreskin. Applying excessive tension too quickly can be painful and damage the skin.**
7. Once the spring is at its full tension ensure the device feels comfortable. If not either re-set the device or adjust the spring with less tension. Once satisfied position the locking collar in a suitable position and lock in place. To refit repeat steps 2-7 each time.



8. To remove the device under tension, position the locking collar at the top of the silicone retainer, secure in position and lift the silicone retainer and release the foreskin.

Collar Fitting and Adjustment

To install the spring adjustment collar simply unscrew the pusher of the device by unscrewing it. Fit the required size spring (either the 0.9 or the 1.25mm supplied). Slide the collar onto the 6mm rod (loosening the grub screw if required), position and tighten the grub screw with the supplied key and re-fit the pusher (shown overleaf). Check the device tension and adjust the collar position again if necessary. **Note:** If the foreskin skin is particularly short the user may need to temporarily remove the collar to allow the device to 'close' further minimising the distance between the pusher and the hard cone.



Foam Pads

The device is provided with a number of blue foam pads. Should you experience discomfort to the glans during use, the foam pads may be used to soften the face of the pusher pad. To fit to the device take the 3 M self-adhesive pads remove the protective coating from one side

and to the bottom of the pusher. Removing the other sides protective coating affix the required type foam or silicone disc to the 3M pad.

Night Wear

Wearing the device during sleep is not advised and should be avoided for safety reasons.

Cleaning

The silicone components of the device should be cleaned daily using a mild hypoallergenic soap and water. Before refitting ensure the silicone is completely dry to prevent slippage. A cool or warm setting on a hairdryer may be used to accelerate the drying process.

Safety Warning – Extreme care must be exercised when drying the product. We do not recommend using an overly excessive heat as this can distort the product. Keep any hot air-drying device at least 12”/30cm away from the device when drying.

Adjustment

The bi-directional device is sprung loaded and the amount of tension exerted to the skin can be accurately controlled by adjusting the collar above the pusher. For further information please see the section on collar fitting and adjustment.

Safety and Good Practice

The Forenew Skin Restoration System has been fully tested and is in our professional opinion safe to use. The rubber we use to manufacture the retainer and cone are FDA approved and skin safe. Most men have no problems with the device whatsoever, but we know everyone is different and there may be exceptions and we hope that the following information will provide users with the necessary guidance on safety aspects of use.

The device when fitted correctly should feel comfortable after an initial settling down period of three-five days. There may be some minor discomfort to begin with due to the nature of the product and how it is fitted however this should subside after 3-4 days maximum. It is important to monitor the skins condition under and around the device daily especially in the initial period of use. If your skin under or around becomes exceptionally dry, then take a break and introduce the device again after a twenty-four-hour rest period – **Do not continue to use as this may result in the skin cracking and subsequent discomfort.** The skin should become familiar with the device and any minor reaction should subside after a period of 5-7 days. In the unforeseen event that the device continues to cause irritation after a period of three-four weeks then please discontinue use.

When removing the device, it is essential that it is done slowly and carefully. Residues from the penis can cause some very minimal adhesion to the cone at times and when this occurs removing the cone slowly will ensure no discomfort is felt. The retainer should also be removed carefully by either lifting gently to 'break the seal' or rolling back from the bottom to release the skin. Pulling the retainer sharply should be avoided as it can 'pull' the skin and result in minor injury. Remember stretching of the skin will take some time. It is important not to rush the process. Take time to feel comfortable with the device, the longer you can wear it each day the better, but be sensible, if it is uncomfortable take a break or if an irritation occurs take a break. You should start to see results after 3 months but remember the complete process can take anything upwards of 2 years.

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Product Testing

Our products and the materials used in their manufacture are not tested on animals.

Environmental Aspects

The Forenew Skin Restoration System is supplied in packaging indispensable to shipment of the device. Only environmentally friendly and recyclable materials are used in the manufacture of our system.

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