Surgery. Surgical reconstruction is not recommended. Surgery may seem to be faster, but it is riskier, with results that are usually less than satisfactory. It is costly and has not led to good results in most cases. No safe effective surgeries have been developed.

Many men achieve the desired amount of foreskin through manual and tapping methods, then seek minor “touch-up” surgery to contour the tip of the foreskin for a more natural “snug” fit and/or to reconstruct the frenulum. NORM maintains a list of medical referrals for those who wish to have contouring surgery after the stretching process has been completed.

HOW LONG DOES IT TAKE?
The time it takes to recover the glans varies. The factors that influence the nonsurgical stretching methods include: how much shaft skin remains after circumcision, how diligent and committed you are with stretching, and the amount of foreskin coverage desired. For these reasons, some men achieve ‘restoration’ after months, while for others, it can take several years. Since the process of restoration can be lengthy and involved, many men find it helpful to join a support group, for the technical and moral support offered by such a group.

WHAT IS CIRCUMCISION?
Amputation of a newborn’s healthy foreskin is the only elective surgery for which the patient does not consent. It is not medically indicated. It is an unethical practice. Parents often consent with incomplete knowledge of anatomy or surgical consequences. Tragically, infants (who we know feel pain acutely) are operated on against their will.

The baby’s arms and legs are restrained. A probe is inserted between the glans and the foreskin and the two structures are torn apart. The foreskin is crushed and a cut is made in it. It is then pulled forward and amputated. The raw glans is then totally exposed, which, along with the remaining inner foreskin, eventually becomes dried membrane and leaves the shaft skin taut and immobile.

This “little snip” removes from 50 to 80% of the sheath’s structure. A permanent, visible scar remains. This violation of body and human rights robs the male of his birthright: an intact, fully functional penis.

WHY MEN RESTORE THEIR FORESKINS

Pleasure. The new foreskin adds pleasure to the penis during sexual activity. For most men seeking restoration, this alone, is reason enough to restore.

Protection. The foreskin protects the glans from the abrasiveness of clothing. When protected, the glans will regain much of its original sensitivity.

Privacy. Like the female clitoris, the glans penis is intended to be an internal organ, visible only when aroused.

Aesthetics. 85% of the world’s men feel an intact penis is normal, natural and attractive.

Wholeness. When seeing their circumcision scar, many men sense that part of their body is missing, which is very similar to women who have had a breast removed. Seeking physical and emotional wholeness is quite natural.

Emotional pain. When feeling hopeless over their unchosen circumcised state, men can be helped to manage anger by doing something about a condition which they had always believed was irreversible.

Resentment. A 1991 survey of 301 males seeking restoration information showed that almost 70% of those circumcised as infants or children resent their parents for their circumcision. Regaining power over their bodies reduces resentment.

Empowerment. Victims of rape, crime and child or spousal abuse typically report a deep sense of helplessness and vulnerability. Who is more helpless and vulnerable than a restrained newborn having part of his penis amputated? Men restore to take back control of their bodies from the damage done by parents, their physicians and our culture.

Restoration isn’t sought only by those circumcised at birth. Some children are unwillingly circumcised. Others are pressured "for their own good" by friends, sex partners, or the military. Some immigrants circumcise themselves or their sons “to be American.” Afterwards, most males note a marked decrease of sensitivity, which leads some to restore.

HOW IS RESTORATION DONE?

Once circumcised, one can only approximate the look and feel of an original foreskin through restoration. For most men, however, this approximation is preferable to their circumcised state. Non-surgical stretching of the shaft skin is the most commonly used method. Many have achieved marked results, with total glans coverage. Skin and its underlying structure has an amazing ability to stretch and grow if gentle tension is maintained over time.

For specific details of these methods, we recommend Jim Bigelow’s book, The Joy of Uncircumcising! (See “further Reading”), or contact your nearest support group through NORM.

Taping. Using whichever type of first aid tape that works best on your skin, you pull whatever shaft skin you have over the glans and tape it closed. Gentle pressure from the glans will start stretching the skin.

Manually. Other men use their hands for gentle manual stretching of the shaft skin on a daily basis.

Extension Devices. When sufficient skin length has been obtained, various extension devices (weights, elastic straps, cones, etc.) can be used to augment the stretching.
MEN’S VOICES

“T’ll always be my parents’ son, but my body belongs to me and no one else. No one had my permission to circumcise me. Since there was absolutely no medical threat from my foreskin, it is a clear violation of my basic human rights. Could some doctors be giving wrong advice on infant circumcision because it is a big business in the U.S.?” G.D. Arizona

“When we men discuss our feeling about circumcision, no one listens, not even doctors. I’m one of the millions of men who doesn’t like being circumcised. I wish I had been able to scream at the doctors, ‘Hands off, its mine!’” S.B., Atlanta, GA

“I’ve been restoring for almost two months and it’s hard to believe, sex with my wife is getting better. I actually have more feeling. It’s great.” 35 yr old man, CA.

“I was cut at the age of 11. As the years have passed, I find that stimulation is difficult to achieve. It seems as though an excess of manipulation, almost to the point of pain, is necessary to achieve satisfaction.” V.T., NJ.

“After thirty years in the natural state, I allowed myself to be circumcised because, in my physician’s view, there might be problems in the future. For me, the sensitivity in the glans has been reduced at least 50%.” T.B.

“I’m a 17-year-old male who is circumcised. I got to thinking, what am I missing? It makes me sad because I’m not whole as I was intended to be. Circumcision has deprived me of the most sensual receptor on my sexual organ.” B.J., OR.

FURTHER READING AND AUDIO VISUALS


Whose Body, Whose Rights? The most profound documentary on Human Rights! Everyone should see it. Go to www.circumcisionvideos.com or contact NOHARMM (info below).

OTHER RESOURCES

NOHARMM (National Organization to Halt the Abuse and Routine Mutilation of Males) www.noharrmm.org, P.O. Box 460795, San Francisco, CA 94146. 415.826.9351 voice. 415.642.3700 fax. A national network of men organized against infant circumcision through consciousness-raising, empowerment and nonviolent direct action.

NOCIRC (National Organization of Circumcision Information Resource Centers) www.nocirc.org, P.O. Box 2512, San Anselmo, CA 94979-2512. 415.488.9883 voice. 415.488.9660 fax. National and international chapters. Several brochures and an online database are available including: Answers to Your Questions about Infant Circumcision and Answers to Your Questions about Your Young Son’s Intact Penis. Send an SASE to receive an information packet by mail.

CIRP (Circumcision Information Resource Pages) www.cirp.org

ABOUT NORM AND ITS SERVICES

NORM provides moral and technical support for men seeking foreskin restoration. It is open to all men regardless of age, race, religion, sexual orientation or circumcision status. Many groups sponsor monthly support meetings and offer a speakers bureau. There are groups all over the world and more are forming.

The national office supports chapters-in-formation, and provides referrals and resources. Visit our web site at www.norm.org or contact R. Wayne Griffiths at the office in Concord, CA for an up-to-date listing of the NORM services in your area.

National Organization of Restoring Men

JOIN THE NEW CULTURAL NORM!

NORM is a federal non-profit organization, your contributions are tax deductible!

YES! I want to contribute to NORM’s efforts.

Enclosed is _____ $

Name ____________________________

Address ____________________________

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(Additional brochures on request, May be duplicated for free distribution)

The forced amputation of a healthy part of an infant’s or child’s genitals in the name of medicine, religion, or social custom violates his human rights.

JOIN THE NEW CULTURAL NORM!
NATIONAL ORGANIZATION OF RESTORING MEN
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