

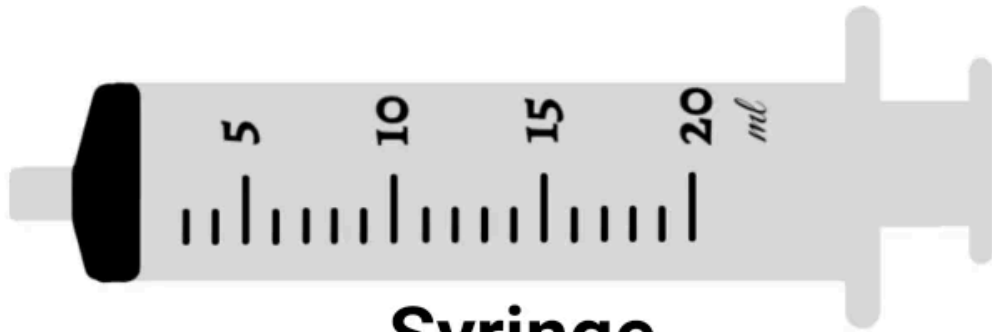
frT hava User Guide

Foreskin Restoration Turkey (frT)

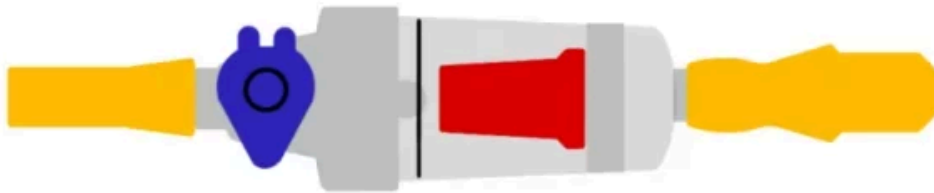


frT hava device is a device that restores with the power of air pressure. Thanks to the air pressure power, 360° tension is applied to the skin.

– What's includes? –



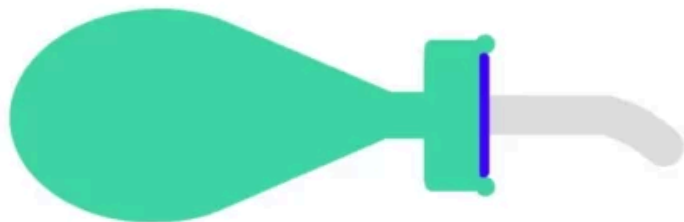
Syringe



Controller



Plug



Ballon head



Cone



Transparent holder

1. frT cone (1 piece)
2. Transparent holder (1 piece)
3. Controller (1 piece)
4. Ballon heads (1 piece)
5. Stopper plug (1 piece)
6. Syringe (1 piece)

– Parts of the device –

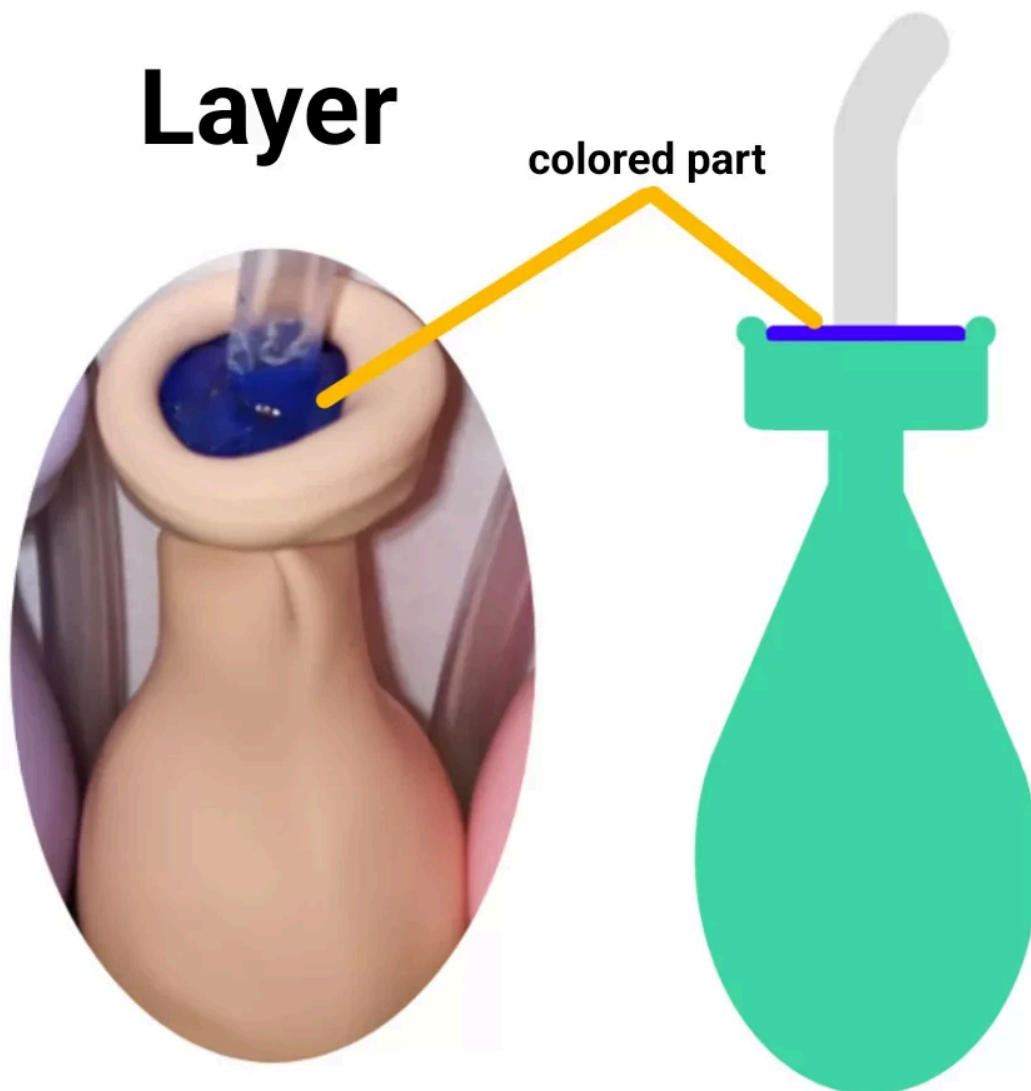
To understand how to use the device, you must have knowledge of the parts that make up the device.

Balloon heads

The penis skin is stretched with the help of balloon heads. Air is injected into the balloons with the help of a syringe and the penis skin is stretched with the effect of the resulting pressure.

Parts of balloon heads

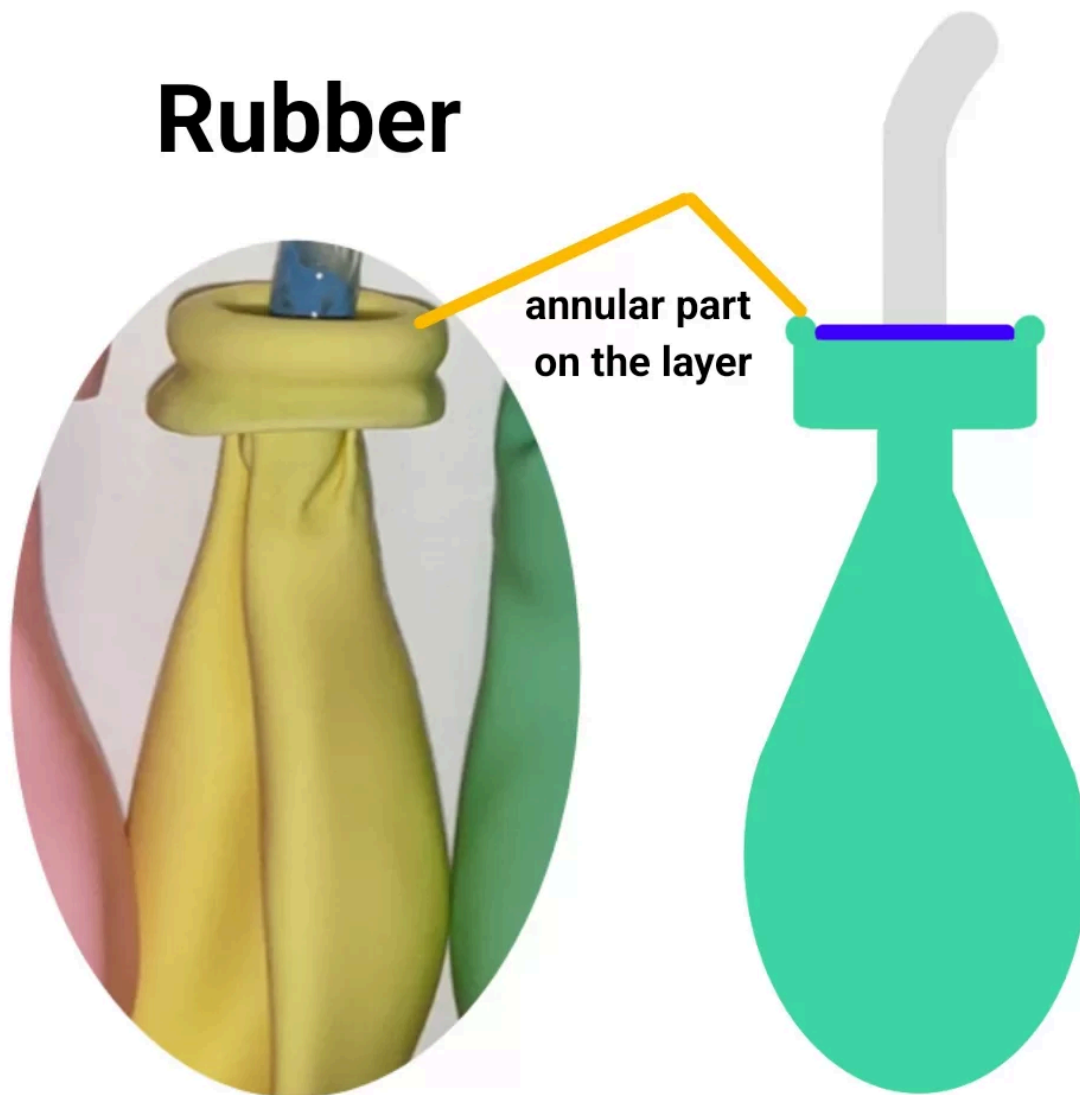
1- Layer



There is a colored layer at the place where the balloon and the hose meet. Although this layer, which is made of solidified adhesive, is durable, it is useful not to hold the heads

from this point in order to ensure their longevity. It would be healthier to hold the heads by their hoses.

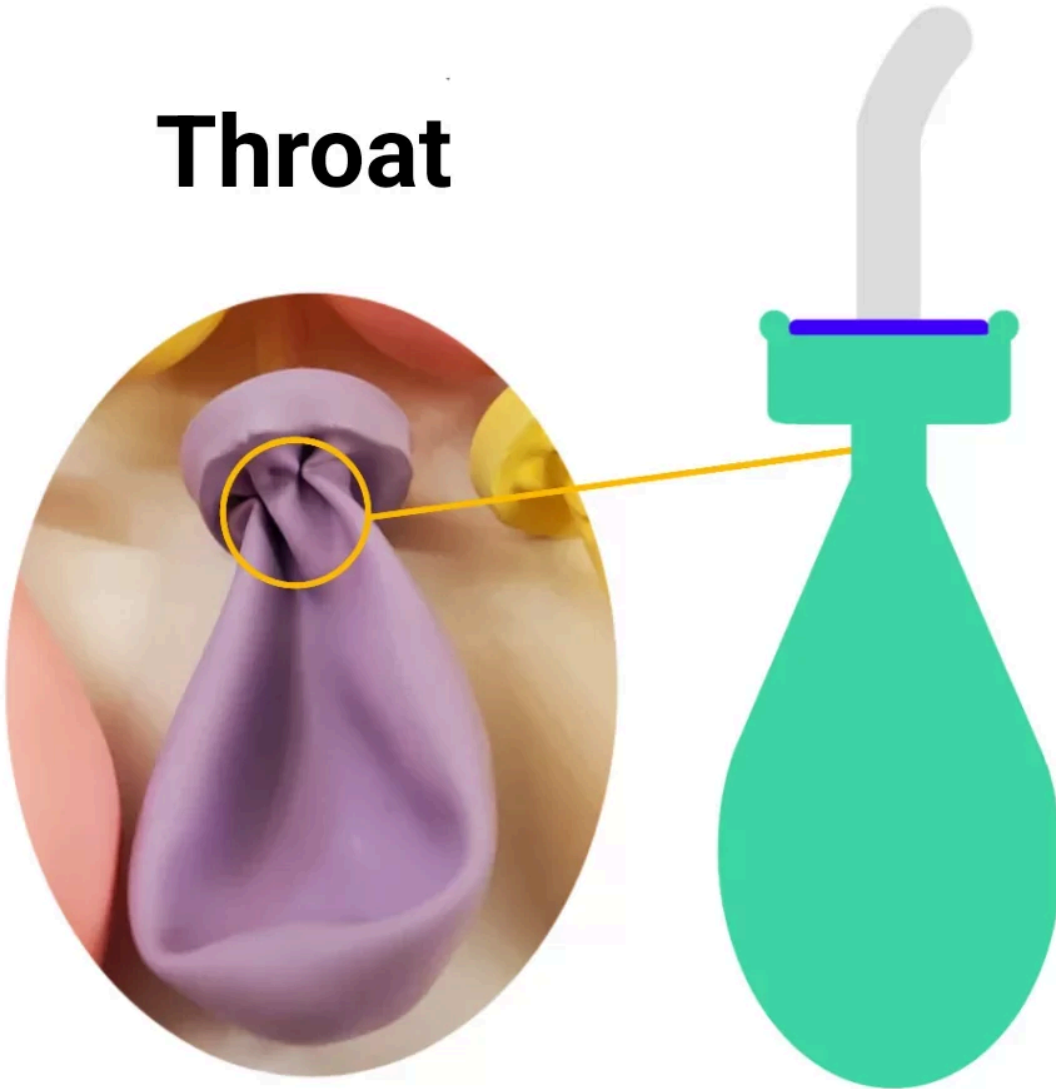
2- Balloon rubber



The balloon rubber ensures that the heads is fixed to the cone. This prevents the heads from slipping out of the cone due to pressure while the device is attached to the penis. The balloon rubber on the layer should be rolled downwards after the head is attached to the cone and cover the top of the cone.

3- Throat

Throat



The throat is located where the balloon and the layer meet. The part of the hose that extends into the balloon is located inside the throat. You can feel the inside part of the hose by touching the throat with your hand.

How long do the balloon heads last?

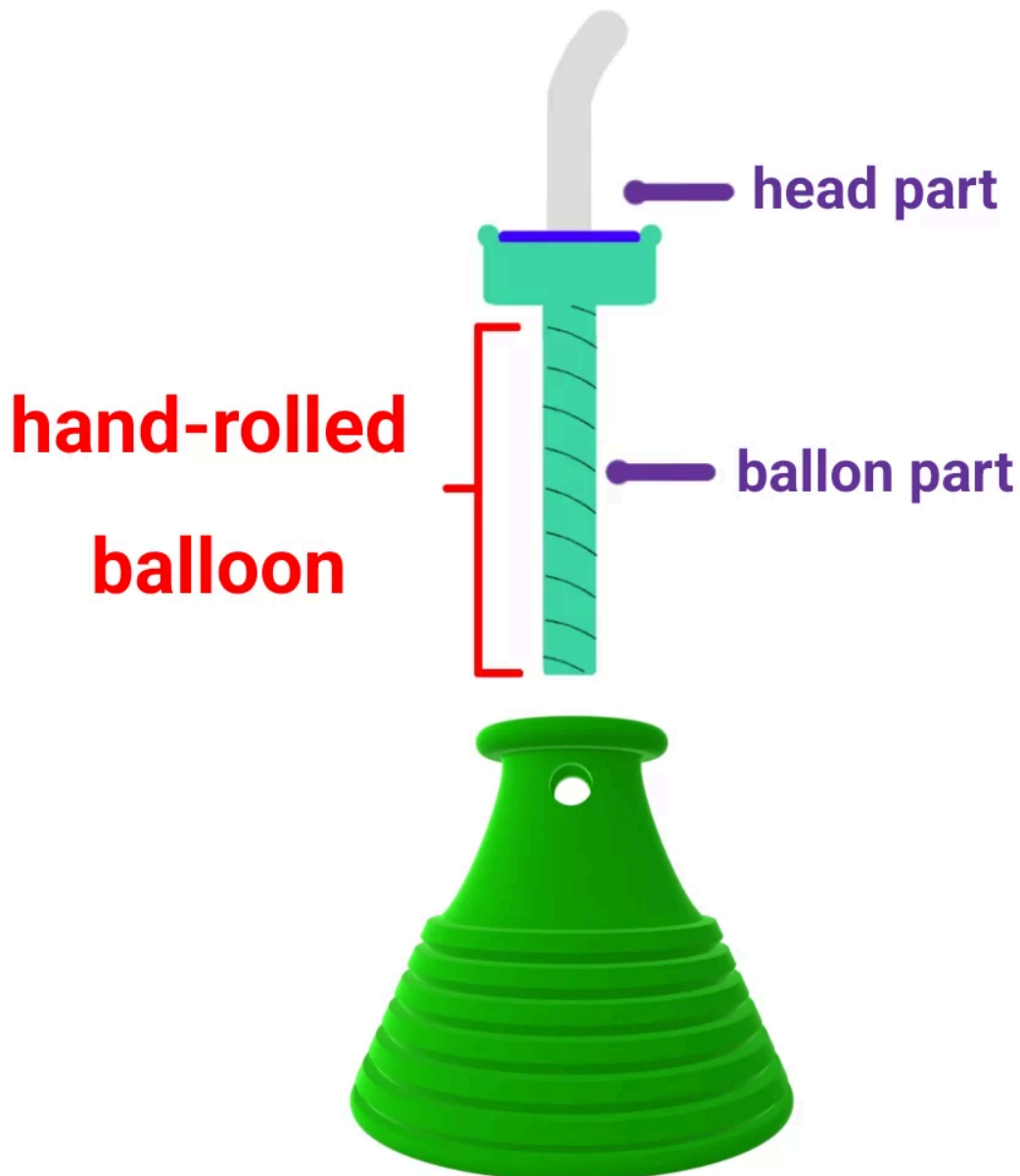
Balloon heads do not have a limited lifespan unless they are damaged in any way. As long as the balloons fulfill their purpose, they can be used for as long as desired.

The balloons used in the heads of the device are first quality balloons. In this way, they have the highest level of resistance against tearing and bursting. It is not very common for balloons to be damaged by air pressure during restoration. However, it is necessary to pay attention to some matters and act gently, especially when attaching and removing the balloon heads to the cone. Because a hard movement can damage the balloon head. Therefore, being careful when attaching and removing the heads will ensure that they last much longer.

There are some matters to be considered when attaching and removing the heads from the cone. If these matters are taken into consideration, the balloons can be used for a much longer time.

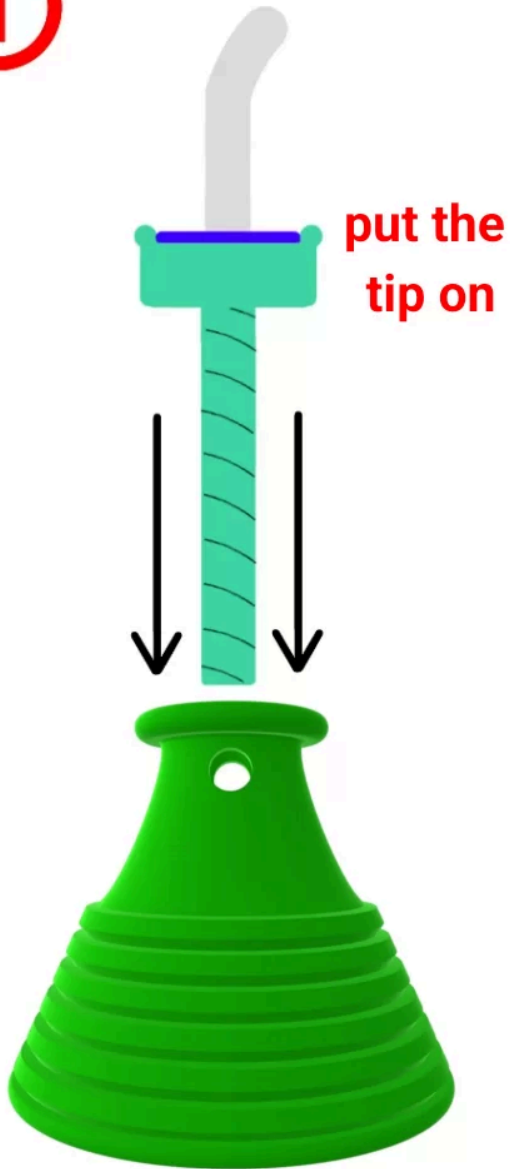
How to insert balloon heads to cone?

The heads are installed by inserting them into the cone channel. The cone channel has sufficient width to insert the heads. In order to insert the heads into the cone channel easily, the balloon part should be rolled up and made into a cylinder.



After the balloon is rolled up, its tip is inserted into the cone channel. After the tip of the cylinder-shaped balloon enters the cone, the remaining part of the balloon is easily attached to the cone by turning it like a screw.

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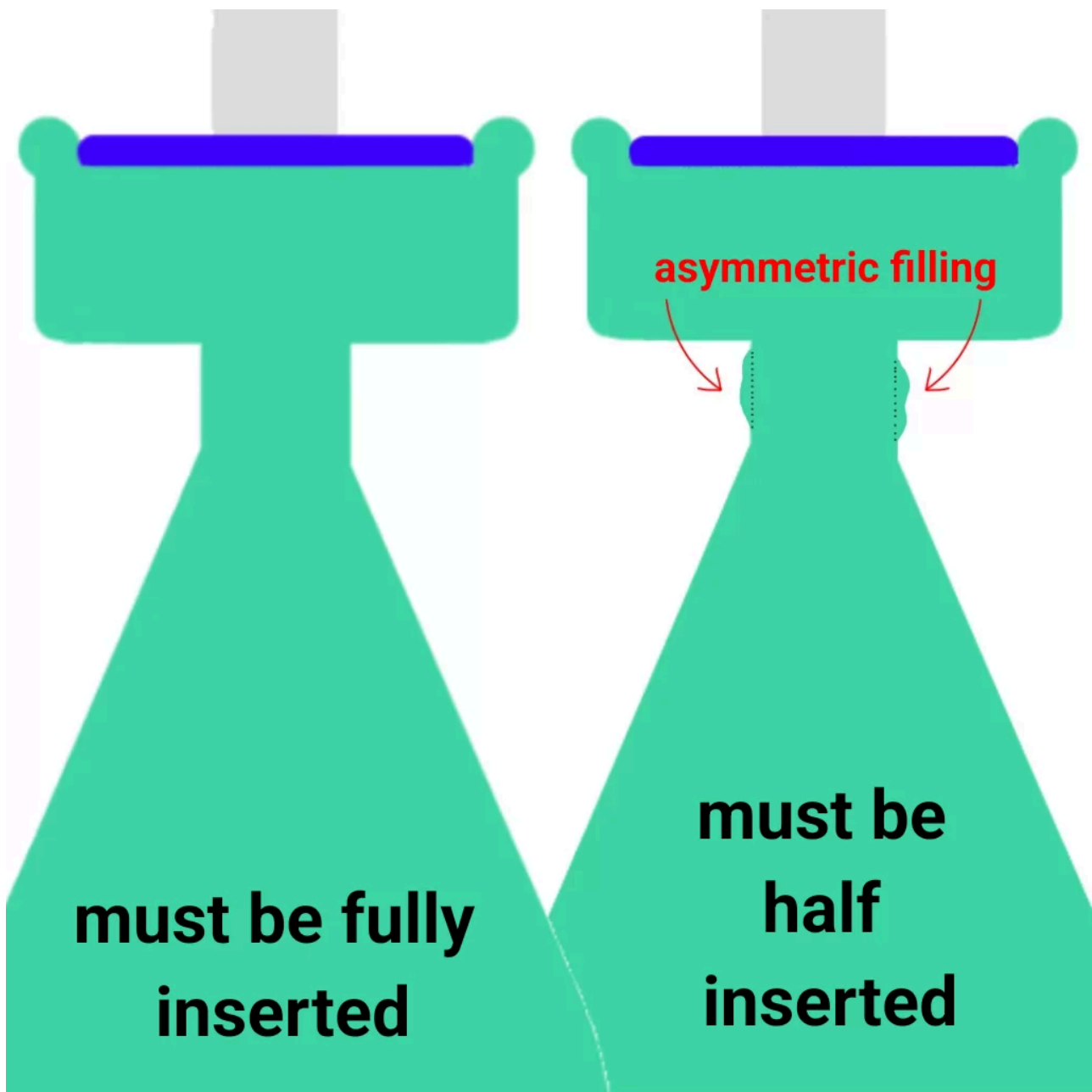


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Ways of inserting the heads to the cone (Half attached/Fully attached)

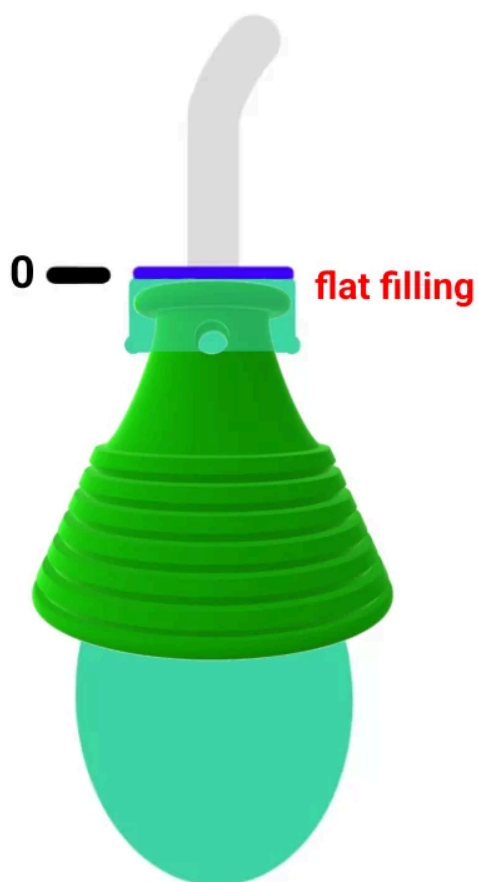
After attaching the heads to the cone, it is possible to pull a portion of the throat out of the cone channel. A head that is attached in this way is a **half-attached** head. You may want to have the head half-attached, either by choice or by necessity.



The reason why the heads is **necessarily** half-attached is due to the throat part. Because the throat part of some heads does not have a flat surface. This can make it difficult for the throat to enter the cone channel. If a heads that is forced into the cone channel is forced, the throat part can be torn. In order to use such a heads without damaging it, the part of the throat that does not enter the cone channel can be left outside and used half-attached.

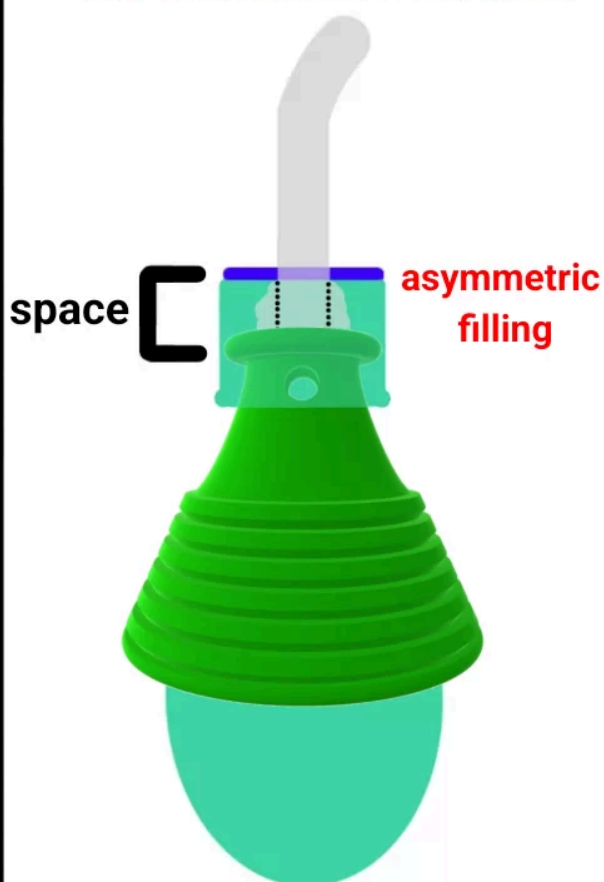
Full inserted

layer is lowered to the cone



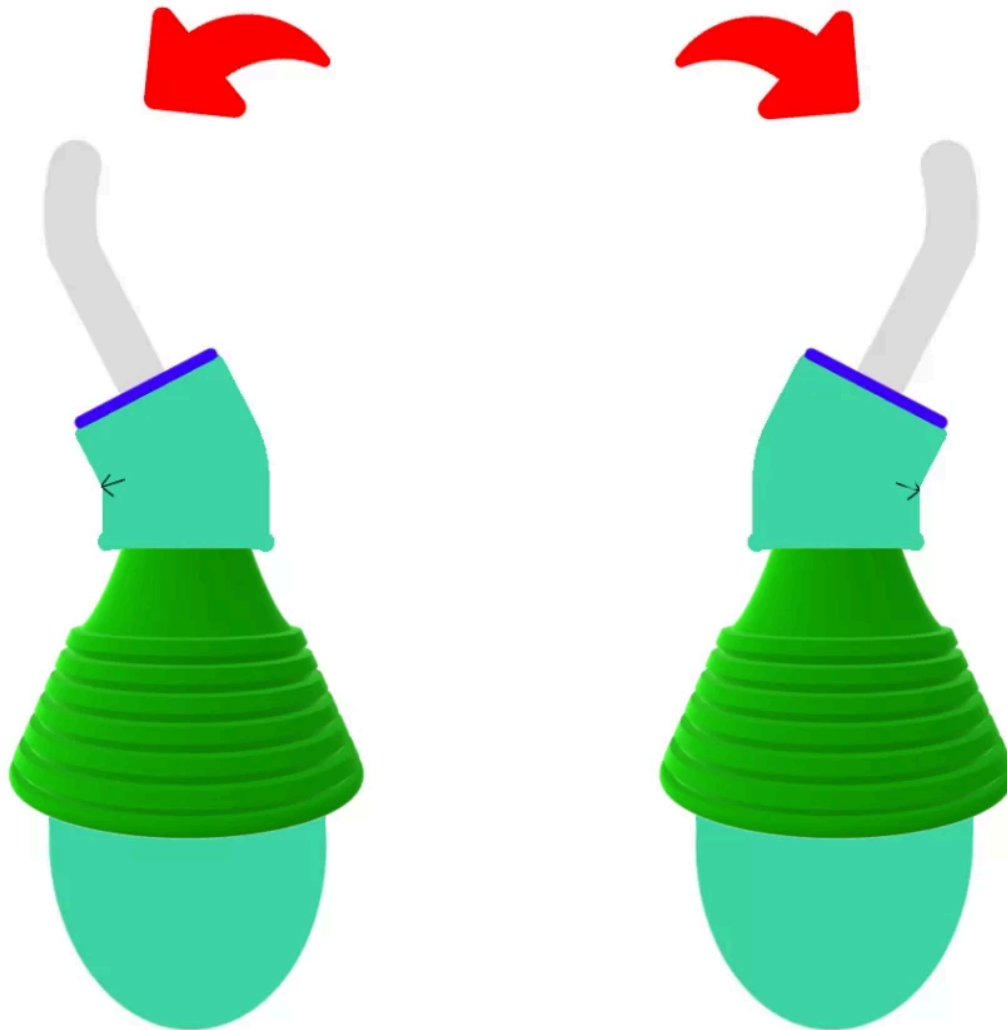
Half inserted

There is a filling part between the layer and the cone that does not fit into the cone



The heads is can **preferably** half-attached due to its flexibility advantage. When using the device in jobs that require physical movement or during sleep, it is more advantageous to have the header half-attached. Because during physical movement or sleep, the hose of the header may bend and twist right and left depending on the movements of the body. If the head is fully attached at such a time, cracks may occur within the layer. In the half-attached position, the layer and the hose will move together, so there is no damage to the layer.

Half inserted - Moving head

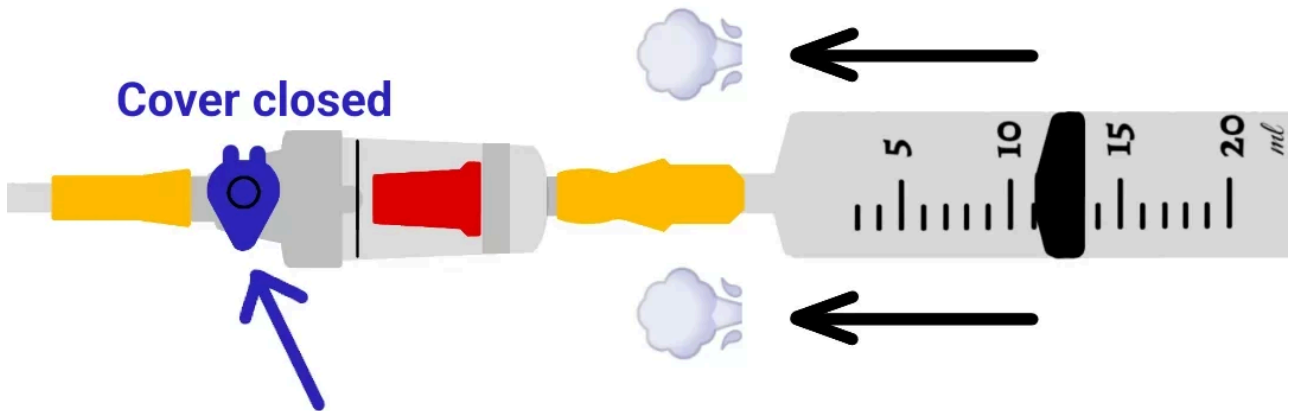


Controller

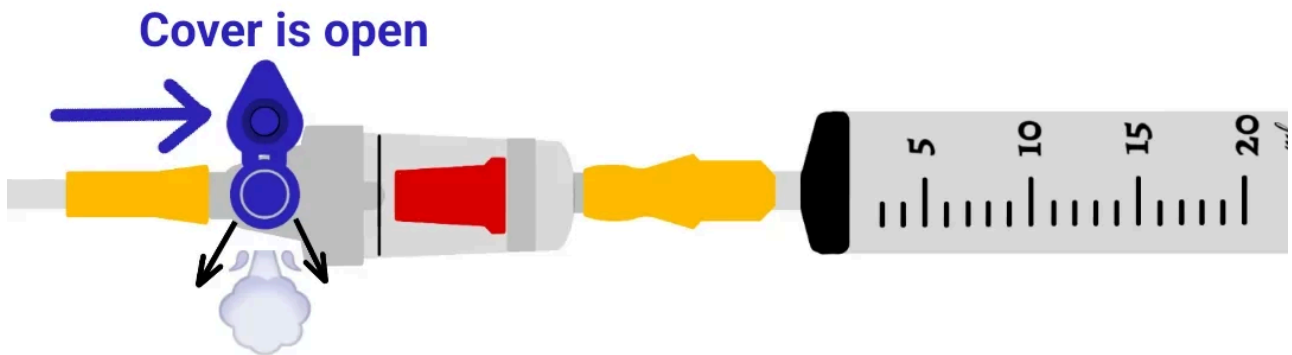
The controller ensures that the air pressure inside the balloon is maintained. In order for the tension applied to the skin to be continuous, the pressure inside the balloon must be maintained. The controller is a one-way channel. Only air flows through the controller into the balloon and air is prevented from escaping from the balloon. Therefore, the controller must be attached to the device in the correct direction.

How to use the controller?

While pumping air



While releasing air



There are silicone connectors at both ends of the controller. The hose of balloon should be attached to the end where the blue cover of the controller is located. The syringe should be attached to the other end. The picture above shows the controller installed in the correct direction.

Cone



The cone is placed on the glans. The function of the cone is to create the necessary surface to hold the penis skin in place. When the penis skin is held in place, it is ready for stretching.

How to attach the cone to the penis?

New users to foreskin restoration may have difficulty inserting the cone to the penis. This is because the air inside the balloon creates a buffer between the cone and the glans. This can be especially difficult for those who have been overly circumcised and do not have enough skin to cover the cone.

In this case, the air inside the balloon must be completely evacuated in order to easily attach the cone to the penis.



for easy wearing:

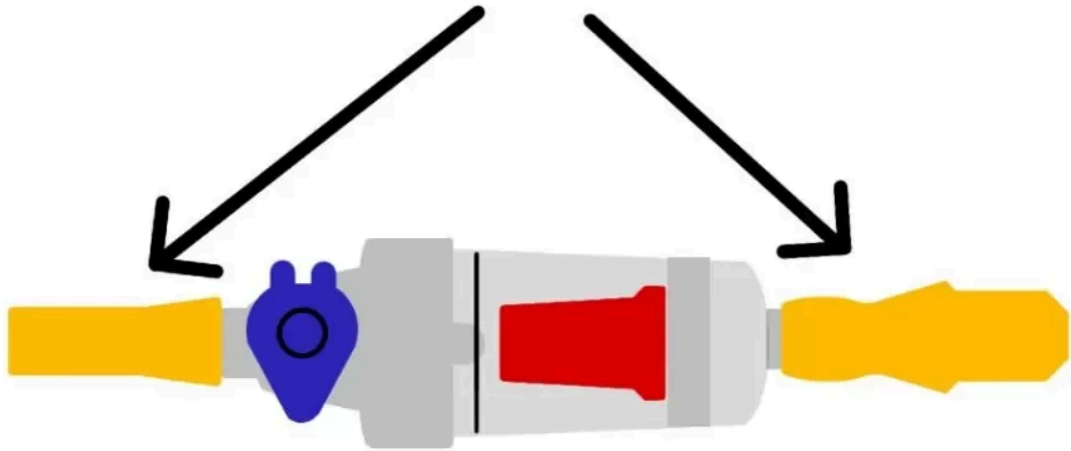
**After the balloon
is deflated,
squeeze it with
your hand until the
air is completely
released.**

To completely release the air from the balloon;

1. Open the controller cover
2. Wait for the air to drain
3. Squeeze the balloon with your hand to completely release the air.

Silicone connectors

Silicone tips

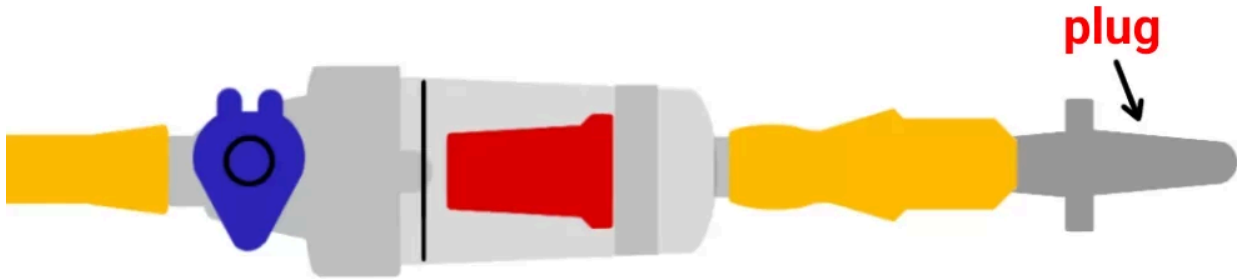


The silicone tips are the connecting elements located at both ends of the controller. Although the silicone tips are firmly attached to the controller, they can be removed in an emergency and used for manual use of the device.

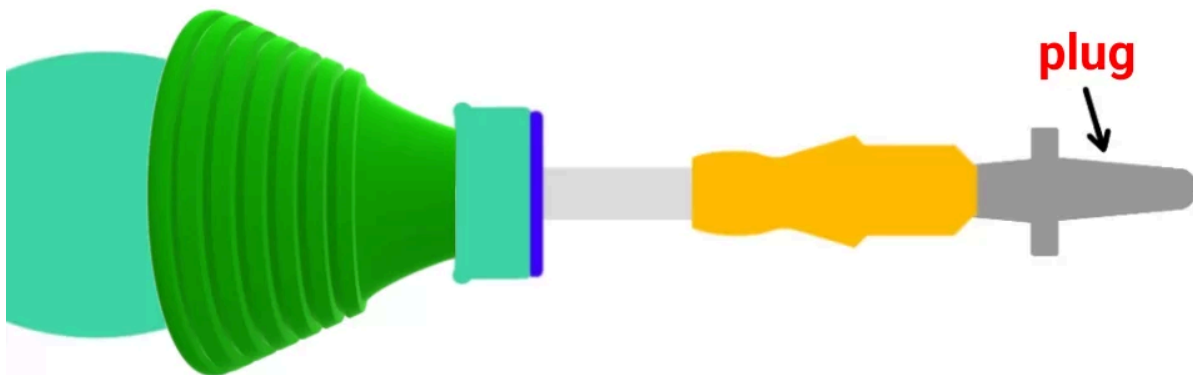
Plug

The function of the safety plug is to minimize the possibility of the pressure inside the balloon escaping. After injecting air into the device with a syringe, the plug should be attached to the controller. Because the controller is not perfect enough to provide 100% sealing. Therefore, if the controller provides 90% sealing, the plug provides the remaining 10% and when the plug is attached to the controller, 100% sealing is achieved. There are two ways to use the safety plug.

Inserting to controller



Inserting to ballon head



If the controller fails for any reason, in order to use the device manually without the controller, the silicone connector at the ends of the controller is removed and attached to the end of the balloon head. After injecting air into the balloon with the syringe, the silicone connector is tightened by hand to prevent pressure from escaping and the syringe is removed. In the meantime, the silicone connector is continued to be tightened by hand to prevent air from escaping. Then, the stopper plug is attached to the silicone connector to maintain pressure. The above picture shows the arrangement of the parts of the device when used manually without the controller.

Syringe

Air is pressed into the device with the syringe.

How much air should be pressed?

The amount of air that needs to be pressed into the device varies depending on the restoration levels. Measurements such as half a syringe for the beginning and 2 syringes for the middle levels where the skin starts to cover the glans can be given. However, these are representative measurements created to give the user an idea. Because the ideal measurement varies from person to person.

To find the ideal measurement;

1. Start to pressurize the syringe, when the pressure is too much, you will start to feel pain. Pain means that the pressure is a little more than necessary. The highest pressure amount that does not feel pain can be considered the optimum measurement.

When adjusting the ideal measurement according to pain and ache, the important thing to know is not to confuse pressure pain with balloon pain.

– Situations encountered while using the device –

Balloon pain

Balloon pain is the first pain felt when the air starts to be pressed. Balloon pain can be felt even if the pressure is not very high. Because the source of balloon pain is not high pressure. This pain is experienced because the folded parts of the balloon start to open as the air fills the balloon. Balloon pain is caused by the balloon being folded/shrunken when the device is inserted.

Balloon pain usually disappears within a few minutes as the balloon finds its form. However, there are also methods to relieve this pain immediately.

1. Opening the balloon by hand, flattening it
2. Cleaning the balloon
3. Applying powder or cream to the balloon
4. Rubbing the balloon over the penis while the device is attached, ensuring that the folds are opened

– Cleaning and maintenance –

The parts that need to be cleaned regularly in the frT hava device are the cone and balloon head. Because these parts are actively in contact with the penis during use of the device. Therefore, oil and dirt residues on the penis skin contaminate these parts over time. Especially the transparent holder can lose its grip over time due to dirt. Therefore, it must be cleaned regularly to maintain its function.

You can use water up to 40° Max when cleaning these two parts. You can use a damp cloth to clean the device. You can also clean it under warm water with hand soap.