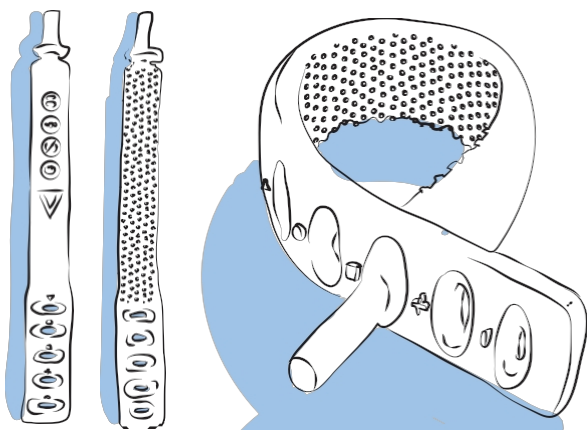
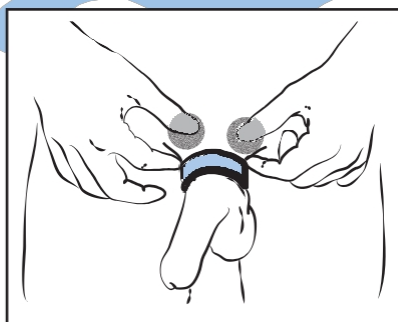


Androswitch - make your own contraceptive ring



QR code

Video
tutorial



The **Androswitch** is an adjustable silicone ring - like a bracelet - that enables the practice of so-called "male" thermal contraception, if worn 15 hours a day, every day. Androswitch is released under an **open-source license***. It is designed to be simply manufactured using a 3D-printed mold and biocompatible silicone.

Whether you're just starting out with contraception, trying it on, or practicing a physical activity that requires greater restraint, its adaptability has been designed to meet the growing needs of testicular contraception users. Its 5 sizes correspond exactly to those of the Androswitch.

material required

tools

- 3D printer
- computer equipped with Cura (free software)
- kitchen scales
- spatula
- protective equipment (goggles, gloves, smock, etc.)
- oven
- scalpel/small cutter, scissors

consumables

- coil of endocrine-disruptor-free PLA (750g = approx. €30)
 - biocompatible silicone (900g = 60€)
 - silicone oil (400g=22€)
 - mild soap
- indicative cost: €7 / ring

production timing

1. mold printing

About 24h. (2 parts, 12h per part) From 1 mold you get 20 rings on average.

2. silicone molding

Approx. 6h including polymerization (hardening).

3. demolding, finishing

10 minutes.

4. baking

Stop polymerization: 1h in oven at 100°C.

step 1a: setting up the 3D file

Materials: a computer running Cura or other 3D printing software, files downloaded from thoreme.com. Average time: 15 minutes.

1

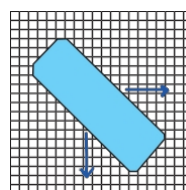
download

ANDROSWATCH MOULE EXT.stl

ANDROSWATCH MOULE INT.stl

Download both mold parts from the Androswitch page on thoreme.com. We recommend printing each file separately.

2



Open the file on Cura. Use the arrows to position the volume in the middle of the tray. Printing on the edges may weaken the mold and result in a poor finish.

3

print settings	recommended setting
layer height	0.16mm
wall thickness	1.2mm
filling density	15%
PRINT SPEED	40mm/s
initial layer speed	20mm/s
fan speed	50%

In the window In the "Printing parameters" section on the right, enter the following data to obtain the optimum ratio between printing time and mold quality.

4

Cut out

10 hours 44 minutes

12.41m

Save to disk

Press "cut" in the bottom right-hand corner. Once the volume has been decomposed, you can check that there are no printing problems.

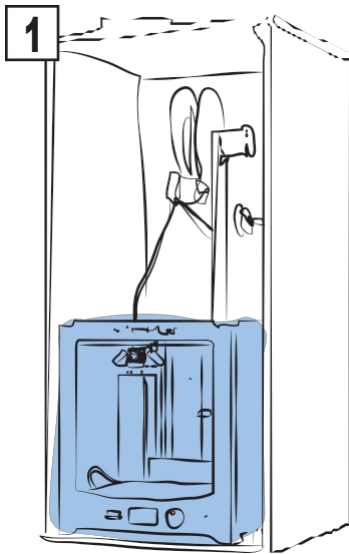
You can send it to the 3D printer using a USB key, SD card or Wi-Fi connection.

*

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step 1b: mold printing

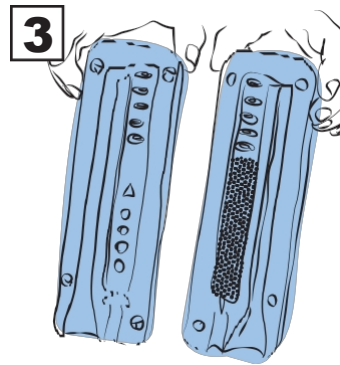
Materials: 3D printer, 250g of endocrine disruptor-free PLA, cutter or scalpel.
Average duration: 24 hours.



For better temperature stability - which will ultimately lead to better printing - we recommend covering your printer with a cardboard or wooden box.

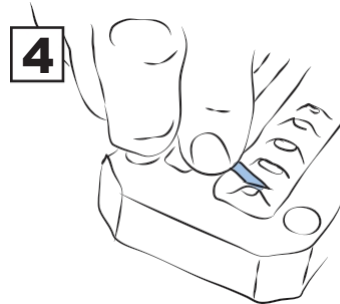
Import the file to your printer. Before printing, heat the plate. It is preferable to use a temperature of 40°C.

This improves print quality and facilitates mold release, protecting the mold and plate. Each machine has its own solution Ziflex" plate, deformable metal trays...



Congratulations, you've printed both parts of the mould!

Now all you have to do is check that they fit together correctly. If there is a gap between the two parts, the moulding will fail!



Using a cutter or scalpel, remove any stray filaments remaining on the mold. This is the finishing stage.

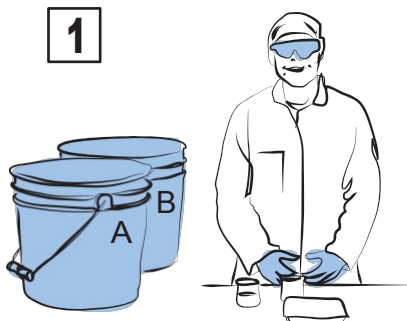
Check that the joint between the two parts of the mold is flat enough.



printing time: 2 x 12h

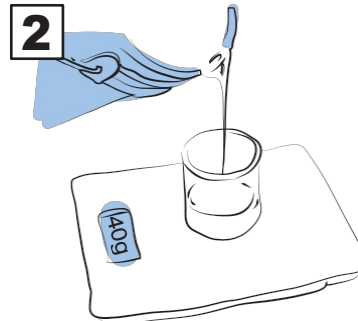
step 2a: mixing the silicone

Materials: silicone (base and hardener) 80g, silicone oil 8g, scale, spatula, protective material and glass container.
Average duration: 15 minutes.



For this step, you need to protect your skin and eyes, as well as your clothes. Be sure to wash your hands thoroughly with soap.

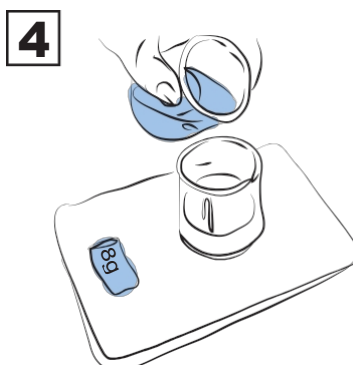
Prepare the two parts of the silicone mixture, A and B.



Pour 40g of the first part of the silicone (base or hardener, in no particular order) into a small container. Measure the quantity with a kitchen scale, after taring (removing the weight from the container).



Then pour in the second part. The two mixtures should be poured in equal quantities (1/1). A difference of just a few grams will greatly impair the quality of the mixture.



Then pour in the silicone oil, 10% of the rest of the mixture.

If the mixture is 80g, add 8g of oil. The more oil you put in, the more flexible the ring will be, but beware: too much elasticity can impair the ring's long-term wearability and reliability.



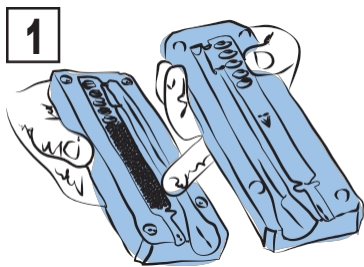
Using a spatula, gently mix the silicone precipitate to blend the different components and evacuate any bubbles.

Stir slowly and evenly, thoroughly, to activate the mixture. However, this step should last no longer than 3 minutes, as mixing for too long will cause the silicone to harden.

Leave to rest for 3 minutes before pouring into the mould.

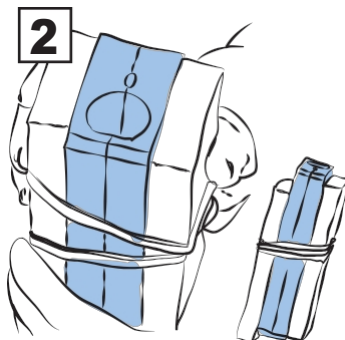
step 2b: molding the ring

Materials: Silicone and mold, lubricant, wooden wedges, inner tube or large rubber band.
Average duration: 6h (with polymerization).



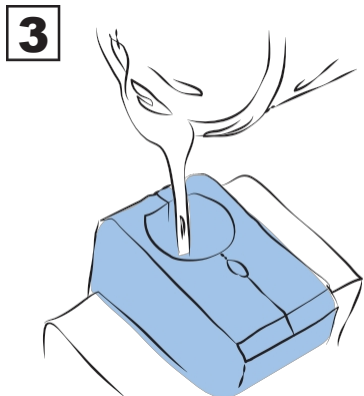
To improve mold life and make molding easier, you can coat the inside of the mold with lubricant or silicone oil.

You'll notice that the molds have different appearances: the inner part of the Androswatch is designed with retaining studs for a better hold.



As the silicone is poured at an angle to minimize bubbles, this textured part will be at the bottom of the bias. Don't hesitate to mark the two parts to help differentiate them.

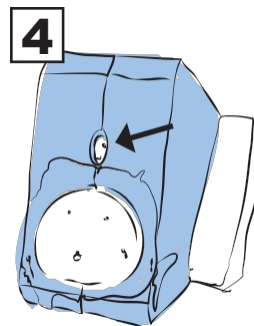
You can then secure them with wooden wedges and an inner tube.



At the start of casting, tilt the mold slightly with the textured part facing down.

The silicone will flow down the sprue and back up by gravity, to avoid internal bubbles as much as possible.

Pour the silicone patiently, pausing to allow the silicone to flow down the funnel.

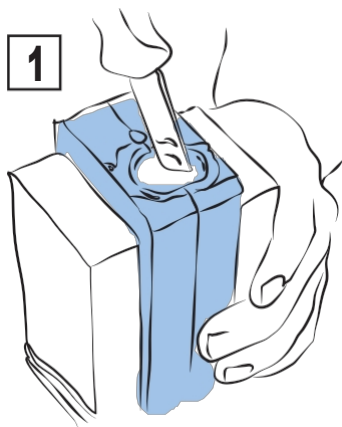


You can see that the silicone has risen to the top of the funnel. When the silicone has risen to this level, the molding is complete.

Wait 5 hours for polymerization to finish. Don't put the mold in the oven! This will weaken the polymerization and the ring.

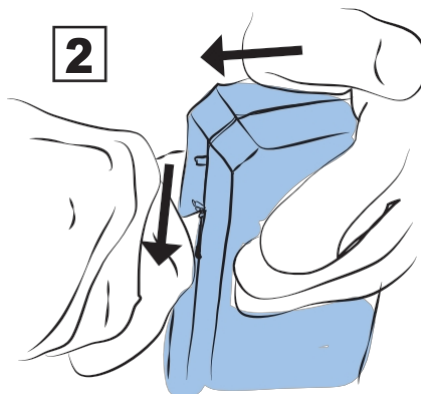
step 3: demolding and finishing

Materials: Cutter, short knife, scissors. Average time: 10 minutes.



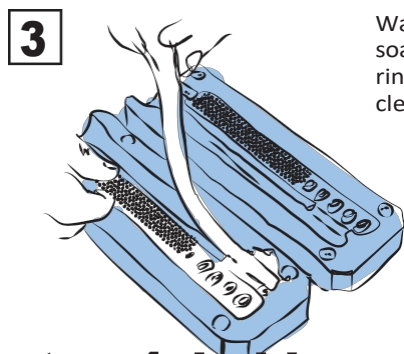
Check with a knife or spatula that polymerization is complete.

You can then remove the two wooden wedges and the inner tube.

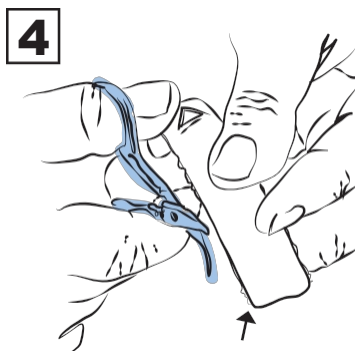


Put on protective gloves. Gently run a knife through the gap between the two parts of the mold, about 1 cm deep.

Only after you've gone all the way around the mold can you pull the two parts apart: this prevents damage to the mold and the ring.



Wash your hands with soap. Gently loosen the ring with the sprue and clean the mold of residues.



Using a pair of scissors, detach the sprue and trim the Androswatch, removing any protruding silicone.

Be careful not to attack the ring's structure by cutting too much: a small burr is better than a ring weakened by cutting too much.

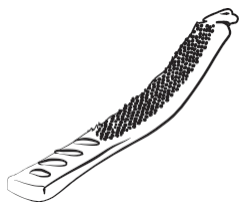
step 4: baking

Materials: An oven set at 100°C.
Average time: 1 hour.

Simply place the unmolded ring in the oven at 100°C for one hour to stop the polymerization process.

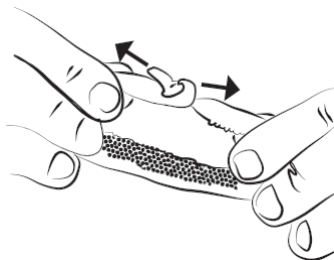
Congratulations, your ring is finished! After washing it with soap, all you have to do is wear it.

Androswitch - instructions for use



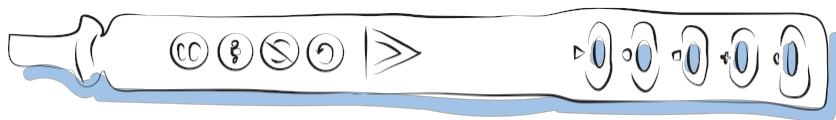
Once out of the oven, all you have to do is check that the ring is ready for use.

If the inside of the ring is glazed with hundreds of bubbles, very small bubbles that weaken the silicone, you'll need to remake the mold by mixing better.



The Androswitch can be opened and closed simply by means of an olive that can be attached to the various openings.

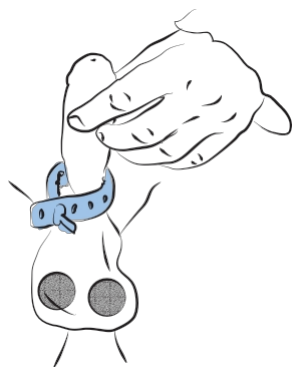
This allows you to change settings within the same day, or over a longer wearing period.



The five **AndroSwitch** sizes correspond to those of **Androswitch**.

diameter of erect penis	inside diameter ring	Andro-Switch (basic/soft)	AndroSwitch
2.9 > 3.5 cm	31.5 mm	A / S	△
3.5 > 4 cm	34.7 mm	N / W	○
4 > 4.5 cm	35.9 mm	D / I	□
4.5 > 5 cm	41.3 mm	R / T	+
5 > 5.5	44.7 mm	O / C	-

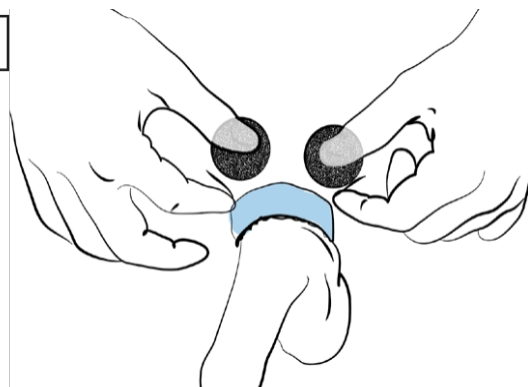
1



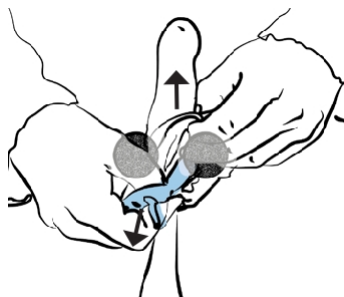
First close your androswitch on the size of your choice.

Then pass your penis through the ring, so that it reaches the base of your penis.

4

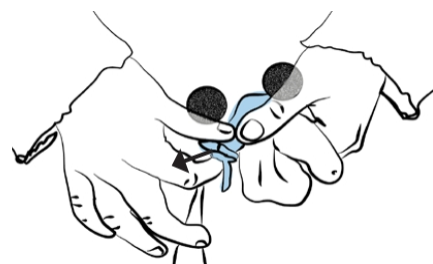


2



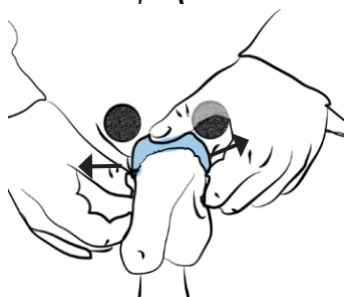
Pull the skin of your scrotum through the ring, without touching the testicles, which rise upwards. "mechanically" in the inguinal pouch, at pubic level.

5



You can check that the size is right by squatting for about twenty seconds: if the ring holds and the testicles stay up, it's good!

3



Place your ring firmly at the base of your genitals, pulling it left, right, up and down. The testicles must be above the penis, and remain in this position for 15 hours a day.

To remove the ring, simply loosen the olive and release the penis, to avoid rubbing.

to find out more

Getting your testicles up is all very well, but knowing how your body and fertility work is even better! Find out more about thermal contraception, its studies, how it works, what's going on, schedules and user groups near you on the following websites:

thoreme.com **instagram: @slowcontraception**

as well as the comic strips

Le Cœur des Zobs

contraceptionmasculine.fr

The Contracepted

planning-familial.org

The man on the pill