

# CHEST BINDERS 101



## What is chest binding?

Chest binding is a way for many trans men to curb dysphoria, and is a fairly common step in FTM (Female to male) transition. “Binding” refers to flattening breast tissue to create a male-appearing chest using a variety of materials and methods.

Due to the dangers involved, it is essential to buy a quality and safe binder and not take any shortcuts with homemade binders.

## Risks associated with binding

Because most binding methods involve tight compression of the breasts, they can result in pain, discomfort and physical restrictions. If the binding material you are using doesn't breathe well, it can also create sores, rashes or other skin irritation.

When binding, you should always use common sense. If binding hurts, causes difficulty breathing or cuts into your skin, it's too tight or you're using the wrong material. It's also important to keep in mind that strong pressure around the chest and back can cause changes to normal spine alignment, which may result in chronic pain. Constricting the breast tissue can also cause permanent damage to the breasts, which will alter their final shape.

## Binder Safety Tips

- Don't wear your binder for more than 6 – 8 hours at a time. take a long break to allow your body to rest and recover.
- Don't wear them wet.
- Do research before buying, to make sure it is good quality and the right fit for you
- Drink water to stay hydrated.
- Don't put them in the dryer as they may shrink or damage.
- Always take your binder off before going to sleep.
- If it hurts stop – take it off.

## More info on chest binding safety

[www.minus18.org.au/index.php/articles/item/38-441-how-to-bind-your-chest](http://www.minus18.org.au/index.php/articles/item/38-441-how-to-bind-your-chest)

## Where to get binders?

[www.shapeshifters.co/](http://www.shapeshifters.co/)

[www.gc2b.co/](http://www.gc2b.co/)

[www.underworks.com/](http://www.underworks.com/)

[www.gendergear.ca/](http://www.gendergear.ca/)