

BINDING RESOURCES

FENWAY  HEALTH

Online Tips & Guides

Point 5cc

<http://point5cc.com/binding-101-tips-to-bind-your-chest-safely/>

Trans Guys

<https://transguys.com/features/chest-binding>

Binders / Compression Shirts

GC2b

www.gc2b.co

Price range: \$33-\$43

Underworks

www.underworks.com

Price range: \$17.99-\$42.99

Look for products that include the terms chest binder and/or compression

T-Kingdom

www.t-kingdom.com

Price range: \$45-\$80

Many styles and options with zippers or Velcro for ease of use in putting on and taking off

FLAVNT Streetwear

<https://www.flavnt.com/bareskin>

Price: \$49.99

Shapeshifters

<https://www.shapeshifters.co/>

Prices start at \$45.00

Each product is customized to your body measurements and specifications

ManSculpture

<https://www.mansculpture.com/>

Price range: \$40-\$67.95

My Double Design

<https://mydoubledesign.com/>

Price range: \$50-\$114

Tip:

Always use the company-specific size charts - sizes will vary!

Avoid wearing something that is too small or too tight.

KT Tape

TransTape

<https://transtape.life/>

Prices start at \$8.99

Small, medium, large sizes

KT Tape

<https://www.kttape.com/kt-tape-products>

Prices start at \$13.99

Sold at pharmacies and grocery stores

Low & No Cost Binder Programs

GenderGear.ca

<https://www.gendergear.ca/pages/binder-recycling>

Point of Pride

<https://pointofpride.org/chest-binder-donations/>

The Tumblr Transgender Clothing Exchange

<https://transclothesexchange.tumblr.com/>

FtM Essentials (Ages 24 and Under)

<https://www.ftm essentials.com/pages/ftme-free-youth-binder-program>

Genderbands

<https://www.genderbands.org/binders>

Binders / Compression Shirts

Signs that it's time to take a break:

- Chest pain, difficulty breathing
- Numbness, tingling
- Overheating; dehydration
- Skin rash, irritation, sores
- Back pain, soreness

Be sure to:

- Take a break from binding every 8-12 hours
- Stretch your back, chest, and shoulders when not binding
- Wash your binder regularly
- Take your binder off before bed - do not sleep in it

Tip:

Layering shirts, wearing sports bras, or wearing athletic compression shirts is recommended for use when taking a break from binding.

Avoid using ACE™ bandages, plastic wrap, and duct tape - these are not intended for binding and may be harmful to your body or skin.

Binding FAQ

What is chest binding?

Chest binding, also known as binding, is a technique used to create the appearance of a flatter chest. Binding can be a helpful way to reduce chest dysphoria and feel more comfortable with your body. There are many ways people bind their chests, some of which are safer, more comfortable, and/or more effective than others. The most common way for people to bind is wearing a binder.

What is a binder?

A binder is a tight undergarment used to create the appearance of a flatter chest. They often look similar to a tank top or undershirt that can be tucked into your pants (described as a “full length binder”,) or end towards the bottom of the ribs (“half length binder”). Binders may be designed to be pulled over the head or stepped into, or may have zippers, clasps, velcro, or hooks that can be closed once the binder is in place. There are many excellent companies that manufacture chest binders for people of all ages and sizes, and different styles, brands, and designs work better for different people.

is binding safe?

Binding is generally safe for most people when done correctly, but there are still some risks. It is important that binding is done carefully and responsibly. You should talk to your doctor if you have any chronic conditions that could be impacted by binding, including but not limited to asthma, scoliosis, lupus, or fibromyalgia.

Binding FAQ

Here are some general tips about safe binding:

- You should always be able to take a deep breath without pain or difficulty while binding. You should remove your binder immediately if you have difficulty breathing.
- Your arms should have their full range of motion while binding.
- Never use an ACE™ bandage, plastic wrap, or tape that is not intended to be used on skin. These materials are not meant for binding and may be harmful to your body or skin.
- Follow the recommended size guides provided by binder companies. Each company is going to be a little different, so make sure that you read them carefully.
- Do not wear a binder that is too small for you – wearing a smaller size may result in significant injury and will not necessarily make your chest flatter.
- Give your body a break every 8-12 hours when possible, and do not sleep in your binder.
- Be sure to stretch your arms, shoulders, chest, and back immediately after removing your binder. It is also a good idea to take a few deep breaths and cough to clear out any fluid build-up in your lungs.
- Wash your binder regularly and follow the cleaning and care instructions provided by the manufacturer.
- Pay attention to your body. The most common side effects of binding are back pain, soreness, chest pain, difficulty breathing, numbness, tingling, overheating, dehydration, skin rash, and irritation. If you have any of these side effects, talk to your medical provider about what you can do to make sure you are staying safe

Binding FAQ

Do I have to identify a certain way to bind?

You do not have to identify a certain way to bind! Many websites use binary language such as FTM (female-to-male), man/men/male, or trans guy(s), to talk about who their products are geared towards, but that does not mean that you must identify that way to wear a binder. Binding is meant for anyone and everyone who would like the feeling and appearance of a flatter chest.

How do I wear a binder?

Binders come in a variety of materials and styles, so it is important to figure out what works best for you. Binders can be uncomfortable to put on and take off, and it may take some getting used to. Some binders have zippers or Velcro to make this process easier. Putting on and taking off a binder can be particularly challenging for folks with larger chests, and getting one with a zipper or Velcro can be helpful in these instances.

Many binder companies have size guides that talk about what to expect while wearing and fitting a binder. These companies also typically have great, helpful, and affirming customer support for any questions you may have about how to purchase or wear a binder. If you have additional questions about how to find a binder that might work best for you, feel free to talk to your medical provider about these options.

Binding FAQ

Do I need to have surgery if I have chest dysphoria?

Surgery is not for everyone, and that's okay! Many folks who bind their chest have no intention of getting surgery. Some people feel affirmed by binding alone, while others may need surgery to alleviate their dysphoria. The decision whether to have surgery is very personal, and everyone's journey is different. Chest binding is a great place to start if you are unsure if you want to have chest surgery in the future.

Do I need to have dysphoria to wear a binder?

Dysphoria is not a requirement to wear a binder. Binding is intended for anyone and everyone who would like the feeling and appearance of a flatter chest.

If you intend on having a gender affirming surgery covered by insurance in the future, your insurance company may require a documented diagnosis of gender dysphoria to proceed with coverage. Talk to your medical provider or behavioral health provider if you have questions about this diagnosis.

Binding FAQ

I don't want to wear a binder but I want my chest to look flatter. What are some other methods of binding besides wearing a binder?

Another common binding device is using kinetic tapes designed to compress or stabilize a part of the body, such as KT Tape® or TransTape. This is medical-grade tape that is intended for use on the skin. The most common side effect from taping is skin irritation, so this is not recommended for folks with particularly sensitive or irritable skin. TransTape's website has an instructional guide on how to bind with these tapes. Do not use duct tape or any other tape not intended for use on skin, as they are more likely to cause more significant damage to your body, or can make it much more difficult to breathe. Kinetic tapes can be found at many grocery stores and pharmacies, so can be a particularly accessible option.

If you do not want to use a binder or tape, or you are just taking a break from binding, layering shirts can be helpful. Start with a tight fitting shirt or sports bra as a bottom layer and add successive layers over it with each layer looser than the one underneath. Shirts with patterns as the top layer can help hide the appearance of a chest. Some people also find unbuttoned or unzipped shirts or jackets to be helpful in creating the appearance of a flatter chest. Keep in mind that layering shirts can be warm and uncomfortable, and it is important to drink lots of water and stay hydrated.

Tight fitting sports bras work well for some folks, while others layer two sports bras to achieve the feeling and appearance of a flatter chest. Use caution if layering sports bras, as the elastic underwire/band can unevenly compress or cut into your skin and put you at risk of injury.

Binding FAQ

What can I do if I have pain from binding?

The best thing you can do to alleviate pain and soreness from binding is to give your body breaks for as long as you are able to. For some folks this means not wearing a binder for a few days. For other folks this means only wearing a binder for as long as you are in public. Others still may only be able to take a quick break from binding while on a lunch break or in the bathroom. The important thing is to listen to your body and take a break when you can.

It is also helpful to stretch your body throughout the day as you are able to – stretch your arms up in the air, stretch your shoulders, back, and chest.

Stretching can be done anywhere! If you are experiencing any symptoms or significant pain as a result of binding, it is important to talk to your medical provider about this. Stopping binding is not the only way to reduce pain or other strain on the body. Depending on your needs, your provider may recommend a variety of potential options such as massage therapy, stretches, physical therapy, or acupuncture.

Additional Information

There are two recent studies on the health effects of binding:

Jarrett, B. A., Corbet, A. L., Gardner, I. H., Weinand, J. D., & Peitzmeier, S. M. (2018). Chest Binding and Care Seeking Among Transmasculine Adults: A Cross-Sectional Study. *Transgender health*, 3(1), 170-178.

Peitzmeier, S., Gardner, I., Weinand, J., Corbet, A., & Acevedo, K. (2017). Health impact of chest binding among transgender adults: a community-engaged, cross-sectional study. *Culture, health & sexuality*, 19(1), 64-75.

There are a number of online guides about binding:

Transguy Supply - <https://transguysupply.com/blogs/news/transguy-supplys-binding-guide>

Point 5cc - <http://point5cc.com/binding/>

Point 5cc - <http://point5cc.com/binding-101-tips-to-bind-your-chest-safely/>

Hudson's FTM Resource Guide - <http://www.ftmguide.org/binding.html>

Trans Guys - <https://transguys.com/features/chest-binding>

Clue - <https://helloclue.com/articles/cycle-a-z/chest-binding-tips-and-tricks-for-trans-men-nonbinary-and-genderfluid>