

CHESTBINDING

What is chest binding?

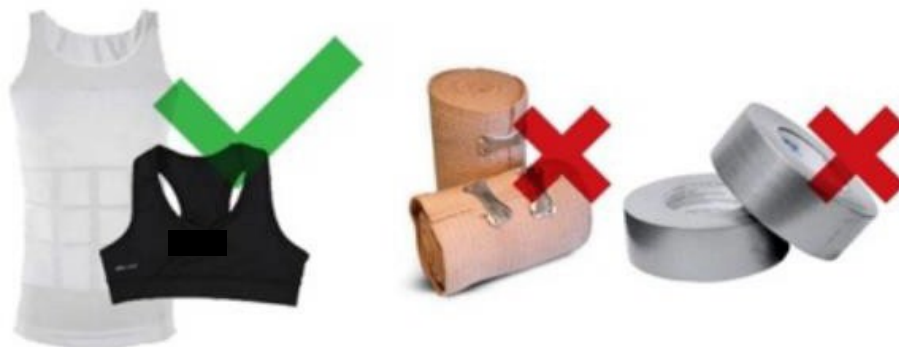
Binding is a practice where the tissue on the chest is compressed to create a flatter, smoother contour.

What should I use to bind?

Binders are form-fitting undergarments made of breathable materials (cotton, nylon, spandex, etc.). The binder should be fitted but not so tight that it crushes the ribcage or, cause issues with breathing.

What should I avoid?

Do not use duct tape or Ace bandages, as they can cause irritation, restrict breathing, and cut off circulation.



Common Risks:

- Limit binding to less than 8 hours at a time. Binding for extended periods of time can cause damage to the chest tissue and restrict breathing
- Do not sleep with a binder on
- Wash your binders regularly to reduce the risk of irritation, rash, and infection
- Skin irritation due to increased heat and sweat can occur. Check your skin daily and avoid binding if irritation occurs. If you develop a painful rash with drainage or other signs of infection, contact your provider.