

Tips for **Binding Safely**



Binding can help you feel more comfortable with your body. For many, a flat chest affirms identity or helps others read them correctly. Follow these tips to make sure you're binding safely.

- **Don't use Ace bandages or duct tape.** They can restrict breathing, cause fluid build-up in your lungs, and cause other serious injuries, such as broken ribs.
- **Don't buy a binder that's too small for you.** When binding, you should not feel as though you can't breathe. This can cause the same injuries as binding with Ace bandages or duct tape. Another piece of bad advice floating around out there is to wear tape and/or another binder on top of your binder.
- **Don't bind for more than 8-12 hours at a time.** Always take your binder off before you sleep. You can use the time when you're not binding to wash your binder, which will help it to last longer.
- **Take your binder off before exercising.** Sports bras are designed to move with you as you work out. A binder can make movement and even breathing more difficult.
- **Consider wearing a light, cotton shirt underneath your binder.** This can make it more comfortable and reduce the likelihood you'll get rashes and sores. It can also help keep the binder from moving. If wearing a t-shirt is uncomfortable, try applying corn starch to your body before putting on your binder to reduce the amount of moisture it holds.
- **You can swim in your binder, but wear a sleeveless or sleeved T-shirt over it.** Don't worry if your binder seems less effective after a swim; this isn't permanent. It will return to its normal fit after you wash it.
- **Your chest will look bigger than it really is when you look down at it.** Check in the mirror for a more accurate side view. Depending on the size of your chest, you may need to layer clothing on top of the binder to get optimal chest flattening.