

WHERE CAN I GET A BINDER?



GC2B has a variety of colors and sizes and are made by people who bind! \$35-\$45

Underworks sells body shaping undergarments. From compression tops to regular binders, they have an array of work-out friendly & swimwear options. \$20 - \$45

Flavnt Streetware provides an array of different skin tones and size options for binders. \$50

Double Design offers traditional pull over, zip up, Velcro, and buckle binders. They even have a curve binder swimsuit option! \$64 - \$120

Point of Pride offers free binders to anyone in need of one. Donations run this program, so consider donating any extra binders you may have. Free

Trans Guy Supply sells everything from binders to trans tape and stand to pee prosthetics. \$18 -\$50

HEALTH EQUITY CLINIC LGBTQ+ SPECIALTY HEALTH SERVICES

- ❖ LGBTQ+ Primary Care
- ❖ Chest/ Breast Health
- ❖ Hormone Care
- ❖ Trans-sensitive pelvic, pap, & prostate exams
- ❖ Sexual Health Screening & Treatment
- ❖ HIV Specialty Care
- ❖ PrEP & PEP
- ❖ Care Coordination & Referrals



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BINDING 101

An easy and simple guide to safe binding!

WHAT IS CHEST BINDING?

The process of temporarily compressing chest tissue for a flattened appearance.

WHY IS BINDING IMPORTANT?

- helps improve mental health caused by gender dysphoria
- affirm gender by boosting self-esteem

DO-S & DON'T-S

DON'T USE DUCT TAPE, PLASTIC WRAP, OR ACE BANDAGES

These materials do not stretch with your skin, which can bruise or fracture ribs. This also causes breathing problems & skin damage.

TAKE A BREAK FROM YOUR BINDER

Avoid wearing binder for more than 6 days a week, 8 hours a day. Do not sleep or exercise in your binder, as this may cause breathing issues.

DO NOT LAYER BINDERS

This can cause chest pain, rib pain, bruising, and life long breathing problems.

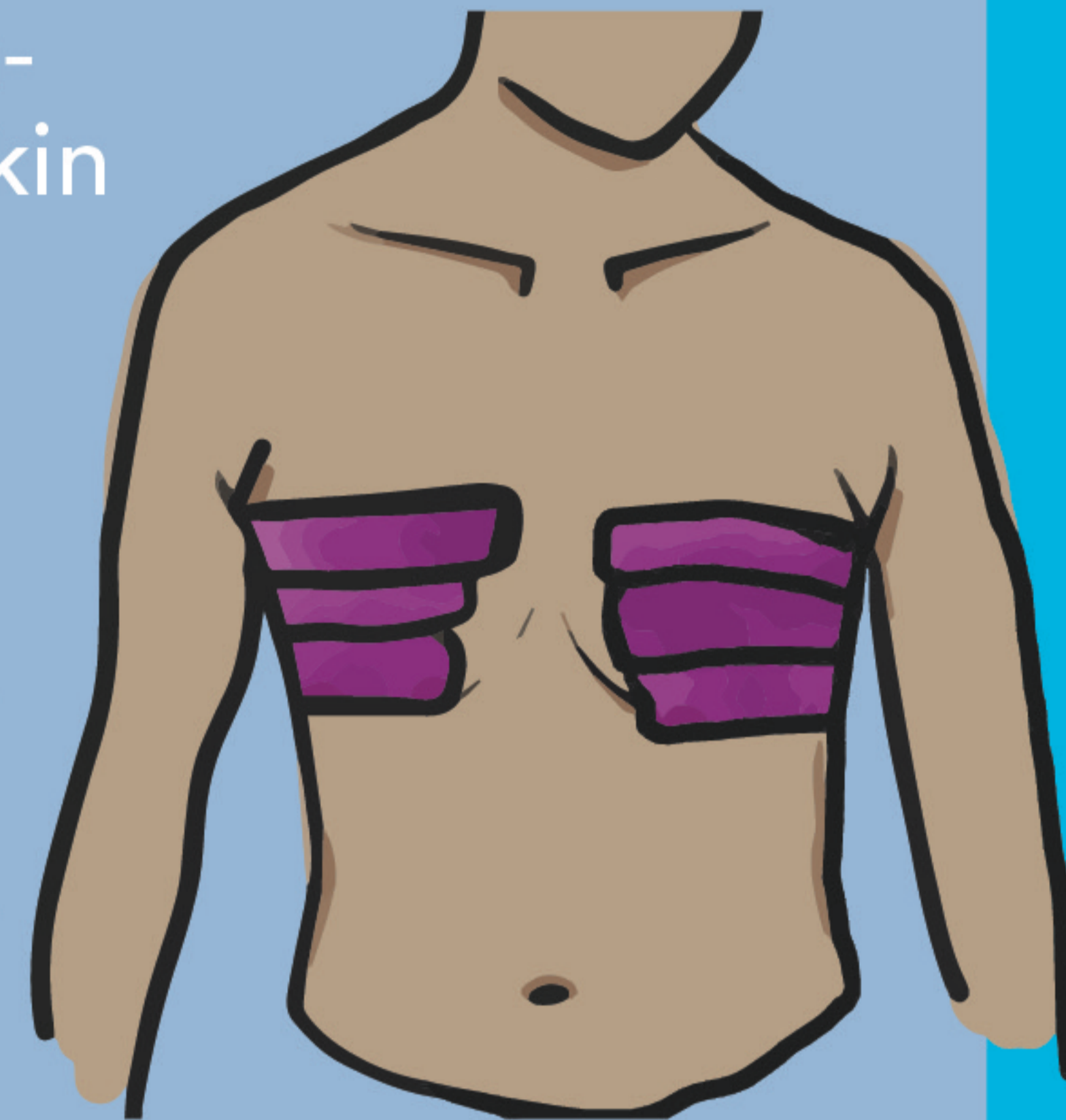
BUY THE RIGHT SIZE

Small or tight sizes can cause skin irritation, breakdown, cracking, or bleeding. If any of these occur, take a break from binding & buy a larger binder.

SAFE BINDING

KINETIC TAPE/ TRANS TAPE

Tape designed to stick to skin without tearing the skin upon removal. Tape from the outside of the nipple closest to the center of the chest to a few inches under the armpit, then repeat on the other side.



LAYERING SHIRTS/ SPORTS

Tight sport bras can help flatten the chest. Compression shirts or athletic shirts use constraining— but flexible— fabric to help with binding.



BINDERS

Full length and half-length binders are undergarments specifically designed to flatten the chest. Binders vary in size, length, and methods.

PROTIPS

- 1 Always measure as advised by binder company. Don't be afraid to ask for help from someone. Buying the correct size can help lower your risks of harmful side effects.
- 2 Take breaks when wearing your binder throughout the day. A simple two-five minute break helps!
- 3 Take a few deep breaths and stretch after taking off your binder.
- 4 Clean your binder by hand washing. Good binder hygiene can prevent skin irritation, rashes, and fungal infections.

MOST IMPORTANTLY...

Always listen to your body! If you are uncomfortable or having any chest pains you may have to talk to your doctor to develop a plan for safer binding.