

CHEST BINDER FAQs



What is Chest Binding?

- Chest Binding is a way for some trans, gender diverse, and non-binary folks to function normally and feel comfortable in their skin. It involves wearing a compression garment called a “binder” and is all about taking care of your daily needs.
- Binding is not compulsory; you may think after you’ve tried it that it’s not for you, or not be bothered with it at all. That’s okay to feel like that. It’s your body, but the option is there if you want to try it.

What should I do next?

- Decide what type of binder you want. There are many styles, sizes, and colours, so it’s important that get the best one that suits your body, sizing and likes.
- Get the correct size. Don’t guess your size. You will need accurate measurements, and these will change depending on what brand you decide to get. Follow the instructions given by the manufacturer.
- Maybe you are between sizes. Always go for the larger one, as the smaller one may impact your breathing.

How do I wear my binder?

- Depending on the type of binder, you can put it on over your head or step into it. You will work this out, and it’s a good idea to have someone you trust with you the first time you try your binder on.
- Whatever way is best, your binder needs to be comfortable on your chest. You may like to make personal adjustments, so it is comfortable. Listen to your body. It knows best.

How long should I wear my binder?

- The first time you wear it, take it off after a couple of hours to let your body get used to it. Let your body rest before putting it back on.
- Once you are used to it, it’s best to limit wearing it to 8 hours per day.

How should I look after my binder?

- Wash in warm soapy water twice a week.
- Hang your binder and let dry naturally.
- Do not use the clothes dryer; it will damage the integrity of the material and may shrink.

What else do I need to know?

- Don't sleep in your binder; your body needs to rest and laying down with a binder on will affect your breathing.
- Don't exercise in your binder; your body is working harder when exercising and needs your lungs at full capacity.
- Don't bind if you are unwell with the flu for example. Your body needs to recover first.
- Don't wear your binder if it causes any shoulder or back pain or difficulty breathing.
- Don't substitute your binder for wearing tape; tape is an unsafe product.
- When you are not wearing your binder, look after your body by doing some gentle exercise such as stretching as a relief from the compression, and concentrate on improving your lung capacity with some deep breathing.
- You might need to think outside the box in hot and humid weather. This can cause skin irritations and be very uncomfortable. Perhaps you could use talcum powder, wear a t-shirt, and take longer breaks. The most important thing is to take care of yourself and drink plenty of water.
- Don't swim in your binder; there are special binders for this activity.

*Proudly supported by The LGBTI Living Well Program and TransHub, funded by Territory Families Office of Gender Equity and Diversity.

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