

# **Binder Wear & Care Sheet**

## **All About Chest Binders!**

Chest binders are compression tops made of medical-grade material. They're designed to create a flat chest, while still allowing you to breathe and move. They are tight when worn, but can be done safely with properly-sized binders, and worn with care\*.

Binding is dangerous when using do-it-yourself methods like athletic (ACE) bandages or tape; these materials restrict your lungs and can cause tissue damage. Using a binder can make this a safer and healthier process.

\* People with asthma (any kind of lung disease) or spine deformities need to use caution to not further restrict lung capacity (function) with binding.



## **Tri-Top (Short) & Double-Front (Long)**

Binders come in two styles: The Tri-Top (short) ends at the waist, and Double-Front (long) is usually long enough to roll down past the hips. The double-front can be trimmed to a desired length, but the tri-top is sewn together at the bottom and can NOT be cut. The tri-top has three compression layers, and the double-front has two. Choosing between short and long has more to do with body shape than chest size. If you carry

more weight in the abdominal area you may want to try a double-front for best fit.

**Putting on a binder:** You can pull a binder over your head, or step into it and pull it up over the body using the inside-out/upside-down method:

- 1. Put your binder inside out and upside down.**
- 2. Step into your binder and pull the bottom of it up, ideally to your belt line. The binder should still be inside out and upside down.**
- 3. Use the sleeves as handles to pull the top of the binder (the end closer to your feet) up to your shoulders.**
- 4. Put your arms through the sleeve/neck holes and adjust your chest to your needs. You may need to pull the bottom of the binder out from underneath itself if you don't want it folded under. For others, leaving it folded under may help stop the binder from rolling up.**

You can also check out tutorial videos on YouTube to see how others put theirs on!



## **Wearing A Binder**

Binders can be worn up to 6-8 hours. They should not be worn while sleeping or exercising intensely. Stretch your muscles before and after wearing it. A binder will be tight, but should not be painful. If it's causing pain, dizziness or light-headedness, it may not be the

proper size. You should be able to breathe normally. If you experience discomfort, take it off and wear it in small increments to get used to wearing it.

Listen to your body and take breaks if you need to. Binders can cause sweating, which may lead to skin irritation. A thin cotton shirt or tank underneath can prevent this. You can also use corn starch to absorb moisture before putting a binder on.

## **Binder Cleaning**

You can wash a binder with your regular laundry, or hand-wash it. Lay it flat or hang it up to dry. Do not put a binder in the dryer. This will warp it and reduce its function (it won't work right). You can swim in a binder (just not strenuously), just wash it afterward to restore its function.

***\*\*If you have any questions, please be in touch at:  
orders@youthproject.ns.ca***