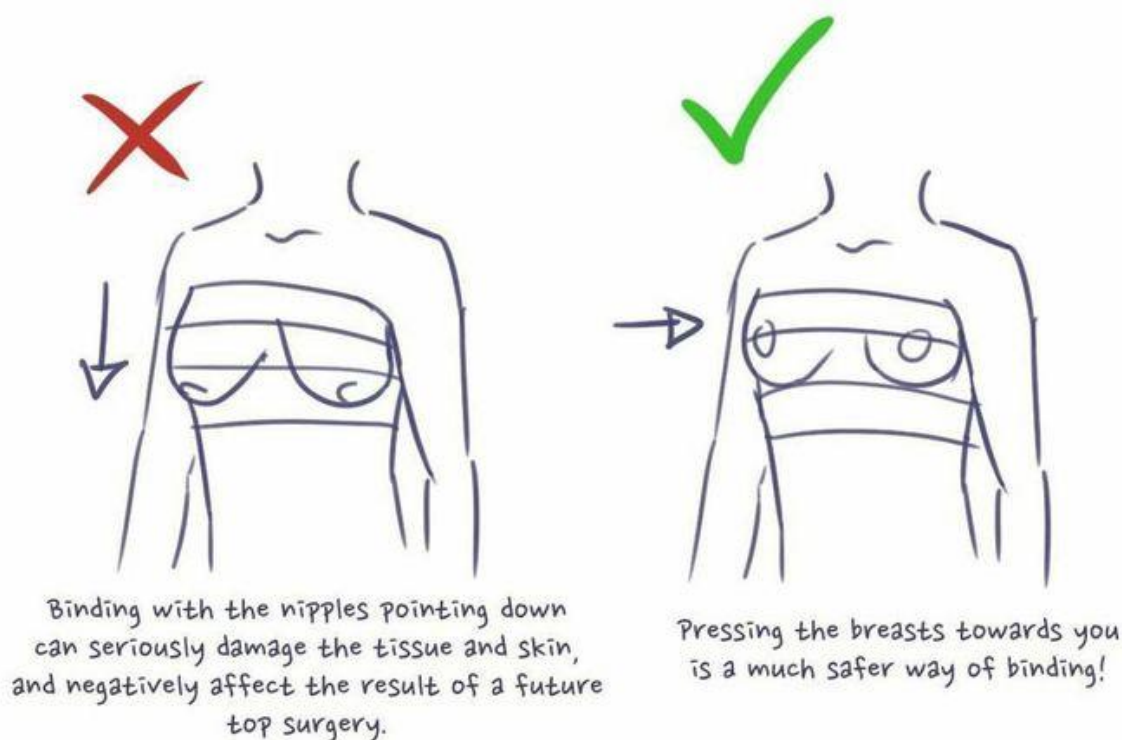


How To Bind

Chest binding is the practice of compressing breast mass into a more masculine shape, often done in the LGBT community for gender euphoria and drag.

The safest ways to bind are to use a chest binder or body tape designed for this type of compression and following instructions. It is not safe to use ace bandages, wraps, or duct tape for chest binding. Never wear a binder that is too tight or makes it hard to breathe. Not all brands use the same sizing, so always check size charts! You should only bind for up to 8-12 hour a day depending on the level of compression, and it is important to take rest days. Never sleep in a binder. Normal binders should not be worn to exercise in, but our soft binders have some stretch that make this safer, though it can still get pretty sweaty so we have developed other options like [GenderBender Body Tape](#) and our [Active Top](#).

When binding, nipples should press flat against the fabric - do not point downwards!! It is often best to adjust tissue to where it would naturally shift when you lay naked on your back. Our zippered styles offer the unique option of putting your binder on while actually laying back this way - for the safest binding- as well as a quick release when necessary, even with a shirt still on!



Breathe deeply to stay present on long days :)

Tape

For those who can't wear a binder, we have developed GenderBender Body Tape as a safe and incredibly comfortable option for binding and packing. It is waterproof and can be worn for up to a week at a time! Softer, more skin-friendly, and easier to remove than Transtape. Great for swimming or going to festivals!

Though it can last up to a week, we recommend using it 3-5 days at a time for your personal hygiene. We still suggest wearing it for more than 1 day at a time as the adhesive gets weaker over time and removal will be easier after a couple days - especially after exercising, sweating, or bathing. Days off between uses are recommended to let the skin breath and prevent clogged pores and acne!

For those who have had allergic reactions to tape in the past, we offer small sample test strips of the [GenderBender Tape](#). We do not recommend Drag Tape to anyone with sensitive skin.

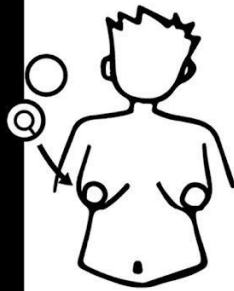
More info & directions in each product listing!

FOR THOSE BETWEEN SIZES:

If you have broad shoulders/chest (so most of that measurement is ribcage, not breast tissue), or get claustrophobic/anxiety or back pain from binding, we recommend trying the larger size. If you have a small frame and larger cup size, the smaller size should work much better! If you still aren't sure, we recommend getting the larger size, and we can exchange it for a smaller size if it is too loose. Exchanges are free!

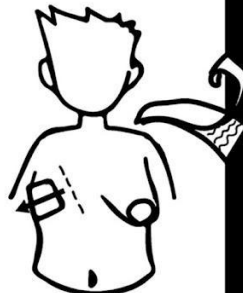
How to Bind with GenderBender Body Tape

1



Cover the nipple with pasties or cotton to prevent it from sticking to the tape.

2



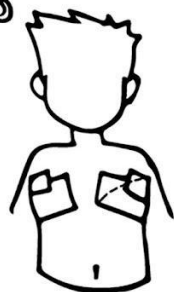
Peel the edge of the paper back and stick it to the inner side of the tissue. Use one hand to push the tissue flat against your chest while gently peeling the paper off to the side. Do not over-stretch the tape while applying or your skin may get irritated.

3



Apply extra layers if necessary. A-B cup generally only require 1 piece, while C+ may desire 2-3.

4



Make sure your skin is not pulled too taut in the center!!

You may cut to shape for the desired effect, but be careful not to cut your skin.

5



ENJOY FREEDOM!!

Pat dry when showering, rather than rubbing.

Remove with natural oil and warm water, peeling in the same direction it was applied.

Learn more at genderbenderllc.com/pages/how2bind