

# Safe Binding 101

**Binding safely is  
self care**

**Don't bind for  
over 8 hours a day**

Wearing a binder for longer than 8 hours a day is dangerous and can cause damage to your ribs and soft tissue

If you are new to chest binding, don't immediately bind for 8 hours! It's safer to wear a new binder for 30 minutes at a time so you and your body can adapt to the compression

**Listen to your  
body**

If wearing your binder becomes uncomfortable or painful, you should always listen to your body and give yourself a break

Keeping spare comfortable, non-compressing underwear with you in a bag gives you the freedom to give yourself binding breaks when you're not at home

**Safe binding in the  
summer**

During hot weather, it's good to try and bind for less time than usual. Try to keep cleansing wipes and roll on deodorant with you on days outside in hot weather, they help with overheating and sweat

If possible, wearing tops with lighter colours, thinner fabric or a looser fit helps with heat regulation and binding in the summer. Always make sure you dress comfortably

**What to avoid**

- Wearing binders that are too small
- Using ace bandages or duct tape
- Putting on a wet binder
- Sleeping in your binder
- Keeping continuing to bind if it's painful

**Transparent Presence CIC**

**Tighter doesn't mean  
better binding!**

Wearing a binder that's too small is unsafe, but also, doesn't work very well! It can feel difficult to ignore the want for tighter compression when experiencing dysphoria, but for safer results and more natural, realistic looking results, wear a binder that's made to fit your measurements

Binders that are too small can cause damage to your muscles, ribs, chest tissue and skin. It may feel difficult to prioritise health when trying to relieve dysphoria, but future you will be grateful for your patience and self care

