

YEP'S GUIDE TO SAFER CHEST BINDING

Wearing a chest binder is a common way that trans, gender diverse, and gender non-conforming people create the appearance of a flatter chest.

Unsafe chest binding can have serious health consequences.

DON'T bind using compression bandages. This can cause serious damage to your chest, lungs, and rib cage. For people who want to have top surgery in the future, it can also negatively impact their surgery results.



DO purchase a professionally made binder in the correct size. These are specifically made for chest binding and are the safest binding option. It is important to purchase a binder that has undergone medical testing to confirm its safety.

DON'T wear your chest binder for more than 8 hours at a time. Never sleep or exercise in it. It is important that if you are experiencing any difficulty breathing you take it off right away.

