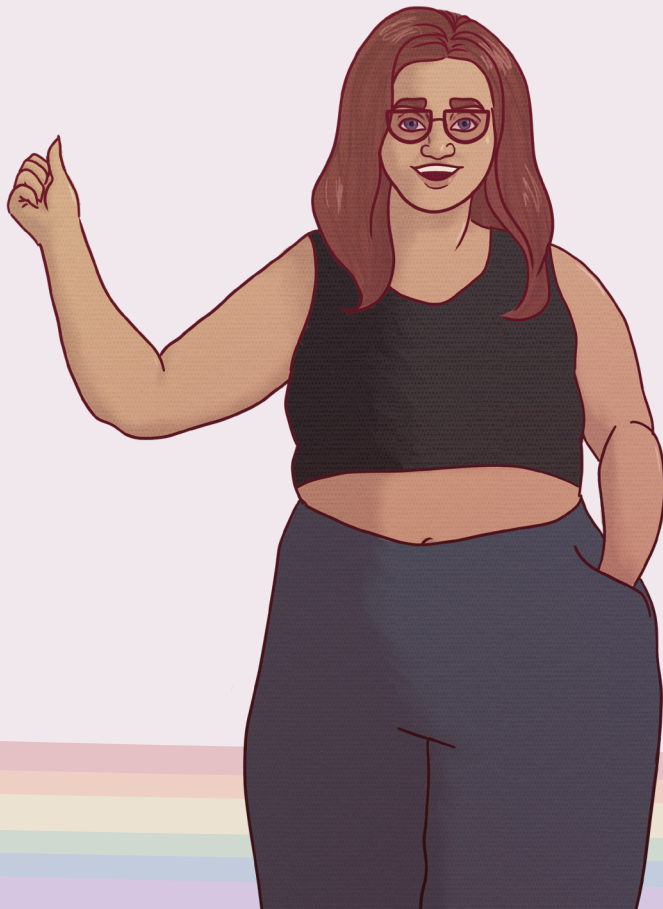


Binder Brochure

Everything you need to know
about binders!



What is a binder?

What are they used for?

Binders are compression garments for the upper body. They are often used by trans men, non-binary, and other people to get a flatter and 'masculine' shaped chest. This helps with dysphoria, for example, but also to better wear certain clothes, feel more comfortable in your own body, and be more confident in public.

Binders can allow for better 'passing'. ('Passing' means being seen as the gender you want to be seen as).

This booklet is designed to help you find the right binder and use it in a safe and healthy way.

Because binding can put a lot of stress on your back, shoulders, and ribs, you need to take good care of your health while doing it. This is especially important if you plan to have a mastectomy (an operation to remove the breasts) later on because incorrect binding can lead to complications during such an operation.

But don't worry:
We explain here what
you need to keep in mind.



Buying a Binder

It's important that you find a good binder that you feel comfortable with. Here's what you should consider when buying:

Health

A good binder is unfortunately usually expensive. **But:** Cheap binders aren't designed with your health in mind and can therefore be dangerous for you. Good binder companies work either with the expertise of well-informed trans people or medical professionals. It is also best to look for testimonials.

Measurements

When buying, be careful not to buy a binder that is too small - this is not only dangerous but also smaller binders do not bind better. Many binder companies have instructions on their website on how to find the right size. Also, you can usually return binders that don't fit.

Purchase

We can recommend the following companies: gc2b, Shapeshifters, and transtoy.

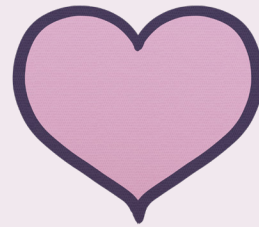
Used binders are available for cheap or free at Trans Health Kit or Binder Giveaways. If you can't have the binder safely shipped to your home (for example, because you are not out), ask friends or other confidants if you can have the binder shipped to them..

Do

- Remove the binder immediately if you feel dizzy, your arms feel numb, if you have pain in your chest or ribs, or when breathing.
- Other alarm signs include extensive redness, swelling, localized warmth, decrease in your ability to move.
- If pain, shortness of breath, or inflammation of the skin persists even several hours after removing the binder, a doctor should rule out damage and/or injury.
- If you trust your doctors, let them know that you are now wearing a binder so they can keep an eye on you to make sure everything is okay. This is especially important if you have back problems, chronic pain, asthma, panic attacks, scoliosis, or other health restrictions.
- Bind with a binder only.
- Give yourself breaks (e.g. 5-10 min in the bathroom) and stretch every now and then. The app "Binder Reminder" can help you with this.
- Make sure you drink enough water and don't overheat.
- Bring a change of bra/clothes if you're going to be out for a long time.

Don't

- Do not wear the binder if it hurts.
- Do not wear the binder for too long (6-8 hours is a good guideline, less in the beginning).
- Do not wear the binder if you have a severe cold or flu.
- Never wear two binders on top of each other.
- Do not wear a binder while sleeping.
- Do not wear a binder when exercising, but rather a sports or compression bra.
- Do not wear a wet binder.
- Don't put the binder on over your hips.



Any Questions?

If you have more questions about gender, being trans, transition, binder, or similar topics, please feel free to send us an email or anonymously to our question box.

Mail: hallo@queer-lexikon.net

To the question box: qlx.li/kummer



This is a booklet of the Queer Lexikon

We are a non-profit organization, we organize our work on a voluntary basis and our expenses are financed by donations. If you can, we appreciate your support by sharing our content, telling others about us, or supporting us on Patreon. You can find information about sexual and gender diversity, coming out, safer sex, and much more.

You have further questions, wishes and suggestions for improvement? Contact us.



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Listen to your body and take it slow at first if you are unsure.

Dysphoria is bad, but your health comes first! You deserve respect, the usage of correct pronouns, and to be addressed properly even without a binder. Take good care of yourself and, to be on the safe side, always ask doctors, counselors, us, or other trans people you trust.