

# BINDER SIZING

We typically carry the Underworks Tri-Top binders in sizes XS to 3XL and the Underworks Ultimate binder in 3XL and 4XL. With much appreciation to Underworks' donation program, we do have some variations of binder models however, they tend to be cotton-lined versions of the tri-top and ultimate.

**TO FIND YOUR SIZE**, take two measurements in inches with a measuring tape. The first measurement is around the fullest part of your chest over the nipples, the second is right below the breast tissue. Add the two measurements then divide by 2 to get your measurement. You can then refer to the size chart to figure out your size.

*\*Tri-top is made of a mesh material with 3-layers at the front and is a crop style. The Ultimate is made of a mesh material with 2-layers at the front and is full-length. If there are material or style needs that vary from what we typically carry, reach out to us directly and we can try to see what we can do.*

<b>Style</b>	<b>Size</b>	<b>Measurements</b>
<b>Tri-Top</b>	<b>XS</b>	<b>28"-30"</b>
<b>Tri-Top</b>	<b>Small</b>	<b>31"-33"</b>
<b>Tri-Top</b>	<b>Med</b>	<b>34"-36"</b>
<b>Tri-Top</b>	<b>Large</b>	<b>37"-40"</b>
<b>Tri-Top</b>	<b>XL</b>	<b>41"-44"</b>
<b>Tri-Top</b>	<b>2XL</b>	<b>45"-48"</b>
<b>Tri-Top</b>	<b>3XL</b>	<b>49"-52"</b>
<b>Ultimate</b>	<b>3XL</b>	<b>52"-55"</b>
<b>Ultimate</b>	<b>4XL</b>	<b>56"-59"</b>

# **BINDER CARE**

**When choosing a binder, you want it to be compressive but never restrictive of movement or breathing. Try wearing it for a couple of hours while doing regular activities to gauge whether you have the right size for you or not. Binders can be uncomfortable, especially at the beginning, but should never be painful. Your binder will stretch out a bit as well so keep this in mind.**

**To prolong longevity, use cold water to hand wash or use a gentle cycle when using a washing machine. Do not use any bleach. Air dry your binder and avoid using the dryer.**

- Try to bind for a maximum of 8-10 hours a day, ideally less**
- Never sleep in your binder; binders can restrict your lungs when your muscles relax during sleep**
- Where circumstances allow, try not to bind every single day. Give your body a break**
- Give yourself a good couple of coughs and stretch after removing your binder**
- If you are finding you are chaffing from binding you can use cornstarch or baby powder before putting on your binder to reduce this. You may also try binding over a light shirt**
- You may want to consider a slightly larger binder for active use to allow for more lung expansion**
- Remember to wash your binder frequently**
- There are special binders for swimming (and trans tape) however, you can swim in your binder, it may briefly lose some binding power when wet though**