

TRANS TAPE (BINDING TAPE)

Trans tape, also known as t-tape or binding tape, is a waterproof tape that does not restrict or compress as you breathe, unlike ace bandages. It is a more specified version of kinesiology tape if you are ever in a pinch you can use KT tape. Trans tape is a great alternative as you can wear it multiple days in a row, you can sleep in it, and you can swim and exercise in it.

**A MEDIUM/4" ROLL WORKS WELL ON CHEST SIZES UP TO C CUP AND A LARGE/5" ROLL WORKS WELL ON CHEST SIZES C CUP AND UP*

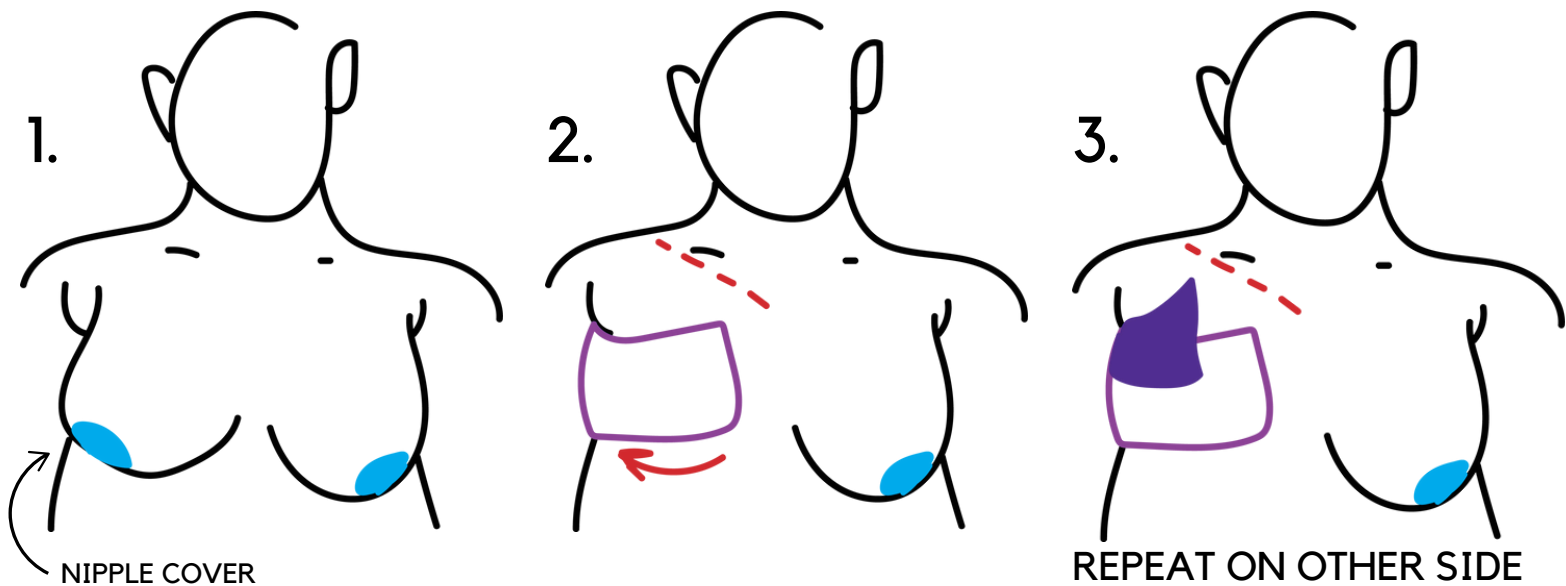
<https://transtape.life/pages/binding-with-transtape> offers great resources showcasing how to bind in-depth for a range of body sizes



- **Do a test before you apply it to your whole chest. Take a small bit of tape and attach it to your arm. Wait a day to see if you are going to react to the glue. If you get any kind of reaction, this particular tape may not be for you.**
- **Ensure your skin is dry and free of oils. Putting it on after you're well-dried from a shower is probably a great time.**
- **You may notice a slight itching as you become used to taping. This is normal, with the keyword being slight. If you notice any major discomfort, you may have to stop taping and remove it safely.**
- **Blistering or irritation means you can't tape. Do not tape over broken skin. Try to heal your skin by wearing sports bras and baggy shirts.**
- **Never put the tape over your nipples. Use nipple guards, or make your own from toilet paper or a small cotton pad. Avoid stretching the nipples.**
- **Avoid any amount of stretching in the tape while you're putting it on. As your skin struggles to return to its original shape, it may cause irritation and blistering.**
- **Use oil to remove the tape safely and avoid blistering.**
- **The best place to remove your tape is in the shower with a ton of oil. Once you've removed it, apply gentle moisturizer or oil to aid in skin healing. You've ripped off surface cells, and now they have to regenerate. Coconut oil or shea butter are both gentle.**
- **Remember to give your body a break to breathe in between uses.**



HOW TO BIND USING TRANS TAPE



1. Cover the nipples with a nipple guard, cotton pad, toilet paper, or whatever will help protect the nipples from the adhesive.
2. Cut your strips of tape to the desired size, this will depend on your body and chest size, the grid along the back of the tape can help you evenly measure out the tape size. Depending on your chest size you might need 1-3 pieces per side.
3. Pull back a small portion of the backing to reveal the adhesive, and leave the rest on the tape. Apply the first bit of tape to the first side of the chest, making sure you have a solid anchoring.
4. Next, push the chest tissue down and back with your hand and apply the rest of the tape by removing the backing as you move along the chest. You will want to apply with some slight tension but not too much, being sure to smooth the tape as you go along.
5. Once you get close to the end you will want to stop applying tension and let the rest of the tape sit gently on the body.
6. Repeat for the other side. Note: You may need to use a second piece of tape at the top to help with a flatter appearance.

