



TransTape 101: An SSIS guide to binding with TransTape

What is TransTape:

- An adhesive that can be used to flatten and shape the chest
- Can be worn for multiple days at a time!
- Can sleep in, shower in, swim in, and exercise in!



We recommend using these products with Transtape for **safety and best results!**

- Removal oil
- Repairing salve
- Nipple covers
- Different sizes!



Cup Size	TransTape Size
A/B	Small (3")
B/C	Medium (4")
D+	Large (5")

Refer to this chart for size recommendations!

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- Placing TransTape over broken skin can cause further irritation
- TransTape is specifically designed to only be placed on the front of your chest. Wrapping it around your chest can cause breathing difficulties and other damage.

Best Practices:

- Applying a small strip of TransTape to the body for 24-48 hours can be a great way to make sure the adhesive does not irritate the skin
- Wearing a bandage or a nipple cover under TransTape protects the sensitive skin of the nipple from adhesive.
- TransTape is more likely to stick onto skin that is clean, dry, and free of any lotion, oils, or deodorants

Safety Considerations:

- Wearing a bandage or a nipple cover under TransTape protects the sensitive skin of the nipple from adhesive.
- Removing TransTape without oil or rushing the process can cause skin damage and tearing
- Saturating the tape with oil can make the removal process easier and less painful. It can also help to remove while in the shower or bath
- Using scissors to round the corners of the tape prevents the tape from peeling as easily
- There is no right or wrong way to use TransTape, and there are many different tutorials out there! Different techniques work better for different people—a good place to start could be exploring the TransTape website or other resources to get ideas.
- Using the repairing salve can help soothe irritated skin