

## What are breastforms?

Breastforms are forms that are put into a shirt or bra to enlarge the appearance of the chest/breasts.

The most common types of breastforms include:

- Silicone
- Rubber/latex
- Foam
- DIY (Do It Yourself) such as cloth, rice, etc.



Foam Bra Inserts



Breastforms may be:

- Self adhesive
- With or without nipples or have removable nipples
- Variety of shapes (teardrop, round, triangle, etc.)

## Breastforms: care & safety

- Try to remove every 6-8 hours to help protect the skin, especially if using adhesives.
- Skin irritation may occur.
- Avoid sleeping in silicone, rubber, or latex breastforms.
- Follow cleaning instructions included with breastforms, if store bought. This usually includes clean with warm water and mild, unscented soap and pat dry.

## What is shapewear?

Shapewear includes garments like hip/butt and bra pads, corsets, shaping camisoles, waist trainers, and compression shapewear.

Hip and butt pads are often made out of silicone or foam and can be held in place by leggings/tights or built into underwear.

Talk to your provider if you have questions or concerns about breastforms or shapewear.



## Where can I get shapewear?

underDARE in Minneapolis sells shapewear and allows customers to touch and try on apparel. Origami Customs is a popular place to buy shapewear and breastforms, and they can be bought online through different websites.

Point of Pride gives away free shapewear from Origami Customs for trans folks (but there may be a long wait). underDARE may also have sliding fee options for shapewear.

# Tucking, Breastforms & Shapewear 101



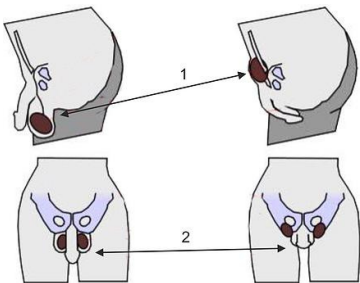
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## What is tucking?

Tucking involves pushing the testes\* into the inguinal canals and pulling the penis\* backward between the buttocks. This position can then be secured with either tape or with compression underwear or a gaff. Tucking can also be done without pushing the testes\* into the inguinal canals and rather pushing them to the side.

This creates a flat front and can help alleviate dysphoria and help some transfeminine, non-binary, and gender non-conforming people feel more comfortable in their gender expression and identity.

### Tucking into the Inguinal Canals



**\*Asterisks are used throughout this brochure to signify that many different words can and are used for these body parts.**

## Tape method: care & safety

- Use tape meant for skin, such as medical tape. Duct tape is not recommended.
- Always check the skin for signs of infection or irritation before and after tucking.
- Avoid taping freshly shaved skin, shave 1-2 days before taping.
- Taping will have to be undone to urinate.
- Stop taping if any pain occurs.
- Covering the penis\* with gauze or toilet paper before taping can help prevent infection or injury to the skin.

## Gaff method: care & safety

- A gaff is a specially designed garment that can be worn with or without tucking. Gaffs are compression underwear that help achieve a flatter look.
- Make sure to get the right size gaff and avoid wearing a size too small.
- Tucking with a gaff is often considered a more comfortable way to tuck compared to tape.
- Origami Customs is a popular place to purchase gaffs.

## Does tucking affect fertility?

Tucking using the inguinal canal method could potentially lead to lower fertility because it keeps the testes\* at a higher temperature due to being closer to the body. This may adversely affect sperm production.

More research is needed to fully understand the effects of tucking on fertility and sexual function.

Talk to your provider if you have any questions or concerns about tucking.

### Gaff

