

Binder Care 101

How to wash:

- **BY HAND:** You can use cold or warm water to wash your binder. Lather the binder with a bit of dish soap or laundry detergent. Be sure to wash out the soap out of your binder before drying it out! You can give the binder a little squeeze to get some of the excess water out before hanging or laying it out to dry.
- **BY MACHINE:** We recommend using the "delicate" setting.

How to dry:

- **AIR DRY:** If you hang up your binder up or lay it out overnight, it should be ready to use by morning!
- **MACHINE DRY:** You may decide to machine dry your binder on occasion for 7-15 minutes to fluff/tighten it.

TIP: Using a delicates bag in the washer/dryer can ensure your binder doesn't get damaged or caught on other clothing items!

How often should a binder be washed?

This will depend on how often you wear your binder, how many binders you own, and how much you're sweating. If you wear your binder everyday, you should likely wash it at least once a week.

Binder safety guidelines:

1. **NEVER** sleep or exercise in your binder. Give your body rest while you rest. A binder can make movement or breathing more difficult while exercising.
2. Don't wear your binder for more than 8 hours a day if you can (the more breaks you can take the better!)
4. If you experience trouble breathing or any pain, take your binder off. Binding can be uncomfortable but should never hurt. Pain is always an indicator something is wrong.

Above all, make sure that you're paying attention to what your body is telling you. Some things to watch out for: Any kind of bruising, redness, or swelling, especially under your arms; trouble breathing or chest tightness; soreness that last more than a couple of binder-free days; and dehydration if your binder makes you sweat.