

# What is Shapewear?

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

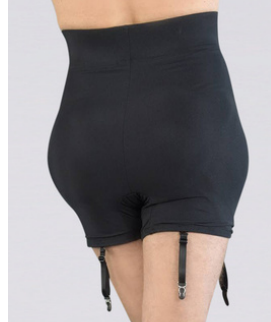
Like breastforms, the purpose of these items is to help create changes to body silhouette. This can help alleviate dysphoria and help some transfeminine, non-binary, and gender non-conforming people feel more comfortable in their gender expression and identity.

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.

# Shapewear Examples

## Hip/Butt Enhancement



## Compression Shapewear



Origami Customs is a popular place to buy shapewear and breastforms, and they can be found on many different sites like Amazon.

Point of Pride gives away free shapewear from Origami Customs for trans folks (but there may be a long wait).

# Breastforms & Shapewear 101



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# What are Breastforms?

## Breastforms Examples

# Breastforms: Care and Safety

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

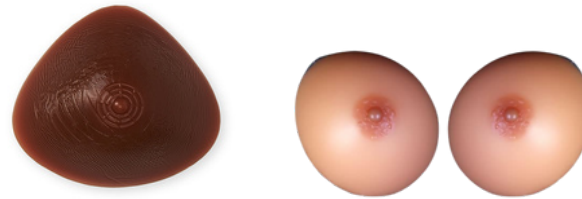
The most common types of breastforms include:

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

Breastforms may be:

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

### Silicone



### Foam Bra Inserts



- 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.