



## ***Gender Affirming Gear: Breast Forms***

*Breast forms are used to alleviate top dysphoria by providing the appearance of breasts. Skipping Stone carries a limited supply of forms. A staff member can give you more information on specific brands or more resources about anything below.*

### ***Considerations:***

- *It's important to find the right bra size for yourself and your breast forms. Measuring for your bra includes finding your band size and shoulder width. Cup size or size of your breast forms depends on personal preference.*
- *Many people can DIY Breast Forms by stuffing the right size bras with materials like rolled socks or tissues.*
- *Some breast forms are silicone based, while others are more soft and lightweight like the sleep safe breast forms Skipping Stone provides made of foam.*

### ***Wear and Care:***

- *Foam breast forms can be worn in any type of bra including sports bras. Some people prefer wearing breast forms with adhesive. Make sure when using adhesive you test adhesive on your skin before use and avoid putting adhesive on sensitive areas.*
- *Your breast forms are oval shaped, place the thinnest part/ tip of the oval along the band of the breast form so the nipple is sitting pointing forward.*
- *Since the sleep safe breast forms are made of foam and are porous they should be washed regularly by spraying them with sanitizer or using wet wipes.*
- *For a deeper clean fully submerge in lukewarm water and unscented soap and squeeze to dry. You will have to leave them to air dry further for a longer period of time.*
- *When wearing breast forms, you may sweat more than you're used to. It's important to stay clean and dry yourself before putting on your breast forms.*