

FEMININE CHEST AREA FACT SHEET



GLYS Western New York, Inc.

Growing LGBTQ+ Youth Support



How can I create a realistic feminine chest area?

There are many ways you can accomplish this. Here are a number of suggestions. Try several that fit your needs and budget to see what is most comfortable and appealing to you:

- If you want to just try something cheap and fun, use balloons! Make the breast the size you are comfortable with. A snug undergarment will keep it in place - but remember, it could break under pressure!
- Take panty hose and stuff it with polyester batting - that is what is inside stuffed animals. You should be able to find it at a fabric store or in sewing aisles in any Target, Wal-Mart, etc.
- Pack the toe area of the panty hose with the size you want, then tie it off and cut away the excess. The tie off pint can simulate a nipple if it is tied off correctly (practice to get the effect you want). Place in a bra or a tight outer garment that does not require a bra to keep them in place.
- Some people prefer to use rice to get the same effect and weight.
- There are also a wide range of products to help those who have had mastectomies, including silicon breast forms. They are much more expensive than the other options, but are very natural looking and feeling.
- Be sure that whatever materials you use are washed and dried frequently so you do not experience skin irritations or infections.
- Give your body a break and remove them if they are uncomfortable, cause pain or irritation.

Sources:

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