

Fat Body Care Solutions



Crowdsourced Fat-Positive Non-Diet Self-Care Tips

This information is for **informational and educational purposes only** and should not be taken as medical advice or a substitute for individual medical care. Accessing this information does not constitute a provider-patient relationship. If a condition worsens while trying one of these ideas, **stop the intervention and contact your medical provider.**

*Compiled by Lisa Erlanger, MD.
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Online Sources for Ideas and Products

- [AmpleStuff: Everything for Big People Except Clothes!](#)
- [More of Me to Love](#)
- [Lindley Ashline's Body Liberation Photos](#)

Skin Care

“Chub Rub” (Thigh Chafing)

- **Anti-friction products:**
 - [Monistat Chafing Relief Gel](#) (not an antifungal, helps thighs slide past each other)
 - [MegaBabe Thigh Rescue](#) Anti-friction Stick
 - [Gold Bond Friction Defense Stick](#)
 - [Body Glide products](#)

- **Undershorts and anti-chafe wear:**
 - [Snag Tights](#) Chub Rub Shorts (US size 34+)
 - [Thigh Society](#) (up to 6x)
 - [Undersummers](#) (up to 5x)
 - [LIVI High-Rise Signature Stretch Knee Short \(Lane Bryant\)](#)
 - [Thunda Thighs](#) Socks

Intertrigo (Moist Red Rash in Skin Folds)

A moist red rash in dark, air-limited areas (e.g., skin folds, under breasts) may smell yeasty, itch, burn, or develop small sores. Seek medical care if pain worsens or spreads.

This differs from panniculitis or cellulitis, serious infections of the fat and skin. These cause pink, tender skin outside folds and may include feeling unwell. Urgent medical care is needed.

- **Prevention and mild treatment:**
 - Wash with gentle or antibacterial soaps like [Hibiclens](#) or [Remedy Soap](#)
 - Dry thoroughly (e.g., hairdryer on cold setting)
 - Absorbent, washable liners made of cotton or bamboo (e.g., tummy or bra liners) or underwear with an absorbent upper band can help keep moisture away.
 - Over-the-counter antifungal powders or creams
 - For a yeasty smell, try antifungal soap or powder
- **Severe cases:**
 - Use [InterDry](#) (silver-impregnated fiber for skin folds)
 - Apply over-the-counter hydrocortisone or antibiotic creams if needed.
 - Can't reach? Long-handled [lotion/cream applicator](#)
 - Seek medical care for worsening symptoms or signs of infection.

Hidradenitis Suppurativa (HS)

- This is not caused by body fat but may be worsened by skin-on-skin friction and is more common in larger individuals. While insulin resistance is more frequent in people with HS, it is not caused by sugar.
- **Weight loss is not necessary** to manage HS. HS occurs in bodies of all sizes.
- **Symptoms:** Recurring pimples, sores, or tracts in underarms, groin, under breasts, or between skin folds.
- **Management tips:**
 - Prevent skin-on-skin rubbing (use anti-friction products as above).
 - Wash with benzoyl peroxide or Hibiclens.
 - Consider prescription treatments (e.g., metformin, spironolactone, or injection medications for severe cases).

- Manage insulin resistance with strategies like restful sleep, balanced meals, and stress reduction.
- Seek a primary care provider or dermatologist familiar with HS.

Body Odor/Sweating

- See shower and bath tips below if showering is logistically difficult
- Washing the smelliest areas like underarms with [Hibiclens](#) antibacterial soap can help
- Hyperhidrosis is a condition of profuse sweating of one or more parts of the body- commonly head/neck, feet/hands, or axillae (underarms). *It is not caused by fatness and weight loss will not help!*
 - A prescription antiperspirant called Drysol can be used on palms, soles, and underarms
 - There is a prescription pill that can reduce severe sweating (Glycopyrrolate)
- Personal fans, some are USB charging.
- [Lume deodorant](#) is made to go *anywhere* on your body, stop if irritation develops

Toilet and Menstrual Hygiene

- **Toilet solutions:**
 - Install a [bidet](#) seat or use a [handheld sprayer](#).
 - Use [wiping extenders](#) or reusable Turkish towel strips.
 - “[Portable Bidet](#)” for out and about
- **Menstrual care:**
 - Use plus-size period underwear (e.g., TomboyX, Aisle).
 - Insert menstrual cups by propping a foot up; consider models with removal strings.
 - [Tina](#) tampon inserter can help with tampon placement.

Shower and Bath Aids

- High-capacity bath seats
- Long-handled brushes/sponges
- Curved shower curtain rods for more space
- Handheld showerheads
- Extra-large Turkish towels
- Foot scrubbing mats for easier foot care

- Find links in Lindley Ashline's [resources](#) or amplestuff.com

Foot Care

Foot problems can affect people of all sizes. If a provider suggests weight loss, ask how someone in a smaller body would address the issue. Consider using a foot-scrubbing mat in the shower for care.

Plantar Fasciitis

Pain in the bottom of the foot or heel, often worse in the morning or after sitting, may be plantar fasciitis (also known as “heel spurs”). This condition affects people of all sizes, just like knee, hip, and back pain. While reducing weight might lessen foot load, it’s not a safe or effective long-term solution, as this issue is typically treatable without weight loss.

- **Relief tips:**
 - Always wear shoes with arch support.
 - Avoid walking barefoot; keep supportive slippers nearby such as, [Vionic flip flops](#)
 - Soothe discomfort by [rolling your foot](#) on a frozen water bottle.
 - Ice in 10-minute intervals.
 - Stretch calves, roll feet on tennis balls, and try “foot yoga” exercises.
 - **NSAIDs:** Use as needed for pain relief.
 - **Reduce weight-bearing activities** during recovery.
 - **Avoid hard surfaces** for walking; opt for grass or dirt.
 - **Night splints:** If pain is severe, especially in the morning, wear a night splint for a few weeks.
 - **Stretch and strengthen:** As you improve, try calf stretches, ankle circles, rolling your foot on a tennis ball, and “foot yoga” exercises.
 - **Seek professional help:** If self-care doesn’t work, consult a physical therapist or podiatrist to confirm the diagnosis. They may recommend taping, injections, or other treatments. Surgery is rarely necessary.
 - **Acupuncture:** A HAES-acupuncturist can help, especially if tight calf muscles are contributing. Community Acupuncture offers affordable options.

Cracked Heels

- **Treatment:**
 - **Wear snug, closed-heel shoes** as much as possible.
 - **Lubricate generously:** Use products like Aquaphor to keep skin hydrated.
 - **Use exfoliating creams** with salicylic acid, lactic acid, or urea (e.g., CeraVe SA, AmLactin Foot Repair, Urea Cream 40%) to soften callused skin.
 - **Exfoliate gently:** After bathing, use a washcloth or pumice stone (including long-handled options) to remove dead skin.

- **Prevent and heal cracks:** Combine regular exfoliation, heavy moisturization, and avoiding walking barefoot or wearing flip-flops.

Leg Swelling

- **Tips for relief:**
 - Wear affordable compression socks (e.g., brands like BAMS, Zeta).
 - Elevate legs properly using [online guides](#).
 - Be cautious about injuries; treat any broken skin promptly.
 - Consider stretchy shoes from brands like [Bzees](#), Skechers, or Clarks.

Contraception and Abortion

- **Emergency contraception:**
 - Plan B may be less effective for individuals over 155 pounds—take two if possible.
 - Ella (prescription required) is effective at higher weights and up to five days after intercourse.
 - Inserting an IUD within a few days after sex is the most effective "morning-after" option and also provides long-term birth control, lasting up to 12 years depending on the type.

Sexual Health

- **Tools for accessibility and comfort:**

Ramps and wedges: Specially designed for sex, these can assist with various positions, providing easier access and less strain. [Liberator offers plus-sized options](#), and other brands have budget-friendly choices.

Soft cotton ropes: Gently tie legs and feet into positions to reduce muscle strain. Brands like [Sportsheets](#) also offer rope anchors.

Leverage tools: Long towels, pants, or “doggie style straps” can wrap around the hips, acting as handles for better support and leverage, especially if grabbing hips isn’t comfortable or arms are shorter.

Long-handled toys: Products like the Magic Wand help reach genitals more easily.

Resources: [Curvy Girl Sex by Elle Chase](#) is an excellent guide with illustrations and resources, suitable for all genders despite the title.

Position support: Use pillows under hips, knees, or other areas to reduce strain and effort. Get creative!

Face-riding tips: Fat folks can ride faces—just protect your knees, hold onto something stable, and establish a signal to ensure comfort and air for the person underneath.

Feminist sex shops:

- Self-Serve Sexuality Resource Center (NM)
- She Bop the Shop (Portland, OR)
- Smitten Kitten (MN)
- Sugar (Baltimore, MD)
- Shag (Brooklyn, NY)
- Lotus Blooms (Alexandria, VA)

Undergarments

- Lane Bryant
- TomboyX
- Universal Standard “ultimates”

Movement and Fitness Resources

- [SuperFit Hero Fitness Finder](#)
 - SuperFit Hero offers a Body Positive Fitness Finder, a directory of inclusive fitness trainers and communities searchable by location or activity.
 - Their activewear line caters to sizes L through 7X, providing comfortable and supportive workout attire.
- [The Underbelly Yoga](#)
 - For accessible yoga, The Underbelly, founded by Jessamyn Stanley, offers classes that embrace all body types and experience levels.
- In Tacoma, Washington, [Ascent Fitness](#) provides a welcoming environment with a variety of fitness programs.

Safety and Accessibility

Seat Belt Extenders

- Bring your own approved extender onto airplanes.

Blood Pressure Cuffs

- [15 Blood Pressure Machines with Plus-Size Cuffs](#)

For more tips, resources, and support, visit the linked sources above!

Note: This is an evolving document and may be updated as new resources and information become available.