Fashion FYI
A style guide for people living with HS

Give It a Try
Not sure where to start? Give these HS-friendly wardrobe choices a go.

- Sports bras
- Breast pads
- Tanks with built-in bras
- Laser-cut underwear (no elastic band)
- Loose boxers
- High waistlines
- Loose clothing that doesn’t rub
- Breathable fabric

Eh, You Can Pass
Many people with HS find it best to pass on these fashion choices.

- Tight elastic
- Thin straps and metal wires
- Tights and leggings
- Tight or restrictive clothing

HS-Friendly Fabrics
- Bamboo
- Moisture-wicking
- Wool
- Nylon
- Cotton
- Polyester

HS-Specific Brands
- DERMA Silk HS
- HidraWear