

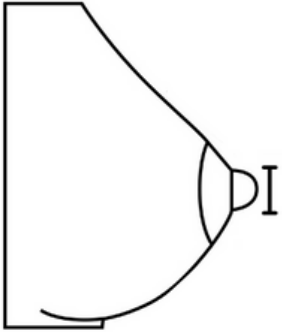
# Flange Sizing

An Essential Part of a Positive Pumping Experience



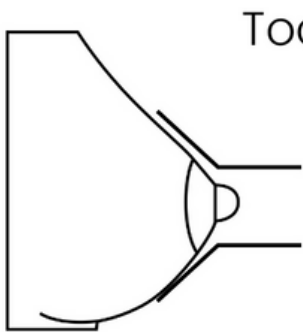
## How Should a Breast Pump Flange Fit:

Breast Pump Flanges should fit close to the base of the nipple to allow the nipple to enter the flange tunnel preventing excessive amounts of areola entering the flanges. The nipple should move comfortably within the flange tunnel. Depending on elasticity, the nipple may swell while pumping to touch the sides of the flange. If this causes friction, add lubrication. Sizing up is only necessary if the fit is painful even with lubrication.



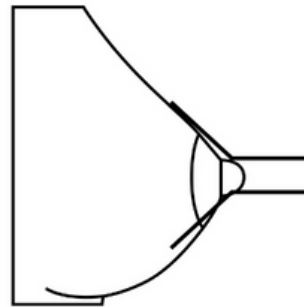
To Get a Good Fit, Measure the Diameter of the Nipple at the Base! No Guessing!

Measure the Nipple **Before Pumping** to Achieve the Best Fit.



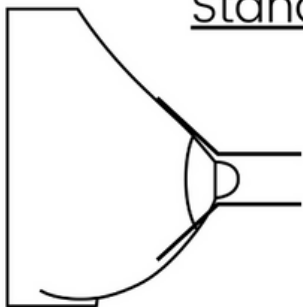
### Too Big

Flange is too large and the areola will be pulled excessively into the tunnel. This risks poor milk output, pain, and tissue damage.



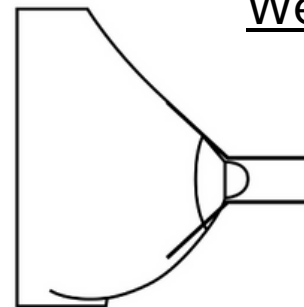
### Too Small

The nipple doesn't fit into the tunnel, and there is a high likelihood of tissue damage.



### Standard Fit

The nipple fits into the tunnel with no more than 2-4 mm of room around the nipple before pumping to allow movement of the nipple in the tunnel. This fit is appropriate for all standard pumps of the market.



### Wearable Pump Fit

For wearable pumps, we want as close to exact sizing as possible to prevent the areola from being pulled into the tunnel under constant suction. This is a specialized fit just for this particular pump.

Pumping should never hurt! If you are not having a comfortable and effective pumping experience, get help now!

Schedule a Consultation Today for Professional Flange Fitting

