

YOUR GUIDE TO FLANGE FITTING

Flanges come in various sizes with tubes ranging from a 13 to a 36mm and larger, however, in most cases, full pump starter kits come with about a size 24mm flange. Some parents may need a smaller or bigger size, or two different sized flanges for each side to get the job done! Use the following guide to help find a flange best fit **for you**. Have further questions? Book an appointment with a Lactation Consultant here at The Breastfeeding Center!

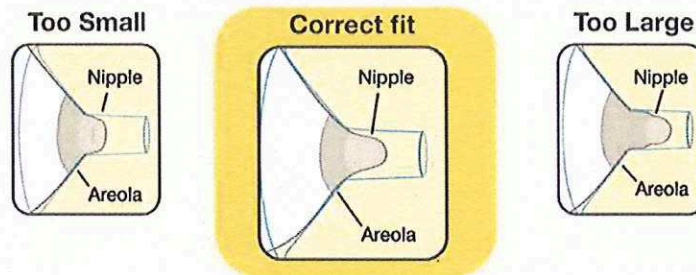
WHAT IS A FLANGE?

A flange is the funnel part of a pump that makes contact with the breast/chest. Having the proper flange tube size can have a big impact on your pumping experience, so ensuring you have the correct fit is very important.

WHY DOES FIT MATTER?

An ill-fitted flange can actually make a large impact on your pumping experience and output. Often times wearing the wrong flange size can lead to pain and irritation and because the pump is mimicking the sucking sensation to express milk, it is important for the proper fit to help suction comfortably and efficiently.

WHAT SHOULD I LOOK FOR?



TOO SMALL:

- Nipple does not move freely in the tunnel or rubs along the tunnel
- Pumping is painful even on a low suction
- Milk flows slowly or less milk is pumped than expected.
- Redness or discoloration after pumping

JUST RIGHT:

- Nipple is centered and moves freely
- No areola tissue is being pulled into the tunnel
- No pain and pumping is comfortable
- space is around the nipple but not much.
- The breast is fully drained a completed pumping session

TOO BIG:

- More tissue from the areola is being drawn into the tunnel causing the areola to rub on the side of the tunnel
- You feel discomfort, even on a lower suction
- You cannot get a good air seal while pumping

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