

MOST MOMS USE INCORRECT SIZE WITHOUT REALIZING IT

Correct sizing is a key factor in effective milk removal and maternal comfort.

Incorrect sizing can lead to pain or nipple damage, poor milk removal, and may negatively affect milk supply. The right fit = **comfort + better milk flow**

How to get the correct measurement?

Measure your nipple size **before** and **after** breastfeeding/pumping to get proper size.



If you measure during the last trimester of pregnancy expect the increase in size immediately in the postpartum or when milk comes in.

For measuring, use a ruler with millimeter markings.

Before Measurements (BM):

Begin with the measurement:

1. Stimulate the Nipple: Gently roll or pinch your nipple between your fingers until it is fully erect (everted)
2. Identify the Base: Focus only on the nipple itself. Do not include the areola.
3. Position the Ruler: Hold a ruler (preferably one with millimeter markings)
4. Measure the Diameter: Align the "0" mark with one edge of the nipple's base and read the measurement to the opposite edge.
5. Calculate Flange/ Nipple shield Size: Typically add 1–4 mm to find your ideal flange/nipple shield size.
For example, if your nipple measures 17 mm, a 21 mm flange/ nipple shield is often the recommended starting point.

After Measurements (AM):

Now, do the **after breastfeeding/ pumping (AM)**:

Skip step 1 and repeat the remaining steps.

You will typically add 2 mm to 3 mm to this measurement to get flange /nipple shield size.

Calculation:

BM + 4 mm

AM + 2 mm

So for example, if your nipple size was previously 17mm and after second measurement about 19 mm then you will calculate:

17mm + 4mm= 21mm

19mm + 2mm= 21mm.

If there is mismatch then you can measure again.

What should correct measurement look like?

Your nipple should move freely in the tunnel without rubbing the sides, and very little of the areola should be pulled in.

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Signs of incorrect sizing:

If the flange is **smaller** than your nipple size then the nipple will rub against the flange/shield causing pain during pumping or breastfeeding with the shield.

If the flange is **larger** than your nipple then the areola will be pulled in the tunnel and it can be painful and reduce pumping efficiency.

Correct size:

Correct sizing is one of several factors that influence milk removal and supply, particularly in the early postpartum period.

What you do in the first few days makes the biggest difference.