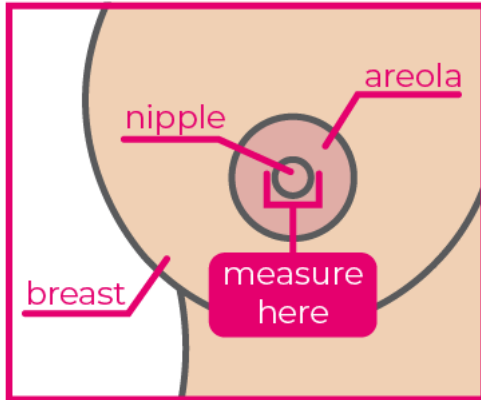


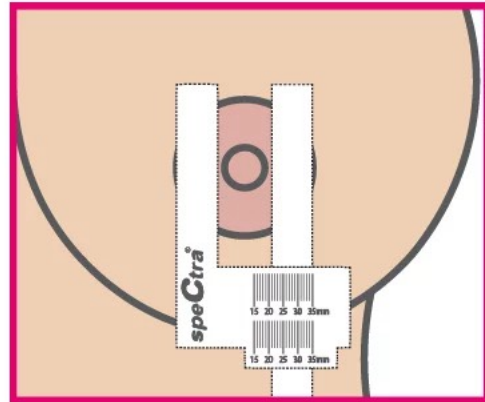
Breast Flange Sizing Guide

1. Know what to measure



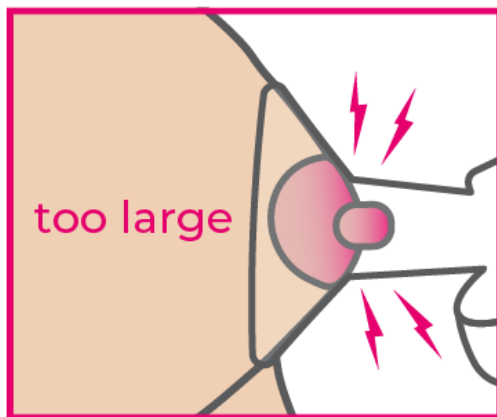
When it comes to pumping breastmilk, the size of your nipple must be properly measured for best results.

2. Find your nipple size



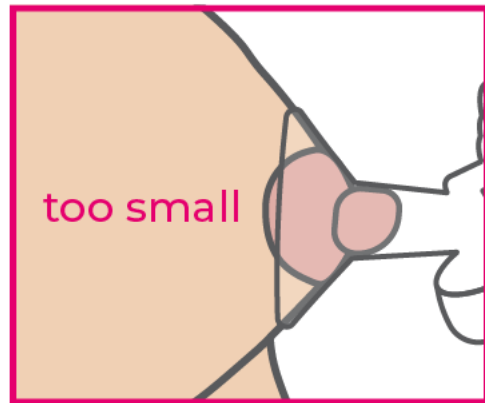
After measuring, add 2-3mm to find your flange size. For example, if you measure 16mm, your breast flange size is 19-20mm.

3. Avoid large fit



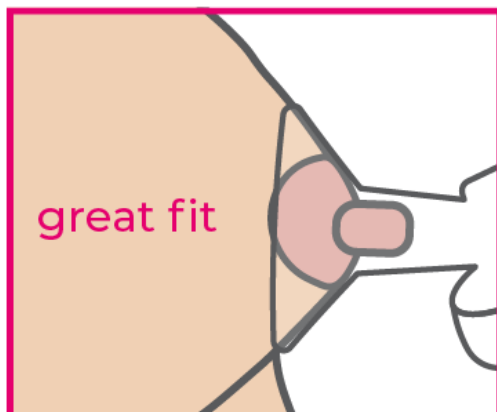
A flange that is too large can cause discomfort, pain & swelling.

4. Avoid small fit



A flange is too small when your nipple touches or rubs against the tunnel wall of the flange, or no suction occurs.

5. Locate the best fit



When pumping with the right size flange, your nipple moves freely in the flange tunnel and not much of the areola is drawn into the tunnel.

A flange that is too small or too large can cause:

- milk blister or bleb
- low milk expression
- redness of the nipple
- nipple turning white
- ring around nipple
- plugged ducts base