

How to Fit Your Flange

RESOURCE GUIDE

Helpful Links

- [Flange Fit Video](#)
- [Breast Pump Comparison Chart](#)
- [Best Breast Pumps Breakdown](#)
- [Silicone Nipple Ruler](#)
- [Printable Nipple Ruler](#)
- [Flange Sizing Guide](#)
- [Flange Sizing & Purchasing Guide](#)
- [Flange Inserts & Ruler](#)
- [Hands-On Pumping](#)

SHOP RECOMMENDED PRODUCTS



The Pumping Room

Your go-to source for all things pregnancy and breastfeeding.

JOIN TODAY!

Canopie Mental Health App

Canopie is your partner in maternal mental health. Aeroflow moms have free access to the app, including customized audio & video programs - plus live classes! Free access code: **FLANGEFIT**

DOWNLOAD APP



How to Fit Your Flange

RESOURCE GUIDE

Class Notes Table of Contents

- [What is a Flange?](#)
- [Why is Sizing Important?](#)
- [Pumping Basics](#)
- [Signs Your Flange Doesn't Fit Well](#)
- [What Sizes are Offered?](#)
- [Flange Inserts](#)
- [Tips for Measuring](#)
- [The COMFY Test](#)
- [Where Can I Get the Flange Size That I Need?](#)
- [When to schedule an appointment with an IBCLC?](#)
- [References](#)



How to Fit Your Flange

CLASS NOTES

What is a Flange?

- A breast pump flange is the plastic piece that fits directly over your nipple to form a seal
- Having the **proper flange size** can greatly impact your pumping experience.

Hands-Free Collection Cups and Wearable Pumps

- Hands-Free Collection Cups fit discreetly in your bra and attach to most pumps with tubing.
- Wearable Pumps fit discreetly in your bra and work without any tubing.
 - The entire pump motor and collection chamber sits in your bra.
- You'll need to use a **supportive bra** with these pumps.

Why is Sizing Important?

- Comfortable pumping and a well-fitting flange encourages milk flow.
- Pain while pumping is a red flag that your flange is not the correct fit.
- When milk is not removed well you risk:
 - Lower milk supply
 - Clogged milk ducts
 - Mastitis



Pumping Basics

- During a letdown, you should see milk flow in the flange tunnel while pumping.
 - For some moms this looks like drips and for other this can look like sprays of milk.
- If you are pumping in place of feedings, try to pump at least every 3 hours.
- A full pumping session is typically 15-20 minutes on both breasts.
 - It is best to pump both breasts at the same time.
- It should feel like a strong, yet comfortable tug on the nipple.
- Use **hands-on pumping** to help drain your breasts more efficiently.

Signs Your Flange Doesn't Fit Well

- Nipple pain and/or damage
- Areola being pulled into the flange
- Discoloration or swelling
- Less milk or no milk when pumping
- Your breasts still feel full
- Working hard for each ounce of milk
- Poor suction
- Milk leaking while pumping

What Sizes are Offered?

- Flanges come in various sizes ranging from 10mm to 40mm.
- Many mothers will measure smaller than 24mm.
- You may need a different size flange for each breast.
- You can order a replacement flange in the size that's right for you.
 - **Flange Sizing & Purchasing Guide**



Flange Inserts

- You can get a flange that is the correct size or you can purchase a silicone insert that will make the flange size you already have smaller.
- **Flange inserts** will reduce a larger flange down to the size you need.
- Flange inserts can be helpful if you are using multiple, different pumps.

When to Measure

- You can measure a week or two before delivery to get an idea of your nipple size.
- This applies to those who are planning to exclusively pump from Day 1.
- Your most accurate measurement will be around 2 weeks after your baby is born.

Tips for Measuring

- Do not pump or feed baby before measuring your nipples.
- Roll or stimulate each nipple to help them evert.
- Use a measuring tool or tape to determine the diameter of the widest part of the nipple.
- If using a circle measuring tool, choose the circle that fits the nipple comfortably without space between the circle and the nipple.
- Measure each nipple.
 - **Silicone Nipple Ruler**
 - **Printable Nipple Ruler**
 - Measuring tape
 - Ruler
 - **Use measured objects to compare to nipple size (coin, battery, etc)**

How to Measure Flat or Inverted Nipples

- Stimulating the nipple can help make the base of the nipple easier to see.
 - Use nipple massage, a pump, or a nipple everter tool.
 - Measure across the base of the nipple while it is inverted.



Once You Have Your Measurement

- Often, the most comfortable and effective flange size is the one closest to your nipple size.
- For example, if your nipple measures 14mm, you will likely find your best fitting flange will be a 14mm.
- If you are in between sizes, you may try the next available size.

The COMFY Test

- C** Center nipples behind the flange opening
- O** Only the nipple should enter the tunnel
- M** Motion of your breast is gentle and rhythmic
- F** Feels comfortable
- Y** Yields well-drained breasts

Remember Your Flange Size Can Change Over Time

- If pumping becomes uncomfortable or if you notice a change in your milk output, recheck your flange size.



Where Can I Get the Flange Size That I Need?

- You can find your correct flange size in the [**Aeroflow Breastpumps store**](#), the manufacturer, or a third party vendor like Amazon.
- Refer to the [**Flange Sizing & Purchasing Guide**](#) for links to compatible flanges and flange inserts.

Insurance Options

- If you have any questions about your eligibility and what sizes are available for the pump you ordered, reach out to our customer service team! lactation@aeroflowbreastpumps.com or 1-844-867-9890.

When to Schedule an Appointment with an IBCLC?

- You need help measuring your nipple.
- You need assistance locating the correct flange or flange insert.
- You are experiencing painful pumping.
- You are experiencing nipple pain or damage.

View
Upcoming
Classes

Book an
Appointment



References

- <https://connect.springerpub.com/content/sgrcl/13/3/159>
- https://link.springer.com/chapter/10.1007/978-3-030-41596-9_1
- <https://ajph.aphapublications.org/doi/pdfplus/10.2105/AJPH.2011.300136>
- <https://journals.sagepub.com/doi/full/10.1177/08903344241296036>
- <https://www.liebertpub.com/doi/10.1089/bfm.2019.0153>
- <https://aeroflowbreastpumps.com/flange-size-chart>

Disclaimer: This class is intended for general education purposes only and should not replace any medical direction from your healthcare provider. Please seek advice from your own healthcare provider and lactation consultant (IBCLC) for individualized recommendations.

