

# 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](#)
- [Earth Mama Organic Nipple Butter](#)
- [Silverettes](#)
- [Flange Insert Sizing Kit](#)
- [LacTeck Baby Motion Flanges](#)
- [Pumpables Liquid Shield Kit](#)
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# How to Fit Your Flange

## RESOURCE GUIDE

### Class Notes Table of Contents

- [What is a Flange?](#)
- [Why is Sizing Important?](#)
- [Signs Your Flange Doesn't Fit Well](#)
- [Examples of Nipple Damage](#)
- [Tips to Heal Nipple Damage](#)
- [Pumping Basics](#)
- [What Sizes are Offered?](#)
- [Flange Inserts](#)
- [When to Measure](#)
- [Tips for Measuring](#)
- [What Sizes are Offered?](#)
- [Flange Inserts](#)
- [When to Measure](#)
- [Tips for Measuring](#)
- [How to Measure Flat or Inverted Nipples](#)
- [Once You Have Your Measurement](#)
- [The COMFY Test](#)
- [Elastic Nipples](#)
- [Tips for Managing Elastic Nipples](#)
- [Hands-Free Collection Cups and Wearable Pumps](#)
- [Remember Your Flange Size Can Change Over Time](#)
- [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, also known as a breast shield, 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.

### Why is Sizing Important?

- Pain is a sign that your flange is not the correct fit for your nipple.
- Having the wrong flange size can impact milk supply and lead to soreness, decreased milk output and/or clogged milk ducts.

### Signs Your Flange Doesn't Fit Well

- Nipple pain and/or damage from friction
- Less/no milk comes out while pumping
- Areola and additional breast tissue is being sucked into the flange
- Discoloration or swelling of the nipples noted after pumping
- Your breasts still feel full after pumping
- You feel like you are working extremely hard for each ounce of milk
- Poor suction
- Milk leaking from the flange

### Examples of Nipple Damage

- Milk Blisters
- Milk Bleb
- Plugged ducts
- Nipple abrasions
- Cracks
- Bleeding
- Infection



## Tips to Heal Nipple Damage

- Make sure you have a properly fit flange
- Use appropriate pump settings
- Allow breast milk to dry on your nipples
- Use a nipple cream or balm
- Silver nipple covers
- Hydrogel Pads

## Pumping Basics

- You should see milk flow in the flange tunnel when pumping.
- If you are pumping in place of feedings, try to pump at least every 3 hours.
- Pump for 15-20 minutes on both breasts at each pumping session.
- 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.

## What Sizes are Offered?

- Flanges come in various sizes ranging from 10mm to 40mm.
- Many mothers receive a 24 mm and 28 mm flange with their pump.
- Many mothers will measure smaller than a 24mm flange.
- You may need two different sized flanges for each breast.
- Breast Pump Comparison Chart
- Best Breast Pumps Breakdown

## 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.
- Measure the base of the nipple only and not the areola.
- 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.
  - Silicone Nipple Ruler
  - Printable Nipple Ruler
  - Measuring tape
  - Ruler
  - Use measured objects to compare to nipple size (coin, battery, etc).
- Measure each nipple

## 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.
- You can add 1-3 mm to your nipple size to get your appropriate flange size.
- You may need to try several flange sizes to find the right one.

## 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

## Elastic Nipples

- The term used to describe breast and nipple tissue that seem to have a bit of “extra stretch”
- Signs/Symptoms of Elastic Nipples:
  - Your nipple stretches to the end, or nearly the end, of the flange tunnel
  - No matter what size you use, much of your areola is pulled into the flange tunnel
  - You have difficulty emptying your breasts
  - You are experiencing pain while pumping

## Tips for Managing Elastic Nipples

- Don't lubricate your flanges
- Consider a smaller size flange
- Try turning the suction down
- Use hands-on pumping techniques
- Try silicone inserts or silicone flanges
  - [LacTeck Baby Motion Flanges](#)
  - [Pumpables Liquid Shield Kit](#)





## 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.

## 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 at [Aeroflow Breastpumps](#), the manufacturer, or a third party vendor like Amazon.
- Refer to the [Flange Sizing & Purchasing Guide](#) for links to compatible flanges and flange inserts.
- If you have any questions about your insurance eligibility and what sizes are available for the pump you ordered, reach out to our customer service team.

## 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.

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