

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](#)

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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.

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 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.

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.

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