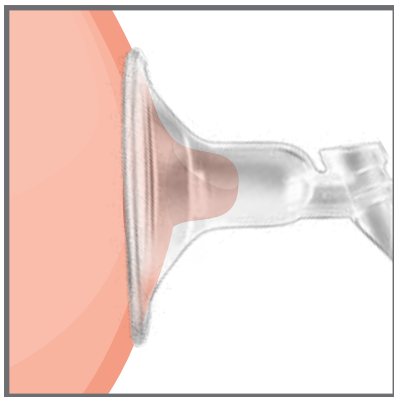


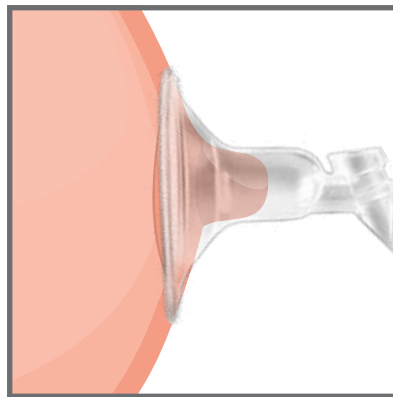


Express with Success

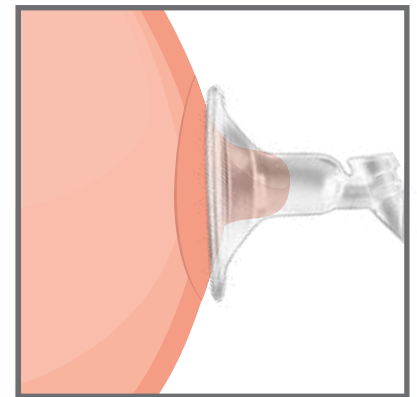
Choose the Right Flange Size



Flange too big:
The areola gets pulled into the tunnel with the nipple and 'bounces' back as the pump loses suction.



Flange fitting well:
The whole nipple pulls comfortably into the tunnel with a small space around.

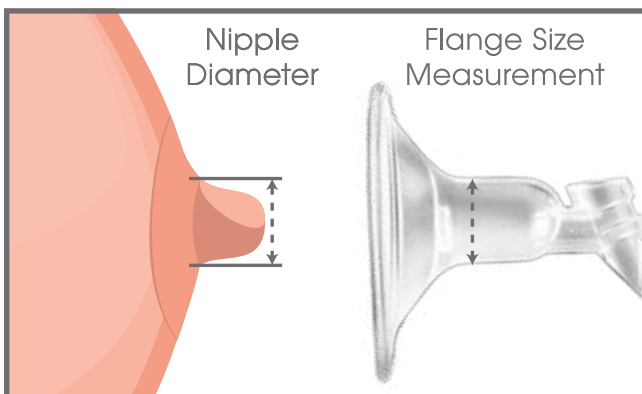


Flange too small:
The sides of the nipple rub painfully against the sides of the flange tunnel.

Tip

It is generally recommended that you choose a flange size slightly larger (about 2 to 4mm) than your nipple diameter.

Flange Size = Nipple Diameter + 2 to 4mm

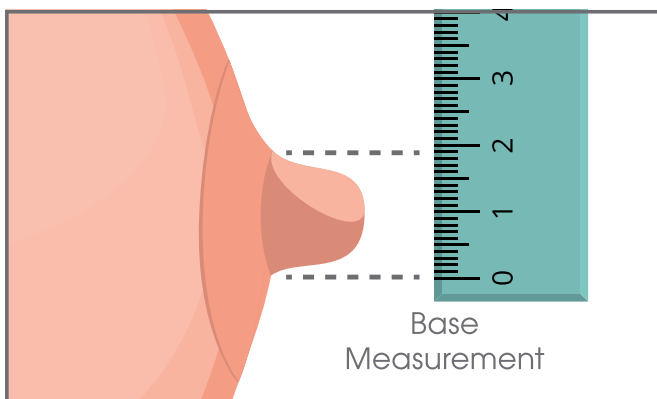


Nipple Diameter	BabyWombWorld Flange Size
15 - 19 mm	21 mm
20 - 24 mm	25 mm
> 25mm	29 mm



How to measure your Nipple Diameter

Method 1: Ruler



Use a ruler and measure the base of your nipple

Method 2: Coin

- 1 Wash the coins
- 2 Compare the coins to the nipple base

Equivalent Nipple Diameter



Signs of Expressing with an ill-fitting flange

- Pain during expressing
- A nipple that looks blanched, have rub marks or cuts
- A white ring at the base of the nipple
- Lumps/full areas in the breast after an expressing session
- Struggling to maintain a vacuum during expressing
- Lower milk volumes and a lowered milk supply

For more info on choosing the correct flange size go to www.babywombworld.co.za

If you need more help or want to see a lactation consultant, you are more than welcome to call us on 010 600 0327 or send us an email on info@babywombworld.com