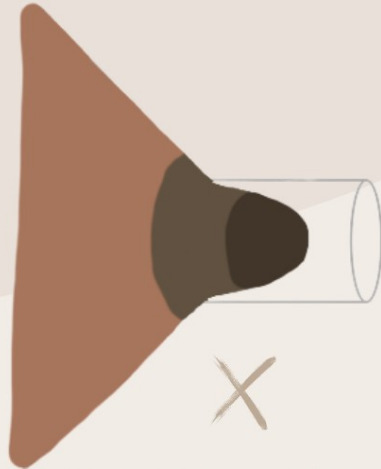


Using the incorrect

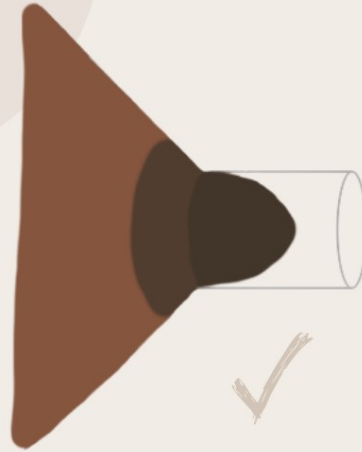
# FLANGE SIZE

*Ashley Hunt, CCL, CBB*

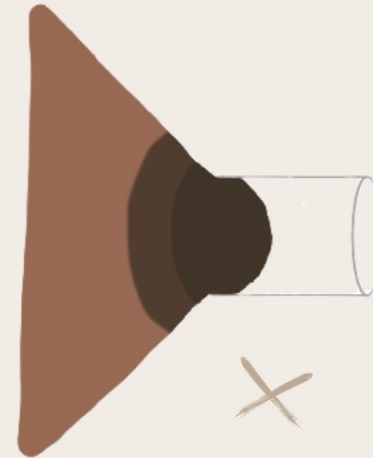
can damage your milk supply + breast tissue



**flange too big**  
*too much areola pulled inside tunnel, nipple base not touching walls*

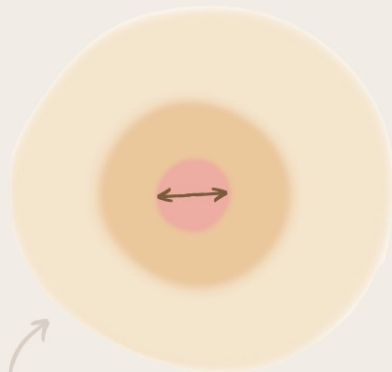


**flange perfect fit**  
*nipple fits comfortably inside, glides along walls*

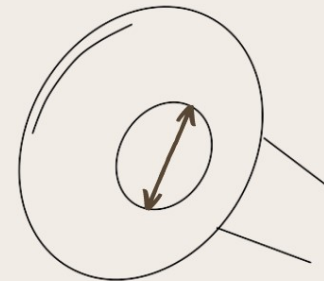
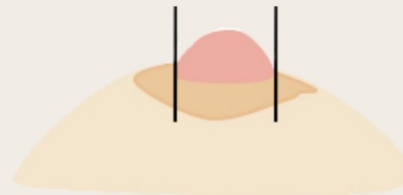


**flange too small**  
*only tip of nipple pulled inside tunnel, squeezed tight against walls*

Breast shield (flange) should measure 2-4mm larger than nipple measurement. This can vary.



Measure nipple diameter only, focusing on the base.



nipple size:	10mm	12mm	14mm	16mm	18mm	20mm	23mm	27mm
recommended starting flange size:	13mm	15mm	17mm	19mm	21mm	24mm	27mm	30mm