

# THE FLANGE FITS™ GUIDE

for optimal comfort, efficiency and milk yield

*a results-based fitting method*

Feel — Intensity — Tempo — Supply

SIDE VIEW



PARENT'S VIEW



## Best Fit

- only nipple pulled into tunnel
- sides of nipple touch walls of tunnel
- nipple moves a little bit back and forth in tunnel
- milk sprays during pumping
- best to pump 15-20 minutes (both sides at same time)
- feels like nothing or a gentle tug

## Too Large

- might hurt
- might get less milk or more drips than sprays
- nipple might move side to side in tunnel
- pumping might take a long time
- more chance for nipple swelling and damage
- areola goes into tunnel and can swell
- outdated recommendations will indicate this as best fit; newer clinical evidence finds this too large

## Much Too Large