

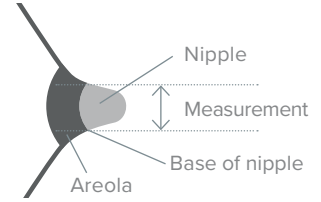
PERIFIT PUMP - FLANGE SIZING GUIDE

DETERMINE YOUR FLANGE SIZE

Choosing the right flange size is very important since it allows a more comfortable and painless suction, plus better milk production.

HOW TO MEASURE YOUR NIPPLE

Stimulate your nipple until it perks up and measure the diameter of your nipple in mm, from base to base. You can measure it with any ruler, or by printing this sheet. Fold the circles in half along the dotted line and carefully cut out each circle. Slide the circles from this guide over each nipple. Select the circle that can slide all the way to the base without touching any part of the nipple. Then choose the corresponding flange size. Make sure that after printing the scale is correct at the bottom right of this sheet.



Measure the diameter
of the nipple
(Ø mm)

Flange size
(Ø mm)

FOLD

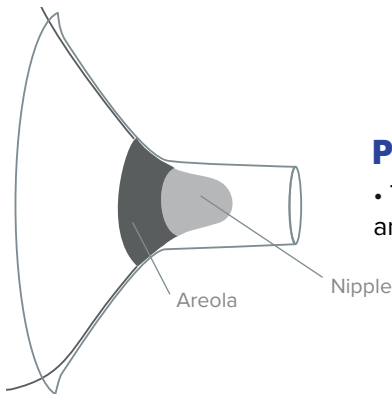


STEP 1

Using a ruler or tape measure, measure the diameter of your nipple at its base (center) in millimeters (mm). Do not include the areola.

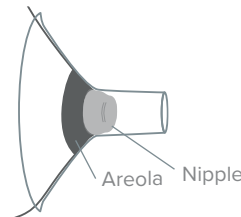
STEP 2

Depending on the measured size, select the appropriate nipple size. Example: if your nipple is 16mm in diameter, the recommended flange size is 21mm.



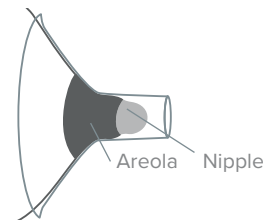
PERFECT SIZE

- The nipple is centered and can move freely.



TOO SMALL

- The nipple "rubs" on the side of the flange.
- Try a larger flange.



TOO BIG

- The nipple and excess areola tissue are pulled into the tip.
- Try a smaller flange.

DID YOU KNOW?

- You might need different size flanges for each breast.
- The correct size also depends on the breast tissue and the elasticity of the skin.
- You may need to change your flange size while breastfeeding.
- Too much pressure on the nipple can lead to an obstruction of the milk ducts. Your breast pump should be held tightly enough in your bra to stay in place, without compressing your breast.

TIPS FOR DETECTING THE WRONG SIZE

- Your nipple rubs against the sides of the tunnel and creates discomfort or irritation: your flange is probably too small
- Excess areola tissue is sucked into the tunnel: your flange is probably too large
- Is there any visible redness?
- Is your nipple or areola turning white?
- Do you feel that not all your milk has been pumped after expression? If you find yourself in one of these situations, we recommend that you try a different size flange. Do not hesitate to contact us to help accompany you with your choice!