

8 | Checking Your Fit



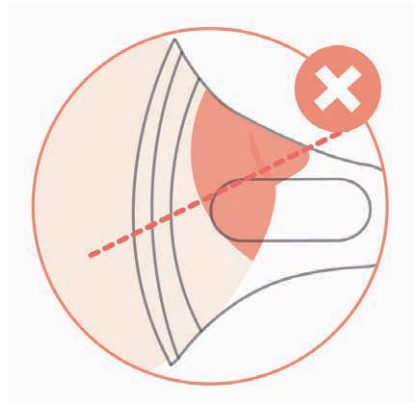
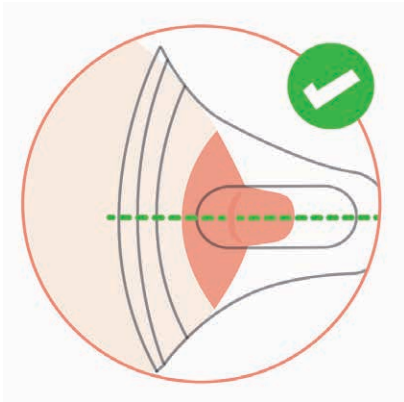
Before you start the pumping session, and in order to ensure the session is pain free and efficient, you must find the right breast shield fit.

Correct Nipple Alignment

Once you have positioned your nipple in the adjustable breast shield, you must ensure that your nipple is aligned and centered. The tip of the nipple should not be touching any part of the breast shield, or creating friction with the sides of the breast shield. If the tip of the nipple does indeed touch other parts, realign your nipple and try again.



Friction of the tip of the nipple might affect milk expression and cause bruising and irritation.



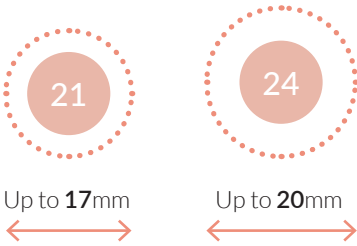
After you've sanitized the pump's parts according to Chapter 5 and assembled the parts according to Chapter 6, you can begin the pumping session.

Checking the Fit



Warning: please note that pumping with a breast shield that doesn't properly fit, might cause injury/decrease your milk output.

Once the pump is properly assembled, place the adjustable breast shield on your breast. The Annabella breast shield is adjustable, and the range of sizes is between 21mm to 24mm. The height of the tongue is adjustable via the knob on the side of the massage unit. The size of the breast shield will change accordingly.



Your nipple should be able to move freely, the suction should be pain free and smooth.



Adjust the size of the adjustable breast shield by turning the knob on the side of the pump. The knob will adjust the height of the tongue and therefore, the pressure of the tongue and the size of the breast shield.

If the fit is **too small** your nipple might rub against the sides of the breast shield, This may often cause pain or discomfort.

If the fit is **too big** the entire nipple and areola will be sucked into the breast shield and may rub against the sides of the pump.

