

Nipple Guide for Flanges and Breastshields

1.

15 mm



17 mm



19 mm



21 mm



24 mm



27 mm



30 mm



1. Fold along line.
2. Carefully cut out circles.
3. Place the hole around your nipple at the end of your pumping session. Select a size that is snug, but not constricting.

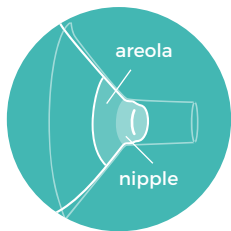
Important: Make sure document is set to Full Size or 100% in print dialogue box to ensure the correct sizing

Cut there

2. Try your flange size

1. Start by trying out the flange the comes with your pump, usually it is 24mm. This can help you determine if you need larger or smaller flanges.
2. Place your nipple in the center of the flange tube.
3. Turn on your pump to the maximum suction comfort level.
4. Use images below as refernce while pumping in expression.

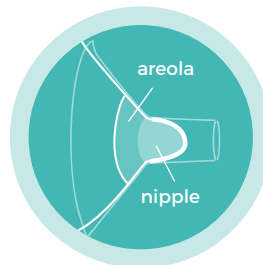
Too Small



✗ Nipple rubs along side of tunnel

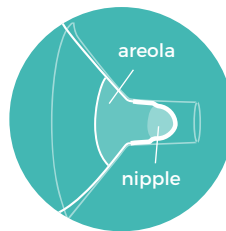
✓ Try a lrger size

Correct fit



✓ Nipple is corrected and moves freely

Too Large



✗ Nipple and alot of the areola are pulled into the tunnel.

✓ Try a smaller size

3. Should you try a new size?

- Do your nipples rub on the sides of tunnel, or feel discomfort while pumping?
- Do you see too much of the areola being pulled into tunnel?
- Do your nipples get sore or red while pumping?
- Do your nipples or areolas turn white while pumping?
- Do you feel there is still heaviness or milk in the breast after pumping?

If you answered YES to any of these , you may want to try a different flange size

If you are still unsure if you selected the correct size, see a lactation consultant, breastfeeding specialist.

Did Your Know?

- Pressing too hard on your flange could block milk ducts.
- Your flange size will depend on your breast tissue and skin elasticity.
- If you have elastic nipples, you can use a flange cushion restrict movement
- Your nipple size could change before and after pumping.
- Your flange size could change over the duration of your pumping journey.
- You may even need a different size per breast.

Back-To-Work Checklist

For You

- Breastfeeding Tracker App**
Use a breastfeeding app to track your pumping sessions and add up your daily totals.
- Pumping-friendly clothing**
Wear clothing that will make transitioning to pumping easier.
- An extra shirt**
Keep an extra shirt on hand in case of a leaky boob or spilled milk.
- Nursing pads**
Leaking can lead to embarrassing wet spots. Nursing pads provide discreet protection against leaks.
- Hands-Free Pumping Bra**
Spend less time holding your pump parts, and more time scrolling through photos of your little one.

For Pumping

- Breast pump to leave at work**
Leaving a second pump at the office will mean one less thing to think about when getting ready for work.
- Reminders of baby**
Photos, videos, and baby clothes can help the release of oxytocin which helps with milk flow.
- LaVie Massagers**
Lactation massagers can help you pump more effectively in less time.
- Pump cleaning supplies**
Keep an extra cleaning set at work to make cleaning your pump parts more convenient.
- Spare pump accessories**
Having spare pump parts can ensure you have a working pump and no downtime.

For Milk Storage/Transport

- Cooler/transport bag**
Keep your milk at a safe temperature while moving between work and home.
- Milk storage bags/bottles**
Milk storage bags and extra bottles makes it easy to transport and store safely.
- Milk bag adapters (optional)**
Milk bag adapters make it easy to pump directly into bags reducing the amount of cleaning and risk of spilling during transfer.
- Milk labeling**
Label and date your milk containers to avoid confusion with coworkers.

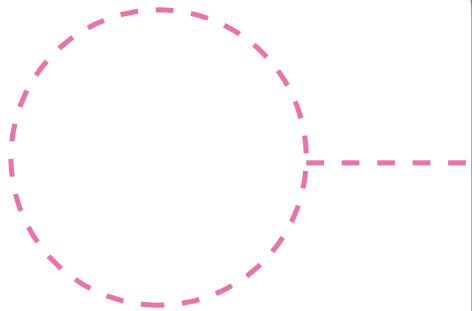
Other

- _____

- _____

- _____

- _____

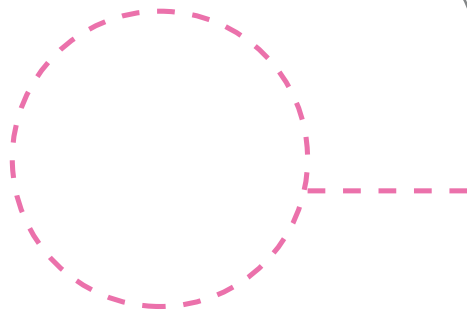


NURSING IN PROGRESS



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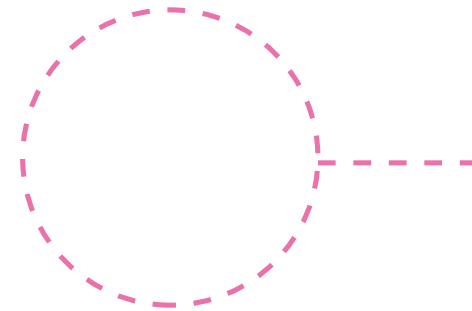


PUMPING IN PROGRESS



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SUPERMOM AT WORK DO NOT DISTURB



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Freshly Expressed Breastmilk Storage Guidelines

(For Healthy Term Babies)

Room
Temperature

Cooler with
3 Frozen
Ice Packs

Refrigerator

Freezer

4-6 hours

at 66-78 °F
(19-26 °C)

24 hours

at 59 °F
(15 °C)

3-8 days

at 39 °F or lower
(4 °C)

6-12 month

at 0-4 °F or lower
(-18 - -20 °C)

Thaw Frozen Milk: Thaw slowly in the fridge. It may take approximately 12 hours. Never microwave milk or heat on an oven.

Warm Cold Milk: Place the breastmilk under warm running water for no longer than 15 minutes. Swirl the bottle, but do not shake. The milk should feel slightly warm, not hot.

Throw Away Milk: Any leftover milk the baby does not finish within 2 hours, throw away. It should not be re-refrigerated again.

Milk Storage: Store milk in 1-4 ounce portions. Date the milk before storing.

Daily Breastfeeding & Pumping Log

Date: _____ Age of Baby: _____

| | Time of Day | Check One | Minutes/Amount | | Total Minutes | Notes |
|----|-------------|---|----------------|--------------|---------------|-------|
| | | | Left Breast | Right Breast | | |
| 1 | | <input type="checkbox"/> Feed <input type="checkbox"/> Pump | | | | |
| 2 | | <input type="checkbox"/> Feed <input type="checkbox"/> Pump | | | | |
| 3 | | <input type="checkbox"/> Feed <input type="checkbox"/> Pump | | | | |
| 4 | | <input type="checkbox"/> Feed <input type="checkbox"/> Pump | | | | |
| 5 | | <input type="checkbox"/> Feed <input type="checkbox"/> Pump | | | | |
| 6 | | <input type="checkbox"/> Feed <input type="checkbox"/> Pump | | | | |
| 7 | | <input type="checkbox"/> Feed <input type="checkbox"/> Pump | | | | |
| 8 | | <input type="checkbox"/> Feed <input type="checkbox"/> Pump | | | | |
| 9 | | <input type="checkbox"/> Feed <input type="checkbox"/> Pump | | | | |
| 10 | | <input type="checkbox"/> Feed <input type="checkbox"/> Pump | | | | |

Diaper Log

Wet Diapers:

Dirty Diapers:

Notes:

Some tips to consider!

- Nurse or pump around 8-10 times per 24 hours.
- If you are pumping, focus on the daily total output at the end of the day rather than the individual session
- Expect around 5-6+ wet diapers per day
- Expect around 3-4 dirty diapers per day
- If you are experiencing issues, or your baby is not getting enough milk, contact a Lactation Consultant

Learn more at www.lactationmassager.com/blogs/resources

