

## ALL ABOUT... BREASTSHIELDS-HOW TO FIT

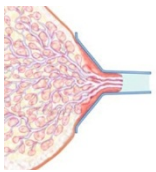
**Benefits of a correct fit:** A correctly fitting breast shield prevents the milk ducts from being compressed, thus enabling an optimal emptying of the breast and maximum milk output when pumping. This helps mothers to maintain their milk production and supports lactation.

**Criteria for a correct fit:** With the following check list, a mother can easily assess whether she is using the right breast shield size:

Centre the nipple in the tunnel of the breast shield. Now begin pumping and check the following points:

- Is your nipple moving freely in the tunnel?
- Is none or only very little tissue of the areola being pulled into the tunnel of the breast shield?
- Do you recognize gentle, rhythmic movements in the breast at each pump cycle?
- Do you feel the breast emptying all over?
- Is your nipple free of pain?

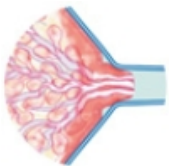
If the answer to any of the above questions is "No", please select a bigger (or smaller) breast shield.



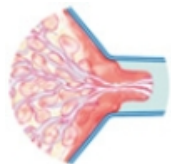
*Incorrect fit*

A breast shield in the wrong size can result in reduced milk flow because blocked milk ducts or an inhibited milk ejection can cause a reduction of the milk output. Friction around nipple and/or areola can cause discomfort and trauma and may result in a mother being unable to pump regularly. The milk production is once again endangered. A nipple trauma can lead to tissue breakdown that increases the risk of an infection and mastitis.

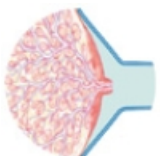
### The mother requires a different size if the breast shield if...



...is too small, because the nipple is not moving freely in the tunnel.



...is too large, because too much tissue of the areola is being pulled into the tunnel of the breast shield.



...is too large, because the breast shield does not make a good seal.