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## Maymom flange size guide

Maymom add-ons To reduce Freemim, Spectra Handsfree 25/28 mm cup counting to 21, 19 and 17 mm Made of BPA-free silicone 2 pcs per pack Suitable for the diameter of the joints (after the pumping cycle) 18-20 mm You need to fold the tosa to be installed and twist and turn to remove the blade. If you do not, it will be difficult to install and remove. See the instructions that come with the product. Also compatible with other breast pumps with flange sizes 25 mm to 28 mm. \* Size 24mm is only compatible with breast pump with 28mm flanges. \*For the right fit, check out the Maymom Breastshield selection guide in the product gallery. Aden Anais, Aveeno Baby, Baa Baa Sheepz, Baby Bjorn, Baby Jogger, Baby K'Tan, Beaba, Bebe Au Lait, BioCair, Biogaia, Bioderma, Bravado Bra, Buds Organics, California Baby, Chicco, Clevamama, Comotomo, Crayola, Cybex, Dapple, Diaper Master, DocATot, Doona, Dr. Brown, Dwinguler, Earth Mama Angel Baby, ErgoBaby, EzPz, Fisher-Price, Fly Tot, gb Pockit, Globber, Haakaa, Hape Toys, Hegen, IFAM, iimo, Jack's Jill, Jellycat, Jetkids by Stokke, Jujube, Lansinoh, Leftose, Love to Dream, Magna-Tiles, Maxi-Cosi, Maymom, Medela, Melissa &amp; Doug, Micro Scooter, mifold, Munchkin, Mustela, Oribel, Original Sprout, Oxo Tot, Packit, Parklon, Philips Avent, Pigeon, Safety 1st, Sambucol, Simple Wishes, Skip Hop, Sofzsleep, Sophie Giraffe, Spectra, Thermos, Tiny Love, Tokidoki, Tommee Tippee, Trunki, Tula Baby Carrier, Urban Kanga If you are a breastfeeding/pumping mother , you already know that pumping can be pain in your butt, but are you sure you're using flanges the right size? The size of the right fland is really important. Using the right size can seriously affect your relationship with the pump... It can mean the difference between a few ounces of milk and apparently has a huge difference in comfort. Medela Laipat - Photo courtesy Amazon.com I noticed about 8 months into my grooming/pumping trip that I had used the wrong fland size and wish I had known this much sooner. One of the biggest reasons it took me so long to realize that I was using the wrong size is that as a new mom, I had no idea how the fland was supposed to fit or how the pump was supposed to feel. This topic wasn't even touched (inside out I remember) in my breastfeeding class, which I took before my son was born, and unfortunately there's no try before buying option with breast pumps and their later parts, so I had nothing to compare. Sure, I read the manual that came with the pump and it had a diagram showing what a flange that was too big and too small should look like, but do you have any idea how difficult it is to assess whether your flange fits as shown in the photo? (Below is an image that resembles a chart in the user guide) I happened to have two flange sizes in my pump and I knew for sure that one size was too big, but if the other one was right? It seemed ok! To tell you the truth, I didn't even know that. there were additional sizes available that didn't come with the pump and when I found out... I assumed they just got bigger (because of what was always discussed when I heard/saw it bring out) than the smaller size I really needed. Photo credit: Medela.com Another reason I waited so long is because the flanges I had worked and I didn't just pump, so I thought it wasn't worth stressing about. I had to pump at the beginning when my son was newborn to protect my offering because he was so lethargic, but after that I pumped primarily so I could have the opportunity to bottle-fed around family members who weren't crazy about my choice to breastfeed or be able to leave milk to another nurse if I was out without a baby. Everyone's anatomy is completely different. We are all of different shapes and sizes, and it is unfair to assume that what works for one mother works for another. The flanges I used were OK... If I'm being completely honest, I'm still going for them by a little button if the other sets are in the dishwasher. However, when I pump at a larger size, I get less milk production and my nipples look reddish purple and slightly swollen after pumping. If I were an exclusive pumper... This would be a much bigger problem. I imagine my nipples would be sore and that I probably wouldn't have pumped for over a year. I also suspect that I would have liked to have cared for my son as soon as he pumped my head in that state if I pumped several times a day. How did I finally find out I was using the wrong size? Believe it or not, I watched live on Shari Crison's page. If you don't know him, he's IBCLC and you can find his Facebook page here. She was breastfeeding A&A and discussing the niss shields. (Hang in there, I know this seems like a different topic, but I promise it has to do!) Shari explained that if you use a shield, it is important that it is dimensioned correctly. He commented that most people are not a size 20 (which happens to be what I use). This made me think... I knew for sure I was wearing a right size shield because in the hospital when my son was born, I was really struggling to catch him. The nurses suggested using the shield, but it wasn't until the last day of the hospitalisation, when we finally caught up with my son, that another nurse told me that she thought another nurse had given me two sizes too big a shield. I am eternally grateful to this nurse (whom I am now lucky enough to call a friend) because without her I am certainly not sure I would be caring today. I must have known I was using the right size nan cover. It had saved my care relationship and had never caused me pain or discomfort. Nipple Shield Photo Credit: Amazon.com commented on Shab's livestream that I actually wear such a small shield and that it fits perfectly and she asked what size pumping bar I was I used a 24mm fland! I didn't know if you were wearing a shield, the flann would have to be the same size! A few days later, in my breastfeeding support group, I brought a flanol with me and asked my IBCLC (which is awesome, a record) if she thought I was using the wrong size. He said it was a difficult decision and suggested there might be a reason to try a smaller size just to see. \*Side note: Most flanges aren't terribly expensive, but before you invest in a new series... check with your insurance company! I'm so glad I did because it turns out my insurance company covers extra parts of my pump for up to three years! Wow! The only problem was that I used the Spectra pump, which I had recently switched to from My Medela. (More on this in the upcoming message!) Unfortunately, my pump supplier didn't have the Spectra flanges I needed. But lucky for me, Spectra can be hacked to use Medela's parts! You can also use Maymom parts with Spectra. My insurance company sent me medela flanges and Maymom flanges. (Note: Smaller Spectra flanges are now available on Spectra's website – at the time they weren't!) Spectra Flange Photo Credit: Amazon.com Two weeks later (because insurance processing times are SLOW) I had new smaller flanges in my hand and let me tell you what the difference was! I was literally able to pump a whole ounce or more with smaller flants than I had before, and not only that, but my nipples weren't swollen and soft afterwards. Talk about positive change! However, I can see that not all flanges have been created of equal value. By this I mean that even if they are the same size, they are not all suitable for the same size. I found that Medela flanges (which are two parts) compared to Maymom flanges (one piece) are better suited, so once again I found it useful to hack my Spectra pump so I could use them. (Note: Maymom flanges come with adapters that allow you to use them with a Spectra pump without hacking it. These adapters can also be used with Medela parts, making it easier to use with the Spectra pump.) The deciding factor? If you do not react well to the pump, there may be several reasons for doing so. Before switching from the pump you are using, consider checking with IBCLC or at least checking this link (Medela) or this link (Spectra) to see if you are using the correct fland size. I've included the Maymom image below, which can also be useful! It's also worth checking Google to see if you can hack the pump or try another compatible fland to see if you want it. And finally, don't be afraid to check your insurance to see if they cover the new parts! The worst thing they can say is no, and you might benefit in a big way. Photo: Maymom Do you have a similar story? Leave a comment and tell me about it! \*\* Update\*\* Below is another useful guide from Aeroflow. Learn more about their website here: here:

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