

A properly fitting flange is crucial for both comfort and output. Your nipples can change in size over time, so it's important to measure before you start pumping and periodically throughout your pumping journey.

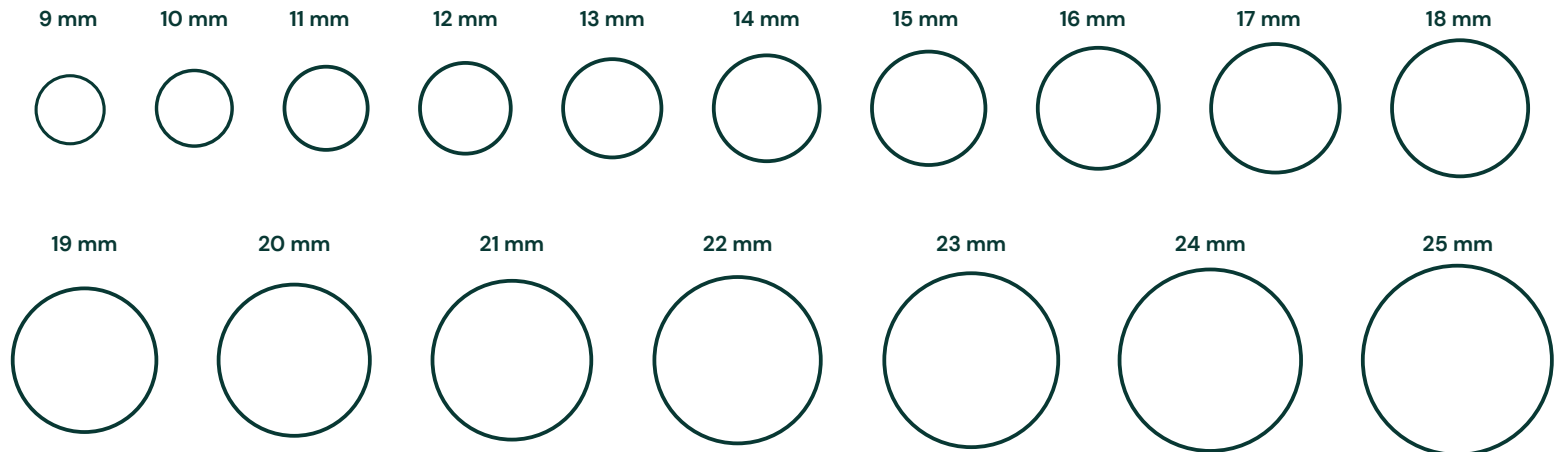
How to find your perfect size:

1. Pick a time before pumping/breastfeeding or at least one hour after.
2. Use our **Nipple Measurement Chart** by sliding each circle over your nipple. Select the circle that can slide all the way to the base without touching any part of the nipple. This is your nipple size.
3. Do the same for your other nipple. No two breasts are the same!
4. Use our **Flange and Insert Sizing Chart** to find your flange and insert size.
5. For the latest guidelines and to shop all sizing products, reference the QR code.



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NIPPLE MEASUREMENT CHART



FLANGE AND INSERT SIZING CHART

Nipple Size	Willow Recommended Flange and Insert Size
9-11 mm	13 mm insert in 24 mm flange
12-13 mm	15 mm insert in 24 mm flange
14-15 mm	17 mm insert in 24 mm flange
16-17 mm	19 mm insert in 24 mm flange
18-20 mm	21 mm insert in 24 mm flange or 21 mm flange alone
21-23 mm	24 mm flange
24-26 mm	27 mm flange