Choosing the right breast shield can impact breast milk supply

Breasts come in all shapes and sizes, and can change throughout a mom’s breastfeeding journey. The size of the breast might not correspond to nipple size, and each nipple can be different sizes. Breast shields come in a range of sizes and play a key role in a mom’s pumping comfort and efficiency.

- The breast shield flange should follow the shape of the breast and not compress it.
- It’s the nipple diameter that determines breast shield size.

What happens to the breast when nursing or pumping

Milk ducts increase in size by 68% during let down.\(^1\) This is to accommodate all the milk flowing towards the nipple.

Nipple diameter may increase temporarily by 2 to 3 mm.\(^2\) So the breast shield tunnel needs to be slightly bigger than the nipple.

Milk ducts lie close to the skin’s surface. Pressing the breast too hard or using a tunnel that is too small can obstruct milk flow.\(^3\)

Why comfort matters

Stress and discomfort can hinder the hormone oxytocin, essential for the release of breast milk.\(^4\) Below are some tips for more efficient pumping.

1. Moms need a correctly fitting breast shield to be relaxed and comfortable while pumping and help milk to flow.\(^5\)

2. Pumping shouldn’t hurt. Adjust the vacuum to the highest comfortable level during the expression phase to help remove more milk in less time.\(^4\)

3. The nipple should be centered and moving freely in the tunnel during pumping. If it doesn’t, another size breast shield should be selected.

Visit MedelaBreastShields.com to find a printable sizing guide to share with mom.
Why choose Medela’s PersonalFit Flex™ Breast Shields?

With the PersonalFit Flex, moms can adjust the way the breast shield fits to find the most comfortable, most efficient position to pump – even as her breast shape changes. Medela’s research-based design features four-way fit and a unique oval-shaped shield that adapts to mom’s natural shape to help her find the pumping position that works best. The PersonalFit Flex Breast Shields are available in four sizes: 21 mm, 24 mm, 27 mm, and 30 mm, and are compatible with all Medela breast pumps.

The 105° opening angle is designed to reduce pressure on the breast to optimize comfort, allowing milk to flow more easily.

The oval shape can be rotated 360° for whatever position is most comfortable.

Clinically proven to remove 11.8% more milk per minute and promote faster let-down while pumping.*

Clinically shown to drain the breast by an additional 4%.* Draining the breast well is key to improving overall milk production.

4 Newton M, Newton NR. J Pediatr. 1948;33:698-704