



Adapting to New Pump Flanges: Quick Guide

When transitioning to new breast pump flange sizes, many mothers experience challenges with comfort and milk output. This guide offers practical solutions to common issues during this adjustment period.

Why Output May Decrease

- Your body developed a conditioned response to previous flanges and your let-down time reflex needs to adjust to new sensations
- Incorrect flange sizes or damage from latching can make the transition uncomfortable
- Residual swelling from old flanges may be affecting proper fit

If You Have Pain

- Return to previous flanges temporarily
- See your lactation consultant immediately
- Don't push through pain — it inhibits the let-down reflex, so pushing through discomfort risks diminishing your milk supply.

Methods to Adjust (When New Flanges Are Comfortable)

Retrain Method

1. Pump with new flange on one breast, old on other side.
2. If little to no milk is removed with the new flange, finish pumping with the old flange on that side.
3. Alternate sides each pumping session
4. (If latching) Try nursing on one side while pumping with new flange on other side

Switch Method

1. Use new flanges for 5 minutes, finish with old ones to finish emptying
2. Gradually increase time with new flanges
3. Ensure nipple moves freely and comfortable in new flange

Hand Expression Method

1. Pump 20-30 minutes with new flanges
2. Follow with hand expression to empty completely

Most mothers adapt within 2-14 days. If you experience ongoing issues after several days, consult a lactation professional, the problem might be related to pump settings or technique, not just flange size.