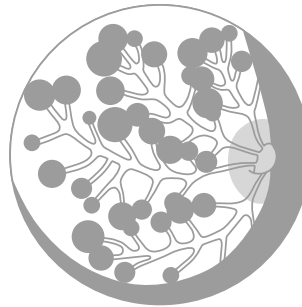


Milk flow and duct compression

Breast anatomy

There is a system of ducts and milk-making cells within the breast

- The milk flows through the ducts when a let down occurs.¹
- Some ducts lie close to the surface of the skin (within 3mm).²
- The milk ducts that lie close to the skin's surface can be compressed if too much pressure is applied on them.²



Did you know?

Your milk ducts increase in size by

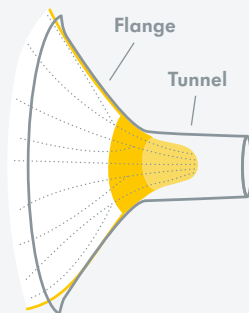
68%

during milk flow.¹

Using the right breast shield size

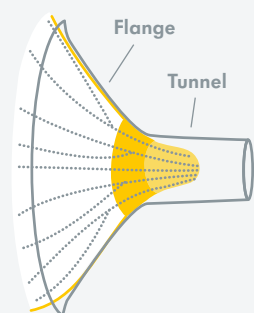
Before milk ejection

When the breast shield fits correctly, there is minimal pressure on the nipple or areola. The nipple is centred and can move freely.



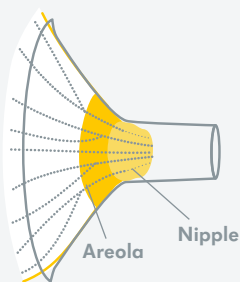
During milk ejection

When milk begins to flow, the ducts expand. With a well-fitted shield the milk flows freely³ and pumping should not hurt.



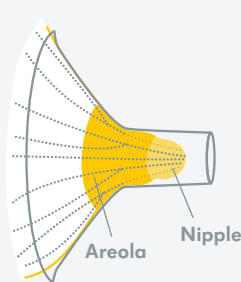
Does using the wrong size breast shield really matter?

Mothers may experience discomfort and milk may not be able to flow freely if they use the wrong size breast shield. If milk cannot flow freely, the breasts will not be well-drained and mothers won't get the most out of their pump session.



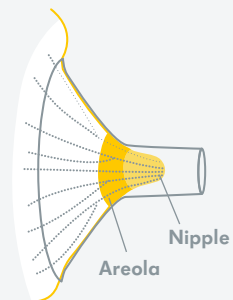
Tunnel size too small

When the tunnel is too small, the milk ducts closest to the surface of the **nipple** may be compressed, not letting milk flow freely.



Tunnel size too large

When the tunnel is too large, the milk ducts closest to the surface of the **areola** may be compressed, not letting milk flow freely.



Flange too narrow

When the flange is too narrow, milk ducts and the **breast** tissue are compressed, not letting milk flow freely.

If you have milk flow issues with pumping, use the 'Choosing your Medela breast shield size' guide available at [medela.com/fittingguide](https://www.medela.com/fittingguide) to check your nipple size and ensure you use the right-sized breast shield.