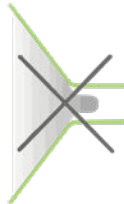
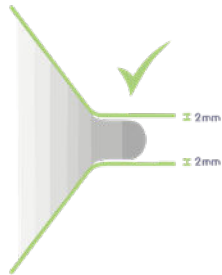


Breast shell sizing

Breast shell size refers to the inner diameter of the shell or insert. The correct size of breast shell is critical for successful expression. A breast shell that does not fit correctly can prevent efficient expressing and can cause pain and sore nipples. The breast shell size is correct if:



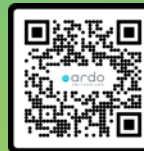
- there is approx. 2 mm of space left around the nipple.
- the nipple moves freely in the funnel and can follow the rhythmic movements of the pump.
- no part, or very little, of the areola is in the funnel.
- the milk flows and the breast feels uniformly soft after expression.



HOW TO MEASURE

To find the right breast shell size, measure the width of your nipple at its widest point, making sure to exclude the areola.

Then, use our product-specific sizing guide to select your ideal fit.



Scan the QR code to watch our breast shell sizing videos!





Breast shell size guide for ardo traditional pumpsets

	 13mm insert (fits in 26mm)	 15mm insert (fits in 26mm)	 17mm insert (fits in 26mm)	 18mm insert (fits in 26mm)	 19mm insert (fits in 26mm)	 21mm insert (fits in 26mm)	 22mm insert (fits in 26mm)	 26mm breast shell	 28mm insert (fits in 31mm)	 31mm breast shell	 36mm breast shell
Your Nipple Size											
Up to 9mm	●										
Up to 11mm		●									
Up to 13mm			●								
Up to 14mm				●							
Up to 15mm					●						
Up to 17mm						●					
Up to 18mm							●				
Up to 22mm								●			
Up to 24mm									●		
Up to 27mm										●	
Up to 32mm											●

Breast shell size guide for ardo hands-free pumpsets



Your Nipple Size
Up to 9mm
Up to 11mm
Up to 13mm
Up to 15mm
Up to 17mm
Up to 20mm
Up to 23mm

 13mm insert (fits in 24mm)	 15mm insert (fits in 24mm)	 17mm insert (fits in 24mm)	 19mm insert (fits in 24mm)	 21mm insert (fits in 24mm)	 24mm hands-free breast shell	 27mm hands-free breast shell
●						
	●					
		●				
			●			
				●		
					●	
						●

Breast shell size guide for ardo melia wearable breast pump



Your Nipple Size
Up to 9mm
Up to 11mm
Up to 13mm
Up to 15mm
Up to 17mm
Up to 20mm
Up to 23mm

 13mm insert (fits in 24mm)	 15mm insert (fits in 24mm)	 17mm insert (fits in 24mm)	 19mm insert (fits in 24mm)	 21mm insert (fits in 24mm)	 24mm melia breast shell	 27mm melia breast shell
●						
	●					
		●				
			●			
				●		
					●	
						●