

ardo silicone breast shell insert



Fact sheet for Ardo Silicone Breast Shell Insert / V01 / 11.2022

The soft and comfortable 22 mm silicone insert – to fit the 26 mm breast shell – helps to efficiently express breast milk and is also compact and easy to use.

The right breast shell for every nipple

The size and shape of nipples varies enormously from woman to woman. Sometimes a woman's breasts even differ from one another. Breastfeeding and expressing also changes breasts and nipples. They can swell up in the initial period after the birth when expressing or become firmer and longer during an expressing session. According to the literature¹, nipple sizes are distributed as follows:

- Small, <12 mm at base (3%)
- Medium, 12–15 mm at base (15%)
- Large, 16–23 mm at base (70%)
- Extra large, >23 mm at base (12%)

When choosing a breast shell, all these factors need to be taken into account throughout the entire expressing time.

The right breast shell is critical for successful expressing. With the right breast shell...

- the nipple fills most of the funnel and can still move freely inside the funnel.
- the nipple tracks the rhythmic movements of the pump.
- there is no, or only a little, areolar tissue inside the funnel.
- the milk flows and the breast feels soft all over after expressing.

If one or more of these conditions is not met, the breast shell is too small or too large.



1. Source: Barbara Wilson-Clay, The Breastfeeding Atlas (2017)

Ardo silicone breast shell insert 22 mm

Comfortable and soft

Comfort helps with milk production. The silicone breast shell insert increases comfort because the soft surface of the silicone insert feels very gentle against the skin.

The gradual transition from the insert to the breast shell is not noticeable.

The funnel rim is also rounded and has the same length as the breast shell funnel, making it ideal for all nipple shapes and particularly comfortable for mothers with long and elastic nipples that stretch far into the funnel.



Correct and safe use thanks to transparent material

Because the silicone insert is transparent, the mother can check the size of the breast shell and centre and position the nipple in the breast shell with ease. This prevents sore nipples due to the rubbing caused by the wrong position.

Thanks to the transparent material, the mother can also see the breast milk flow, helping her feel more relaxed which encourages her milk flow.

More freedom of movement

The silicone insert sits close to the breast, which gives the user more freedom of movement and flexibility.

The new design also ensures that the insert can be optimally positioned in the breast shell.

Easy to use and clean

The compact and robust silicone insert saves space and is very easy to use: Insert. Push. Express.



The insert can be cleaned just like the breast shell:

- by hand with dishwashing detergent, then rinse thoroughly and leave to air dry
- in the dishwasher – watch out for sharp objects
- boiling in water – then leave to air dry
- with a steam cleaning bag or container – then leave to air dry

Silicone is a light-sensitive material that can discolour easily. The slightly tacky surface means that the insert can quickly become dusty. It is therefore strongly recommended to store the insert protected from light and dust.