

The Willow Pump Adjustment Protocol for New Users

Just like you don't begin a marathon on race day, the Willow Pump requires a little training and effort on your part to get your body used to the differences.

Remember: It can take 2-4 weeks to fully adjust to Willow, but it differs from person to person.

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Before You Begin - Sizing:

Willow's Sizing is **WRONG!** It is **INCORRECT**, and **IT DOES NOT WORK.**

Use Genuine Lactation's Rulers to figure out your size or book a professional sizing consultation by someone who specializes in Willow.

New Willow User with Low Output?

Schedule a Consult



Yes

Continue Use

Are you within .5oz of your normal output?

No

Use the Following Checklist

THINGS TO CONSIDER:

- If you are pumping after nursing, you can expect lower output.
- Make sure you have the right bra. Check out the Bra topic for top recommendations, and proper fit.
- Check your flange size via Guide 3 in the Willow Pump Support Facebook Group. Remember Willow sizing is smaller than traditional pump sizes.
- Check alignment to ensure your nipple is centered in the flange.

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USE WILLOW AT LEAST 2 TIMES PER DAY.

- Try: Pumping with Willow on one side and nurse/pump on the other to help trigger letdowns & quicken the adjustment time frame. Start with 15 minutes and then switch.
- Try: Pumping with Willow for 15 minutes on both breasts & then empty with your regular pump. As you get more from Willow, increase your time with it and shorten your regular pump time.
- Try: Hand expressing before putting Willow on to get your body ready to letdown.
- Try: Massaging the breast around Willow either by hand or with a massager like Lavie.

TO SEE IF YOU ARE FULLY ADJUSTED:

- Double pump (put one pump on each breast) with Willow like a normal pumping session.
- Follow up with your other pump & check if you're empty.
- If empty, continue trying like this for 3-7days.
- If you are consistently emptying with Willow without needing to follow up pump/nurse, then, Congratulations! You are Fully Adjusted!



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