

# PROS & CONS OF WEARABLE BREAST PUMPS



## PROS

### MORE MOBILITY

Freely walk and do things while you pump. Some work with spill-proof bags to allow complete activity, while others pump into a container, which may spill if you're too active, but still allows movement.



### DISCREET

Works in public. Wear inside your bra and under your shirt. Especially helpful if you can't take a pump break.

### QUIET

Quietest on the market, so most people won't know you're pumping.



### EASY TO CLEAN

Most have very few parts, making them extremely easy to clean. Hand wash or dishwasher safe.



### SMART TECHNOLOGY

Both the Elvie and the Willow have mobile apps to adjust suction levels, switch modes, monitor pump time and track milk output.

## CONS



### PRICE

Hefty price (\$249-\$549) but many insurers cover with an upgrade. Note other costs like reusable bags (\$1 per session), which can add up quickly.

### CHARGING

With no cords attached, you have to remember to charge them. When fully charged, they will last about 1.5 to 3 hrs, depending on the brand.



### SUCTION STRENGTH

Weaker suction with a strength of 220-245 mmHG depending on the brand, compared to 270mmHG for a hospital grade pump. This means you're likely to produce less milk per session, but some women do better with gentler suction.