



# HAND EXPRESSION OF BREASTMILK

By

**BPNI Maharashtra**

# Indications

- **Working mother**
- **Relieve & Prevent Engorgement**
- **Feeding Low Birth Weight or sick baby**
- **Mother wants to go out for longer period**
- **Maintain Lactation: ill mother \ ill baby**



# EXPRESSION : FOUR STEPS

- 1) Relax Mother (4 Key Points)
- 2) Massage breasts (2 Key Points)
- 3) Bring milk forward (2 Key Points)
- 4) Express (4 Key Points)

# 1. Relax the mother

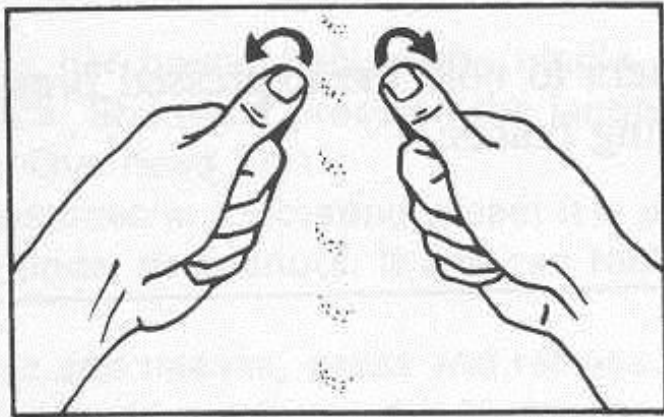
## Key Points

**A. Back Massage**

**B. Limb Exercise (Only if breasts are engorged)**

**C. Warm shower / formentation**

**D. Hold baby close \ Think lovingly about baby \ keep baby's photo in front (NICU transferred cases)**



# Back Massage

## 2. Massage the breast

Helps milk to flow from  
Alveoli into Lactiferous ducts

Support breast from below

&

Massage breast all round the areola

between

chest wall & four fingers

## 2. Massage the breast



**Massage gently**

## 2: Massage the breast

### Key Points

- A. Fingers kept parallel to chest wall (to achieve this give more pressure on fingers near areola)
  
- B. Do not forget to massage breast tissue in axilla (Axillary Tail)



## **3. To bring milk Forward**

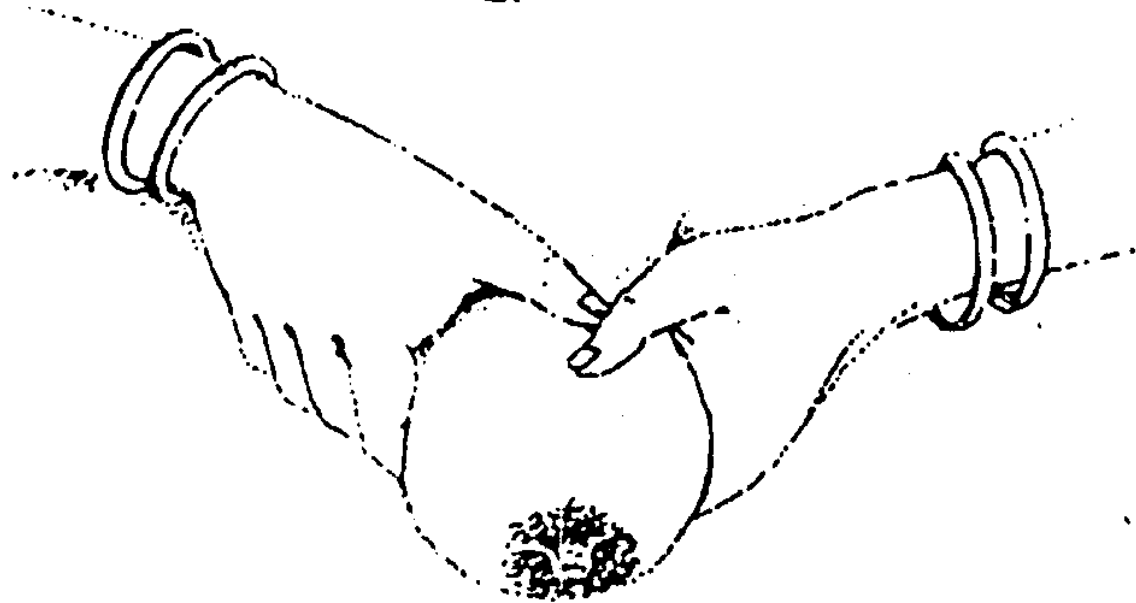
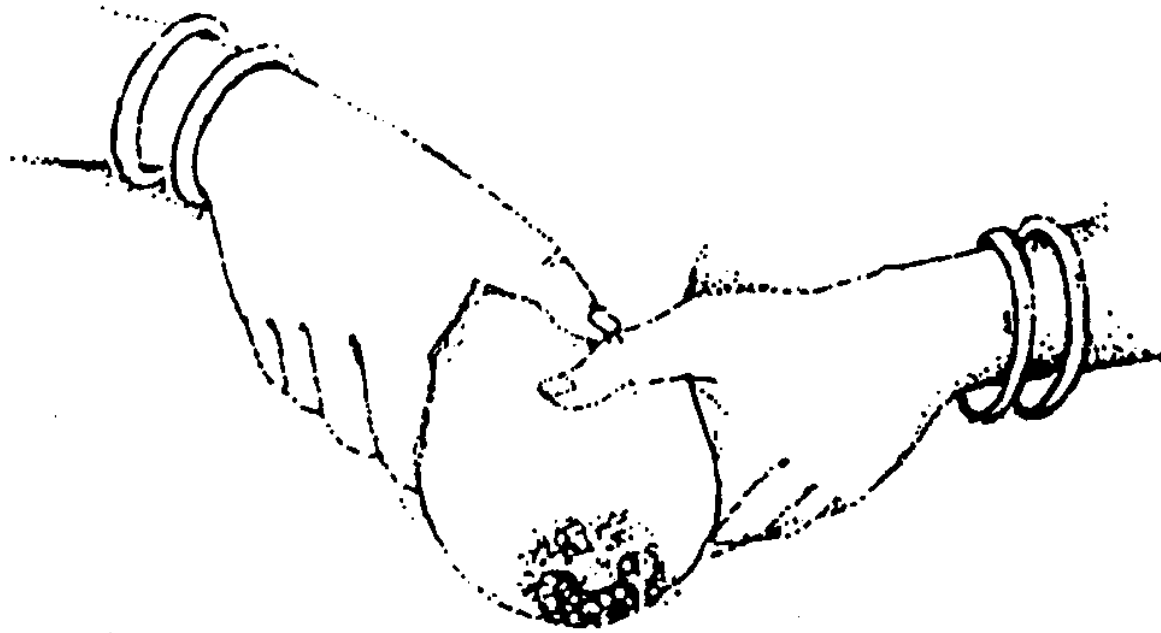
**Use both hands on each breast**

**From**

**behind forward to bring milk below areola**

**OR**

**Compressing both breasts simultaneously  
between 2 elbows is also effective**



**Bring  
Milk  
Forward**

# 3. To bring milk Forward

## Key Points

- A. Gravity assists if mother bends forward
- B. Be gentle. Avoid skin \ nipple injury at any stage

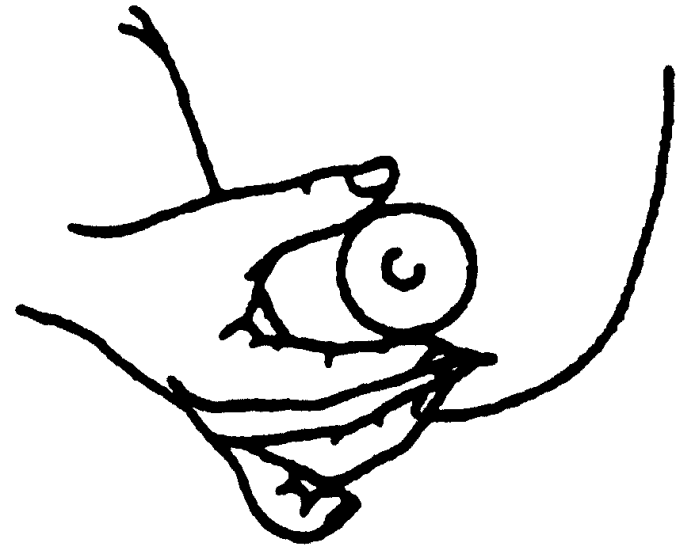
# 4. Expression

## Key Points

- A. Hold breast one inch behind nipple (Like small 'C')
- B. Give & maintain backward thrust with thumb & fingers
- C. Roll thumb & Fingers forward
- D. Use both hands to repeat above steps all round areola

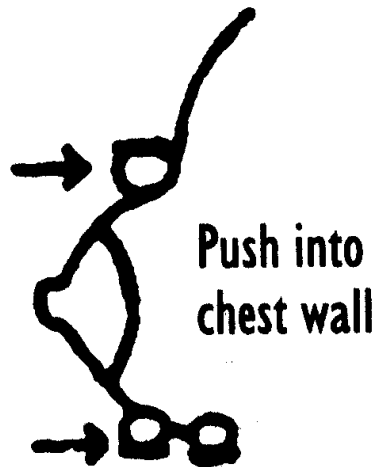
**4A.**

**Hold breast one inch  
behind nipple (Like  
small 'C')**

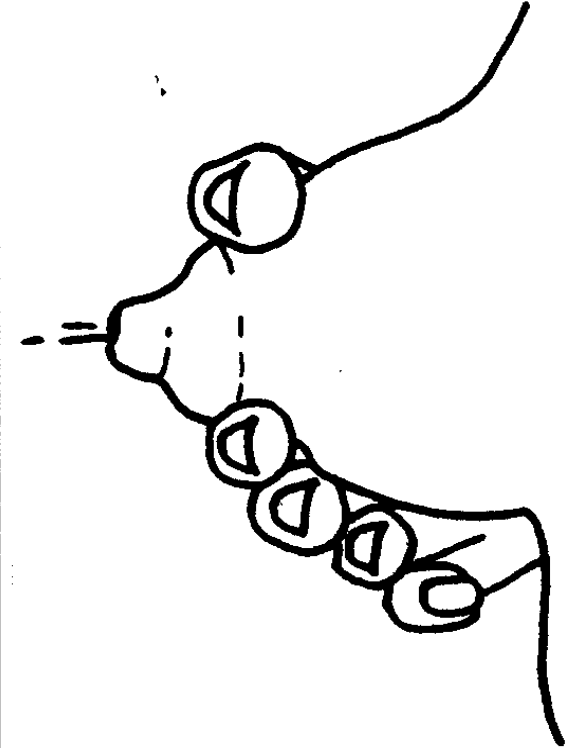
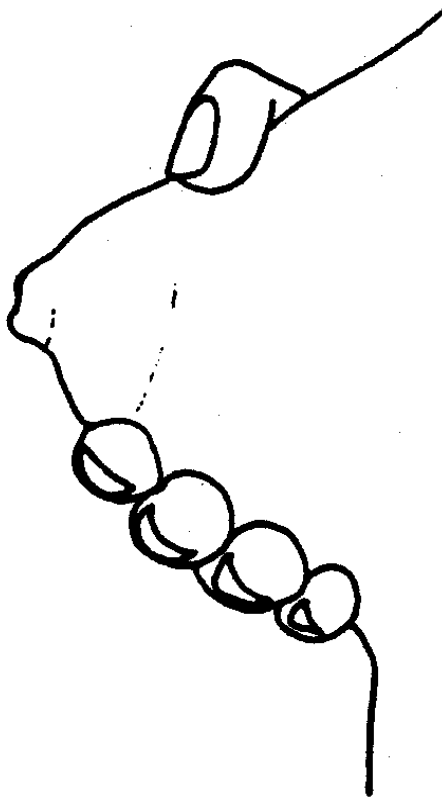
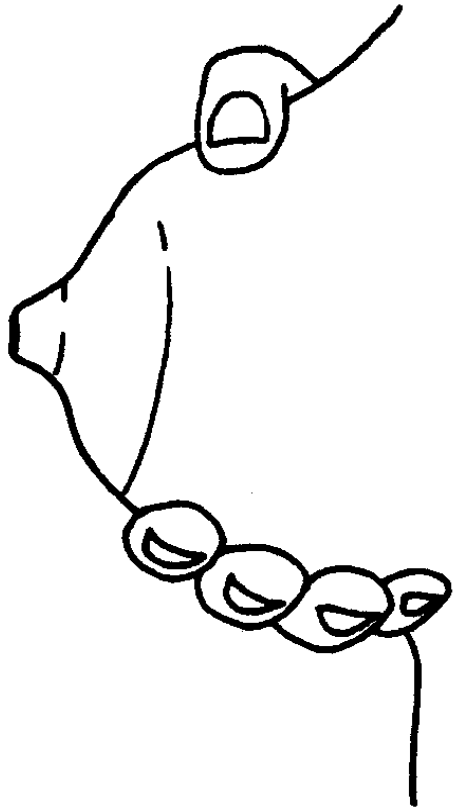


**4B.**

**Give & maintain  
backward thrust with  
thumb & fingers**

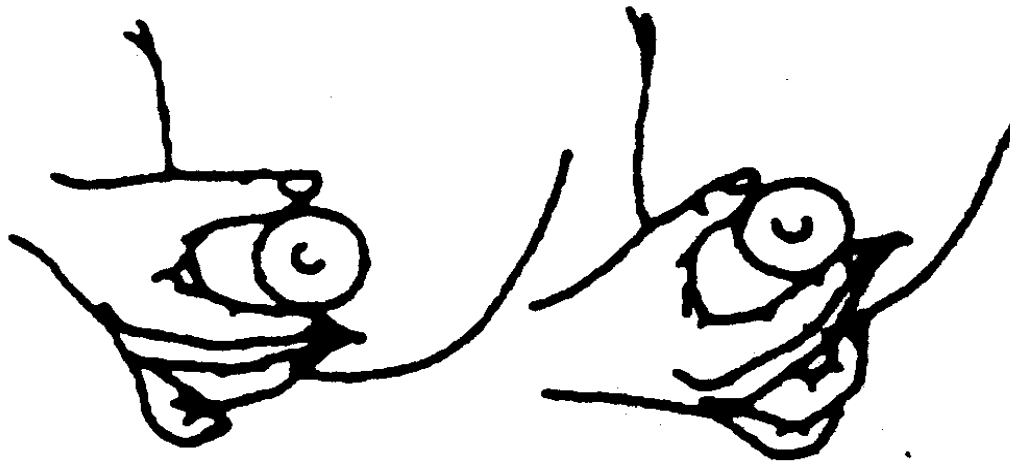


# 4C. Roll thumb & Fingers forward



**Notice how the thumb and fingers rotate to press in on the milk reservoirs.**

4D.



**Right Hand**



**Left Hand**

TO EMPTY  
EACH  
BREAST  
BOTH  
HANDS  
REQUIRE

# STAGES TO EXPRESS BREASTMILK



Maharashtra State Branch



**Massage gently**



**Check your finger and Thumb's position**



**Be gentle and patient!**