HAND EXPRESSION OF BREASTMILK

By

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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
EXPRESS : 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 / fermentation

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 niple (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. TO EMPTY EACH BREAST BOTH HANDS REQUIRE

Right Hand

Left Hand
STAGES TO EXPRESS BREASTMILK

Massage gently

Check your finger and Thumb's position

Be gentle and patient!