

Power Pumping



Power pumping is based on periodic frequent breastfeeding with short pauses between feeds. This means that repeated pumping over an hour with pauses in between triggers a new milk let-down reflex with each pumping sequence, meaning that larger volumes of breast milk can be pumped. The Power Pumping method is therefore recommended by lactation specialists to improve milk production or to stabilise fluctuating milk volumes.

Use the following 1 hour routine:



First Pump - 20 minutes

The mum needs to set aside an hour within her established routine ensuring she will not be interrupted. Now it's time to get pumping! The first pump is 20 minutes; the longest pump of the cycle.

Rest for 10 minutes

Once the mum has finished the first pump, it's time to rest. The mum can use this time to enjoy some time with her baby or relax with a warm drink.



Second Pump - 10 minutes

Make sure the mum is as comfortable as possible. Having the baby close to her will help with let down as it increases oxytocin in the brain.

Rest for 10 minutes

Only one more pump to go! It is very important for the mum to keep hydrated so make sure she has plenty of fluids to drink.



Final Pump - 10 minutes

The final step! Going forward it is suggested that the mum should power pump once or twice a day, 2-3 times a week; just follow these steps each time.

View our range of expressing and information videos here.



Automatic Power Pumping

The Ardo Bellis and Alyssa breast pumps both have a built-in Power Pumping programme, which means the pump does all the timings for you!



Simply tap the power pumping button, and let the programme run.



Automatic
Power Pumping
Button

 ardo
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