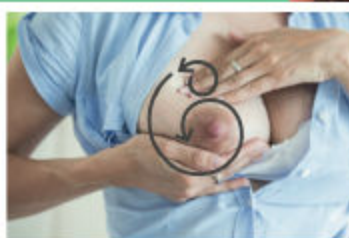


Breast Massage

Brief massaging and gentle lifting and moving of your breasts, especially just before breastfeeding or expressing, will encourage milk flow and improve drainage.

Below are a few ways that you can comfortably and effectively massage your breasts.



Hand Expression

1. Have a clean sterilised container to hand before you start.

2. Cup your breast and place your thumb and finger about 2-3cm from the base of the nipple.

3. Using your thumb and rest of your fingers in a C shape, gently squeeze this area.



4. Release the pressure and then repeat, building up a rhythm. At first, only drops will appear, but keep going. With practise and time, the milk will flow freely.

5. When the flow slows down, move your fingers round to try a different section of your breast and repeat. When this happens again, swap to your other breast.

6. If the milk doesn't flow, try moving your fingers slightly towards the nipple or further away, and then breast massage.



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