

Hand Expression: Step by Step.

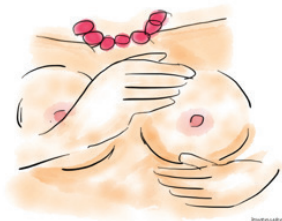
1 Wash your hands thoroughly with warm water.



2 Warm your breast up for two minutes by placing a warm cloth on your breast. This will help with milk expression.



3 Massage your breast. Use your hands or a towel to gently knead and massage the skin around the nipple to help your breasts relax.



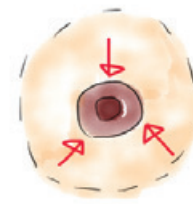
4 Sit up straight and lean slightly forward. Make sure you are comfortable – the more comfortable you are, the easier hand expression will be.



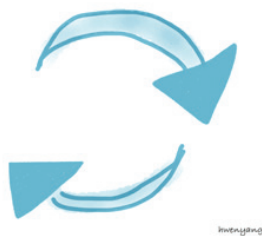
5 Place your hand on your breast, with the thumb above and fingers underneath about an inch behind your nipple.



6 Apply gentle, but firm, pressure. Press your fingers and thumb back towards your chest. Roll (do not slide) your fingers forward to press the milk out (behind the areola).



7 Repeat. Remember, the order is **press, compress, and then relax**. This process will become rhythmic, like a baby suckling.



Pump on the "Initiation" setting on the pump for 15 minutes for the first five days, or until your lactation consultant guides you otherwise. After five days or when your second milk has come in, switch your pump to the "Maintain/Standard" setting to increase milk production.

Be sure to do both breasts! Use a safe and clean container to collect the milk. All breasts are different, so experiment and find what is most comfortable and successful for you!