

# YOUR GUIDE TO

## LACTATION MASSAGE

Breast massage for lactation is highly recommended by experts and moms. Here's how you can incorporate breast massage into your breastfeeding and pumping routine.

### WHAT IS LACTATION MASSAGE?

Lactation massage utilizes basic massage techniques during breastfeeding and pumping to keep breast milk flowing freely. It is a technique that has been used by moms for more than two thousand years.

### WHAT ARE THE BENEFITS?

Breast massage before breastfeeding and during pumping is beneficial for both you and your baby. It helps to increase milk production and improve the quality of milk in the first year after delivery. Breast massage also may help to prevent and treat issues like clogged ducts, engorgement, and mastitis, an infection of the breast tissue.

### HOW TO PERFORM LACTATION MASSAGE

There are a few different ways to perform lactation massage for breastfeeding. The main goal is to stimulate the breast tissue, so you can experiment to find out what works for you. A massage bra can help in many cases, providing consistent and targeted pressure.



#### Hand Massage for Lactation

Make a point with your index and middle fingers. Beginning at the top of the breast, apply light pressure and do a circular movement as you slowly work your way down toward the nipple. If you are massaging while pumping, stop when you reach the breast shield. Repeat the process starting at another area on the breast. Make sure to massage the underside of your breast and the area up near the armpit.

A second method is to massage the breast towards the nipple on all sides as your baby feeds or as you pump. Light strokes are the key here, making sure not to disturb your little one's attachment to the nipple.



## Hand Massage for Engorgement

If you experience engorgement, a helpful massage technique is to massage the outer sides of the breasts in long strokes up towards the lymph nodes in the axilla (armpit) and massage the inner sides of the breasts toward the lymph nodes in the center of the chest. This will help decrease swelling and improve breast drainage.

For plugged ducts, apply gentle pressure behind the plug to help move it down through the milk duct. For a great video on how to perform this massage click [here: babycenter.com](https://www.babycenter.com)

## Massage with the Lilu Bra

The Lilu Massager + Bra incorporates gentle breast compression and massage so you can massage and pump hands-free. Working closely with lactation experts, we designed and programmed our bra to perform gentle and efficient massage movements to help you pump 30-55% more milk.

The Lilu Massage Bra is easy to wear and adjust for a great fit. You can put on the bra in four easy steps and start pumping:

- Step 1: Put on the bra and fasten it in the back
- Step 2: Adjust the straps so the bra fits snugly
- Step 3: Insert flanges through the holes in the front
- Step 4: Push the power button for 1 sec & release it to turn it on



**Important:** If you experience pain during breastfeeding or pumping request a visit with a certified lactation professional or your healthcare professional.