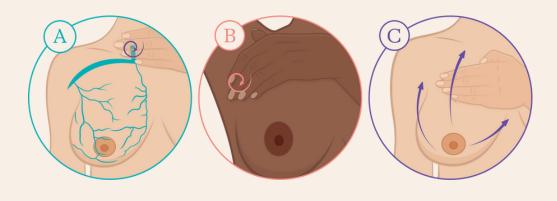
Lansinoh, Clinical Pearls

Lymphatic drainage

Breast massage technique



Massaging the breast can help move excess fluid to the lymphatic system and reduce congestion, which may relieve inflammation and improve milk flow.

Technique

Use very gentle touch/traction of skin with fingertips flat to the skin in the armpit area and upper chest "like stroking a cat"



Ten small circles at iunction of internal iugular and subclavian veins found above the clavicle (collarbone)



Ten small circles in axilla (underarm)



Continue with light touch massage from nipple towards clavicle, axilla

Benefits



Reduces swelling by assisting movement of lymph fluid, decreasing edema



Improves circulation: by increasing the flow of blood and lymph fluid to deliver oxygen and nutrients to tissues. removing waste products



Relieves pain: especially in the neck. shoulders, and back

When used?



Start during pregnancy if experiencing painful rapid breast growth



Use as needed postpartum for engorgement

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