

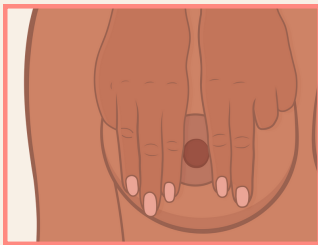
Reverse pressure softening

Methods



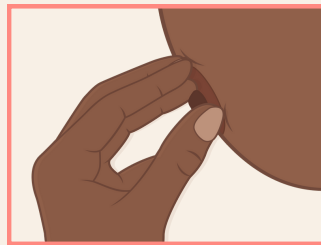
Two handed, one-step

Fingertips curved, each one touching the side of nipple.



Two handed, two-step

Straight fingers on both hands: placed with first knuckles touching the nipple. Move 1/4 turn & repeat above & below nipple.



One handed flower hold

Fingertips curved, placed where babies tongue will go.

Simple, self care, effective methods to soften the area around the areola and makes it easier for baby to latch.

Technique

Any finger combination can be used (see diagrams).

- 1 With clean fingers & short fingernails, locate the areola.
- 2 Place fingers on the areola.
- 3 Apply gentle pressure, pushing towards chest wall.
- 4 Hold, counting to 30-60 seconds (60 if very swollen), then release. Repeat steps several times until the areola has softened.

How does it work?



Reverse pressure softening works by using gentle positive pressure with the hands to displace excess fluid / or milk backwards into deeper ducts, thus reducing the resistance of the subareolar tissue.

Benefits



Encourages excess fluid to be pushed away from the breast tissue, making way for breast milk to flow down, triggering the milk ejection reflex more promptly.



Can be used before or during breastfeeding, but should be avoided if you have mastitis, plugged ducts or an abscess.