



Breastpumps do not remove all the milk from your breasts. Milk is made on a supply and demand basis so the more milk you remove the more your breasts will make. The most effective breast pumps remove only 50% or so from your breast. By using this hands on pumping technique you will remove much more milk. Additionally, you will obtain more milk form the pumping session if you use breast massage and pumping at the same time. You will have more milk to save for feedings and your milk supply will increase.

Hands on pumping routine:

Expression/Pumping If separated from baby

- Breast pumps do not efficiently remove colostrum
- Hand express colostrum within 1 hour of birth
- Hands express colostrum 5 X or more per day
- Continue pumping/expressing until your milk comes in then follow Hands on Pumping

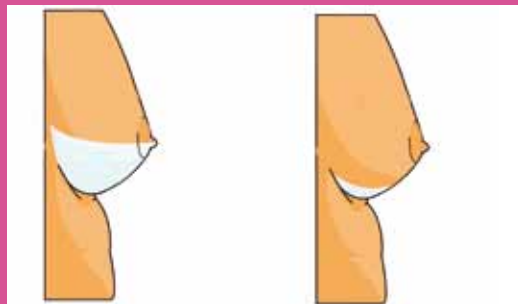
Hands On Pumping

- Use a hospital grade breast pump if possible
- Assure the flanges are the appropriate size
- Wear a bra that will hold flanges in place while you pump so your hands can be free for massaging directly on breast
- Start with slow massage to stimulate letdown
- Apply the breast pump and use the maximum suction level that is comfortable, not painful
- Watch the sprays of milk and adjust hand position to where milk flows the most easily
- When the sprays of milk subside, switch to single pumping so you can be more vigorous with the massage
- When the sprays of milk subside again, turn off the pump and hand massage into the pump flange. Some mothers can double their output this way. This is hind milk so the richest milk for the baby.
- Pay special attention to the outer margins of the breast



Watch this video while you are pumping!

<http://ittybittyurl.com/3sVp>



Massage + Pumping = More Milk