

Hand Expression

Hand expression is another way to remove milk from your chest/breast without excessive additional equipment. This can be a life saver in a pinch if you forgot a piece to your pump and you are away from your baby. Or, the reassurance you need in your body's ability to provide milk in those early days of lactating.



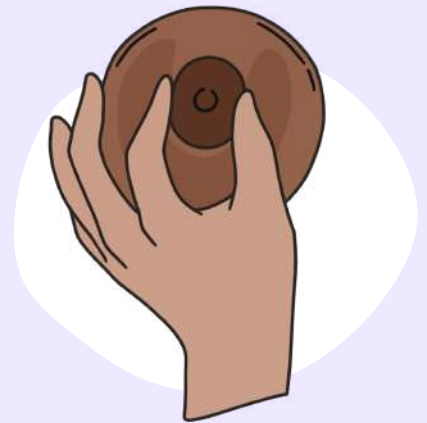
1

With clean hands, gently massage your breast. Almost like petting a cat!



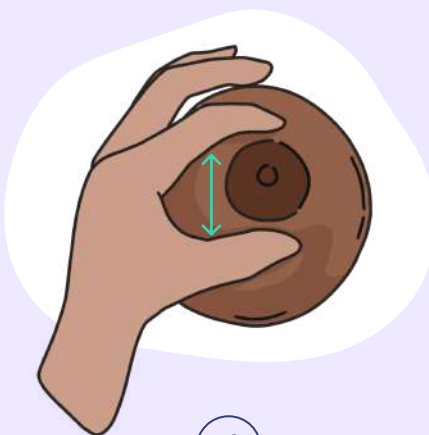
2

Position your thumb and index finger in the area between your nipple and areola. The should be in a straight line.



3

Press back into the chest wall and simultaneously compress.



4

Repeat a few times and observe if you are able to express milk. If not, you can gradually move your fingertips closer to your nipple or further away to find that "sweet spot" where the milk is being expressed.



5

Relax and repeat until milk flow slows. Then, rotate and adjust hands to a different area of the breast and begin again.