



SimpliFed

Pumping Care Plan

Pumping to Increase Supply/Production

Until your next visit, focus on increasing your milk supply/milk production. During this time, it is ok to let other chores go. Remember this is only for a short period of time.



Often

Try to pump every 2-3 hours during the day for 20-30 minutes.

If you go longer than 3 hours without expressing, you are sending your body signals to decrease the amount of milk produced. Causing an overall decrease in your milk production.

Short on time

If you are unable to do a complete pumping or expression session, pump for the time that you do have.

Night pumping

Try to continue your pumping routine into night time hours. Aim for about every 3 hours- as you can handle.

Miss a session

If you have missed a pumping or expression session, try to do one as soon as you remember. Even if your next session is coming up soon.

Soothing

Try to get into the habit of offering your breast any time your baby needs soothing. As long as it is not too burdensome to you, it is ok to function as the “pacifier.” Plus, if the hope is to get your baby back to the breast, this helps them feel more comfortable!

Frequency matters

You will see more milk output if you pump for 10 minutes every 2 hours rather than 20 minutes every 4 hours.

Consistency

Your body can increase milk supply/production best if you are draining your breasts around the same time every day.

Power Pumping

Power pumping simulates an infant cluster feeding. Power Pump once a day, at the same time each day, for 3 days, or until you see a sufficient milk increase.



Maximizing Expression Efforts with the Pump



More often, more milk

You will see more milk output if you pump for 10 minutes every 2 hours rather than 20 minutes every 4 hours.

Multitask

Try to pump and feed simultaneously to save on time: you can prop your baby up on your lap against a pillow or Boppy while she is facing you, and hold the bottle in her mouth. This way she can still see you while she eats, and you're more likely to trigger more letdowns.

Hands on pumping

Pumps attempt to mimic how your baby feeds at the breast. To add stimulation that your baby would typically provide, you can use gentle breast massage while pumping.

Finish with 5 minutes of hand expression: Use a c-hold 1-2 inches back from the areola. Press the breast tissue into the chest wall, compress the breast tissue between your fingers, and then release it.

Stress Free

Create a successful pumping environment: Stress and tension can prevent milk flow. You can do this by doing a relaxing activity you enjoy (TV, music, scrolling the web).

Cover the bottles so that you are not focused on the amount that you are pumping!



Comfort

Ensure that pumping is pain free: Use the minimum amount of suction needed to trigger a let-down

- Ensure your flanges are the correct size. (Find our Sizing Guide [here!](#))
- Try applying a warm, moist compress to your breasts before you pump.
- Lubricate the inside of your flange.
- More suction does not always mean more milk!
 - Use settings that are comfortable to you.
 - Always start with low suction and increase if tolerable.
 - Too much suction causes your milk ducts to collapse, and milk will not flow.

Suction

For your pump parts to work properly, they must be able to maintain suction.

Make sure the pump membrane is facing the same way as the opening of your flange to increase suction (if applicable).

Replace your pump membrane/duck bills as necessary. The more often your pump is used, the more frequent you will need to replace those parts.



Membranes and duck bills should lay completely flat against the connector. They should not be damaged in any way.

Milk Shake

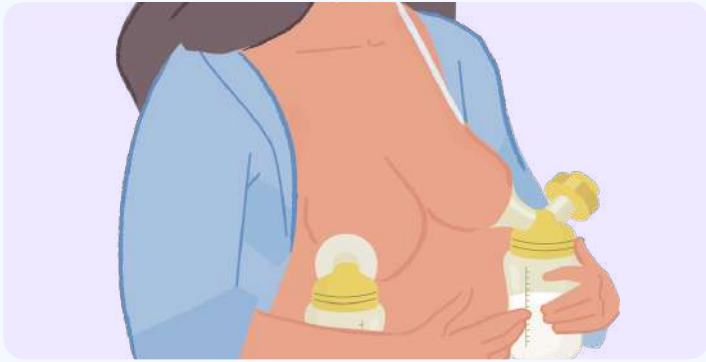
It sounds silly, but shake your breasts before a pump/expression session! This helps to release some of the fat globules in your milk ducts into the milk that is being expressed.

Possible Pumping Routines



① Pumping both breasts while your baby takes a bottle.

② Pump one breast while your baby feeds on the other breast.



③ Pump “feeding breast” after your baby finishes.

④ Pump both breasts after baby feeds.



Additional Resources



[Choosing a Breast Pump](#)



[Supply, Let's Talk About It](#)



[Increasing Milk Supply](#)



[How Long Can You Leave Breastmilk Out?](#)