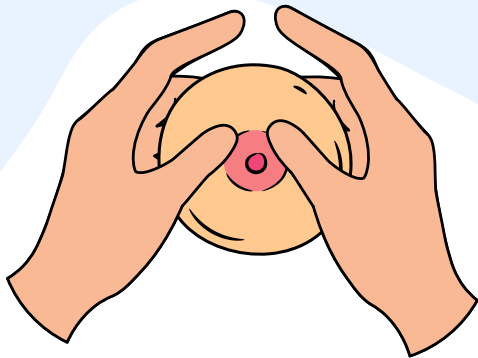


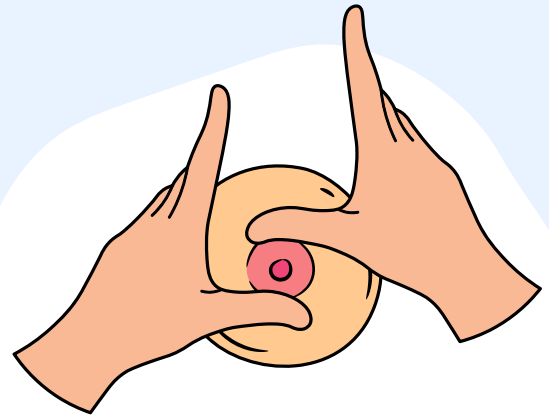
Reverse Pressure Softening

Reverse pressure softening is the use of applying pressure with your fingers and fingertips around your nipple and areola to help move swelling away from that area.

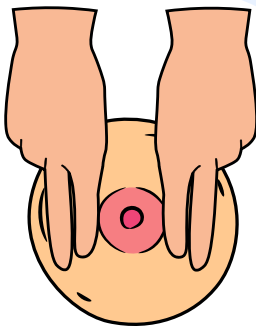
This can be helpful with dealing with engorgement! By doing this, you can help move extra fluid away from the area that baby is latching onto, making it easier to latch. Just apply pressure for a few moments and release. Repeat if necessary.



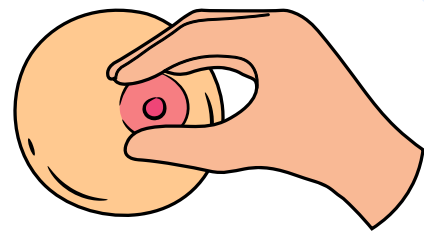
Thumbs to the left and right of the nipple



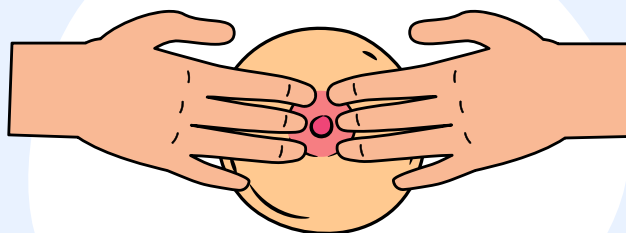
Thumbs on above and below nipple



Two fingers on each side of the nipple



Flower Power! Finger tips in a circle around the nipple



Fingertips in line on each side of the nipple