

# Breast Massage and Expression of Colostrum / Breast Milk

Breast massage and hand expression of your breasts helps your milk flow. The steps below tell you how to massage and hand express your breasts.

## A. Breast Massage

1. Wash hands with soap and water.
2. Consider taking a warm bath or shower with your breasts covered by warm water or wrapping each breast in warm moist towels (or disposable diaper) for 10 minutes. Heat helps the milk flow.
3. Relax, take deep breaths, and think about your baby.
4. **Massage** your breasts by:



- a) placing fingers at the top of the breast and firmly pressing them into the chest wall and moving fingers in a circular motion on one spot on the skin;
- b) after a few seconds, move to the next area, slowly moving around the breast. Continue to do this, moving closer to the areola (brownish area).



## B. Hand Expression

Hand express your milk takes time to learn. Over time you will become successful. Breast massage and moist heat before you hand express will help. Before starting get comfortable and try to relax.



Push back against chest wall



Bring thumb & fingers together



Practice makes this easier



1. Wash your hands with soap and water.
2. Gently rub your nipple.
3. Hold a clean container, cup or wide-mouthed jar under the nipple.
4. Cup the breast in one hand; and place your thumb and forefingers behind the nipple about 1" to 1½".
5. Press inward toward the chest wall, squeezing thumb and fingers together just behind or at the edge of areola. Repeat rhythmically.
6. Rotate your hand to reach all around the areola. Change sides every few minutes, using one hand, then the other, on both breasts.
7. Express until no more milk comes out, at least 10-15 minutes each breast.
8. Express milk every 3 hours if your baby is unable to nurse or 8 times in 24 hours.

The first few times you may not get very much colostrum or milk and it may take you up to 45 minutes to express both breasts. After some practise you will be finished in 20 to 30 minutes.