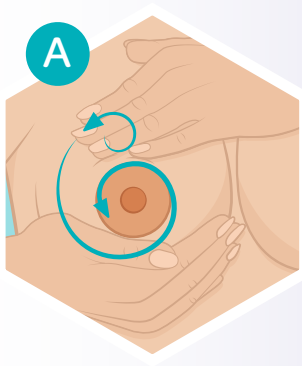
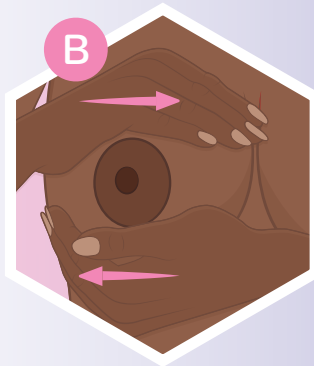


Breast Massage

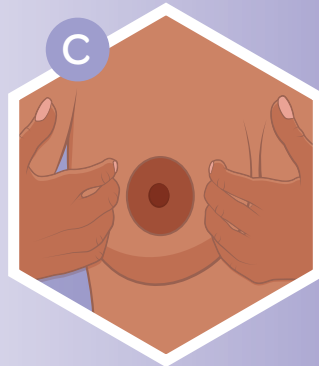
Practical techniques for mothers



Circular motion



Side to side

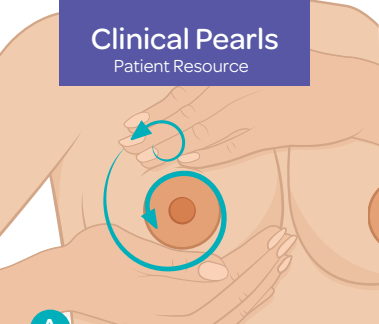


Tapping the breast

Mothers should experiment to find the technique that is most effective and comfortable for them.

Clinical Pearls

Patient Resource

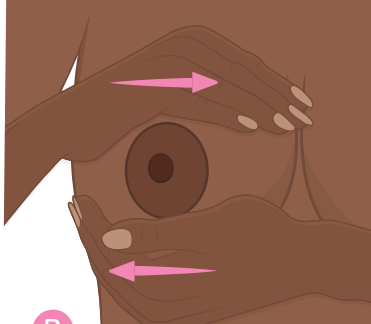


A

Stimulates milk ejection reflex

Focus on one breast at a time. With one hand supporting your breast, gently massage in small circles with your fingertips, working around the whole breast.

Very softly trace your fingers from the base of the breast towards the nipple. You may feel a tingling or warm sensation as your milk ejection reflex is stimulated. This may feel best using warm hands.

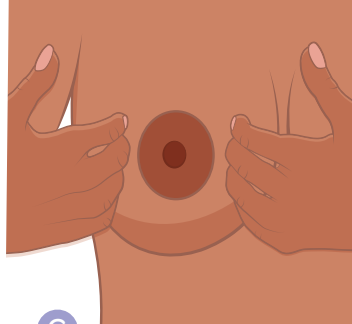


B

Increases milk supply

While feeding, expressing or pumping, use your hands to feel for areas of breast firmness, including the outer edges of your breast. Gently massage or compress these areas to empty the breast.

After a feed or pumping session, gently massage your breast in circular motions with your fingertips, working around the entire breast area, or gently roll each breast between both hands.



C

Encourages milk flow

Use fingertips to lightly stroke or tap the breast from the base of the breast towards the nipple. Massage helps to warm & loosen tissues around the milk ducts & encourage milk flow.

Massaging the breast toward the armpit also helps to decrease swelling & improve drainage.

Lansinoh.