Hand Expression

Hand expression can be used instead of a pump to relieve pressure, help baby latch, and collect milk.

How to hand express:

1. Sit up and lean forward.
2. Gently massage your breast.

3. Place your thumb and index finger an inch away from your areola in the shape of a C.

4. Press back into your breast and gently and firmly squeeze together. Release and repeat. Do not expect to see milk right away.

5. Keeping your fingers in a C, rotate your hand around your breast.

6. To collect milk, hand express each breast for 10-15 minutes, or until milk flow slows. Use a clean container.