

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.

