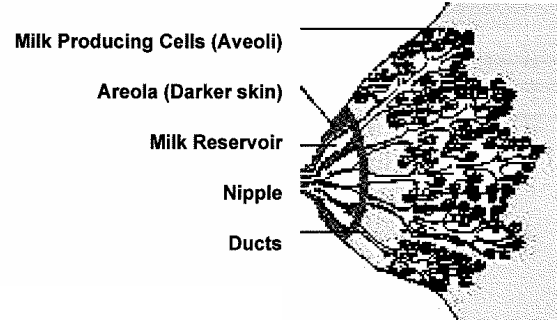


Manual Expression of Breast Milk

~Adopted from Chele Marmet's Technique
Manual Expression of Breast Milk~

How the Breast Works:

The milk is produced in the alveoli. Breast milk comes down the ducts and collects in the milk reservoirs. When the alveoli are stimulated, they expel additional milk into the duct system (milk-ejection reflex).



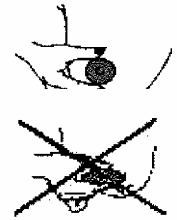
Expressing the Milk:

Be sure to wash your hands and have sterile container ready before starting.

1. POSITION the thumb and first two fingers about 1 to 1 ½ inches behind the nipple so the milk reservoirs lie beneath them.

2. PUSH straight into the chest wall.

- Avoid spreading the fingers apart.
- For large breasts, first lift and then push into the chest wall.



3. ROLL thumb and fingers forward as if making thumb and fingerprints at the same time.

- The rolling motion of the thumb and fingers compresses and empties the milk reservoirs without hurting the breast tissue.
- Note the moving position of the thumbnail and fingernails in the illustrations.



4. REPEAT rhythmically to drain the reservoirs.

- Position, push, roll; position, push, roll...

Right Hand Left Hand

5. ROTATE the thumb and finger position to milk the other reservoirs. Use both hands on each breast. These pictures show hand positions on the right breast.



Assisting the Milk Ejection Reflex:

The milk ejection reflex can be stimulated by applying warm cloths and massaging the breasts. Gravity will help the flow of milk if the mother leans forward. Some mothers are more successful if they try to express milk after a feed, when the baby has triggered the let-down. Many mothers find the morning an easier time to stimulate the milk ejection reflex.

Stimulating the flow of milk:

1. MASSAGE the milk producing cells and ducts.

- Start at the top of the breast. Press firmly into the chest wall. Move fingers in a circular motion on one spot on the skin.
- After a few seconds move the fingers to the next area of the breast.
- Spiral around the breast toward the areola using this massage.
- The motion is similar to that used in breast examination.



2. STROKE the breast area from the top of the breast to the nipple with a light tickle-like force.

- Continue this stroking motion from the chest wall to the nipple around the whole breast.
- This will help with relaxation and will help stimulate the milk ejection reflex.



3. SHAKE the breast while leaning forward so that gravity will help the milk eject.

- Express each breast until the flow of milk slows down.
- Assist the milk ejection reflex (massage, stroke, shake) on both breasts.



4. REPEAT the whole process of expressing each breast and assisting the milk ejection reflex once or twice more. The flow of milk usually slows down sooner the second and third time as the reservoirs are drained.