

Breast Massage and Compression



Breast milk flows easily when a let-down reflex occurs and slowly between these reflexes. The first one usually occurs within 2-3 minutes of the start of the feeding. The baby may stop sucking when the milk flow slows down. Breast massage and compression can encourage your baby to continue feeding.

Breast Massage and Compression is useful for:

- A sleepy, sluggish baby
- When your baby does not routinely empty your breast
- When your baby stops suckling before the feeding is finished
- Poor weight gain
- When you are pumping
- If you experience plugged ducts or mastitis



Massage

Firm but gentle massage can be done in the way most comfortable to you:

- Fingertip massage in circles
- Flat of the hand from the outer towards the center of the breast
- Side of the thumb from the outer towards the center of the breast

Compressions

Firmly and gently squeeze the breast near the chest wall, not near the nipple. Compress when the baby pauses feeding or is suckling but not swallowing. Release and return to compression when your baby begins suckling again.

Massaging or compressing your breast should be comfortable and shouldn't hurt.

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.

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