

# Hands-on Pumping



Using a breast pump is important if your baby is ill, premature or unable to breastfeed for any reason. You will obtain more milk from the pumping session if you use breast massage at the same time. You will have more milk to save for feedings and your milk supply will increase.

## *Hands-on Pumping Routine:*

- Begin pumping within six hours of delivery
- Use a hospital grade breast pump with a double kit eight times or more per 24 hours
  - You do not need to keep to a regular schedule, pump whenever convenient
- Assure the flanges are appropriate size
  - Nipples move freely in and out during suction cycle
  - Breasts are emptied completely, no areas of lumps
  - No pain while pumping
  - No white ring around the areola
- Wear a bra or a bustier that will hold the flanges in place while you pump so your hands can be free for massaging
- Start with slow massage to stimulate let-down
- Apply the breast pump and use the maximum suction level that is comfortable, not painful
- Watch the sprays of milk and adjust hand position to where milk flows the most easily



- When the sprays of milk subside, switch to single pumping so you can be more vigorous with the massage
- When the sprays of milk subside again, turn off the pump and hand massage into the pump flange (This hind milk is rich in fat). Some mothers can double their output this way.
- Pay special attention to the outer margins of the breast.

Watch this video while you are pumping!

<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>