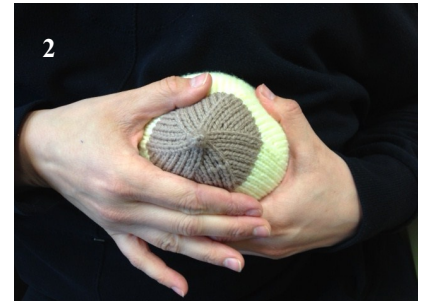


Hand Expression: Step by Step

- Step 1:** Wash your hands and begin by gently massaging your breast tissue and the area surrounding your nipple. This will encourage a “let down” or milk ejection reflex. Ensure you are sitting upright and leaning slightly forward. A warm shower or compresses on the breast tissue may also help with removing milk through hand expression.
- Step 2:** Position your hand in a “C” shape, above and below your nipple, and apply pressure inwards towards chest wall. Compress/roll your fingers toward the nipple to release milk. Do not slide or pinch the skin.
- Step 3:** Collect the expressed breast milk in a container to feed your infant or store/freeze appropriately.
- Step 4:** Repeat this process several times on each breast, adding additional massage as needed. Rotate the positioning of the “C” shape to reach all milk ducts. Use the left and right hand on each breast.



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