

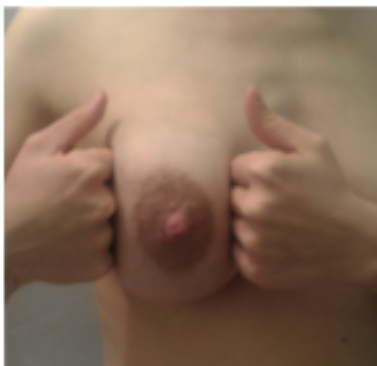
Hand expression

Hand expression is a simple technique to learn, which can help you solve the most common breast issues. In the first few days after birth, it can be useful if your breasts are too full, if the baby struggles to latch, or if you are away from your baby. Later, it will allow you to prepare a meal for your baby if you need to be temporarily away from them, such as when returning to work.

FIRST OF ALL, PREPARE YOURSELF: wash your hands thoroughly, get into a comfortable and relaxed position, think of your baby or look at them. Keep clean containers ready at hand.



Massage the breast to generate warmth.



Hands start from the base of the breast and move toward the nipple with light pressure



Gently feel the breast about 4 cm away from the nipple until you identify an area of the breast that seems to have a different texture.



Place your thumb and index finger in a C-shape and push them gently backward, toward your chest. Then press your thumb toward your index finger, compressing the breast, and release the pressure.



You may need to repeat these movements for a few minutes before milk begins to flow. Afterward, move your fingers around the entire areola and repeat the process on the other breast in the same way.

