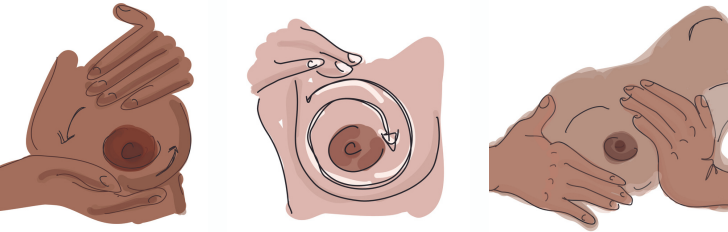


# Breast Massage

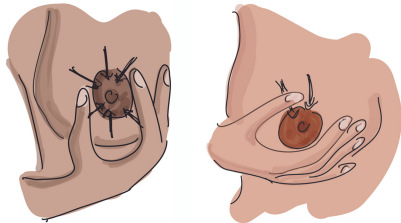
## MASSAGING THE BREAST TISSUE

Massage your breast tissue in a circular motion either with the palm of your hand or 2 to 3 fingers.



## TRIGGERING THE LACTATION REFLEX

It is about light touches on the skin, but also the nipple. This is done by stroking towards the nipple and lightly stimulating it. A photo of your child can help with this.



## REVERSE PRESSURE SOFTENING METHOD (RPS)

This procedure is used around the initial breast swelling when fluid has accumulated under the skin around the nipple, making it difficult to obtain breast milk. In the RPS method gentle pressure is applied to the areola so that the fluid is displaced, and the nipple softens again.



Every drop of  
breast milk helps  
your child!



# Instructions for manual breast emptying

THE FIRST STEPS...



[www.neo-milk.de](http://www.neo-milk.de)

# Dear Mothers,

Thank you for providing breast milk for your child. You really do a lot by doing this, and every drop is precious. In the beginning, it can be sensible to extract the milk by hand. This flyer explains how you can do this and what could be helpful. Do you have any questions or is something not working right away? Talk to your breastfeeding professionals on the ward. They will be happy to help you personally.

## Manual Breast Emptying Instructions

### PREPARATION

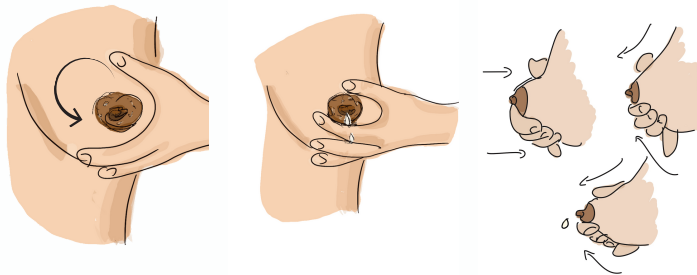
Wash your hands thoroughly and then disinfect them. Get into an upright but comfortable position and place a drink within reach. Some women find it helpful to perform a short breast massage or warm the breast before emptying by hand e.g., with a warm towel or a warm shower.

### TIP

If you cannot be with your child during manual breast emptying, you can look at a photo or video of your child. This promotes the release of oxytocin and thus the production of milk. This situation should be as peaceful as possible for you. Maybe some relaxing music could be helpful?

### IMPLEMENTATION

The fingers are placed on the breast tissue about 2-3 cm behind the nipple in a C-grip. An imaginary line runs between your thumb and index finger directly over the nipple. Now lift the breast slightly and gently press the breast tissue towards the ribcage. Spread your fingers slightly. Make sure that the fingers do not slip over the tissue but remain in the same position and thus take the tissue with them. Then push your thumb and index finger forward towards the nipple with light pressure. Again, the fingers should not glide on the skin but take the tissue with them. You can feel a ball of tissue about the size of a golf ball (the mammary gland tissue). This is what should be massaged. Attention: Emptying the breast should not be painful!



The milk drops obtained can now be withdrawn with a sterile, small syringe. In the beginning it can be helpful if your partner or the nursing staff assist you with this.

Loosen the grip to allow milk to flow in. To empty all areas of the breast, rotate the hand around the areola using this technique. Once you have emptied both breasts completely (approx. 5 to 10 minutes per breast), the syringe is closed with a matching cap. It is quite normal that only a few drops of milk can be obtained at the beginning. Even these few drops are important for your child.

## Short Video about Breast Emptying in the Neo-MILK App

You can also find a short video explaining manual breast emptying here



## Breastmassage

### IN PREPARATION

(E.G., BEFORE PUMPING OR MANUAL BREAST EMPTYING)

Some women find it helpful to do a short breast massage before emptying their breasts. Your exact massage technique is not crucial. The only important thing is that it should never hurt. Elements of breast massage include warming the breast with the hands, loosening the breast tissue, or stimulating the nipple. The gentle touch on the skin simultaneously causes a release of oxytocin, which stimulates milk production.