

# Not enough milk?

**14 days** after birth your amount of milk should be **500ml** within 24h.

## WHAT CAN HELP?

- Pumping next to your child or by looking at a foto of it can help releasing oxytocin and therefore raise your milk production
- Raising the pumping frequency to 10 times in 24 hours additionally
- Adding manual breast emptying after pumping
- Doing breast massage/compression during pumping
- Additional power-pumping

### BREAST COMPRESSION

During the pumping process, the breast is grasped with one hand and lightly pressed against the chest for a few seconds. This compression of the breast tissue is performed repeatedly until the end of the pumping process.

### POWER-PUMPING

First, a breast massage is carried out, followed by pumping for 5 minutes on both sides. After a short break, the massage and pumping is repeated. The whole process should be repeated three times. After integrating power-pumping into the daily routine for a few days, the milk production will be stimulated.

Every drop of your  
milk helps your  
child!



Solutions for  
problems during the  
pumping process



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

Thank you for providing breast milk for your child. You really do a lot by doing this, and every drop is precious. Maybe pumping will be challenging for you. This flyer is intended to help you solve any problems with pumping. If these tips do not help you, don not hesitate to speak to the lactation consultant at your ward. They will be happy to help you.

## Breast engorgement

Within the first days after birth, the initial swelling of the mammary glands occurs. This is also called lactogenesis. At this point, the colostrum changes into the mature breast milk. Your breast can feel heavy or swollen, may be flushed and painful.

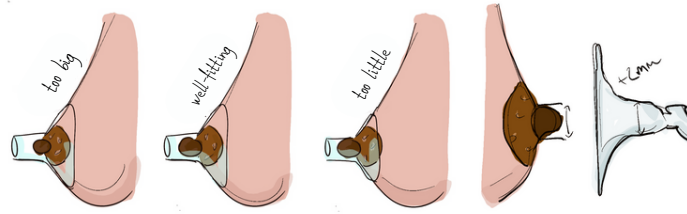
### WHAT CAN HELP?

- Frequent emptying of the breast
- Warming the breast before pumping, for example with a warm and clean wash cloth
- Breast massage before pumping
- Cooling the breast after pumping, best to use a cold and wet wash cloth or a cooling pack from the fridge
- Wearing comfortable and light clothing

Initial swelling of the mammary glands often occurs in conjunction with "baby blues". Many mothers experience this temporary low mood in the days following birth.

## Pain and/or sore nipples

- Be sure you're using the right funnel size



- Make sure that the nipples are in a central position in the funnel
- The suction setting of the pump should not hurt
- It is better to pump more frequently and for shorter periods than for long periods with longer breaks
- Keep nipples clean with clean water or saline solution, change linen and nursing pads regularly
- You can let a little breast milk dry on the sore nipple for care

In case of bloody, inflamed nipples you should seek support by a breastfeeding consultant or midwife.

## Blocked duct

Blocked duct can occur due to of stress, tight clothing or incomplete emptying of the breast. You may have may experience firm spots in your breast and possibly swelling, redness and pain.

### WHAT CAN HELP?

- Frequent emptying of the breast
- Gentle breast massage when emptying the breast
- Make sure you wear comfortable, loose clothing
- Rest and relaxation are especially important now!
- After emptying the breast, it can feel relieving to cool the affected side for 5 minutes
- Painkillers that are compatible with breastfeeding can be taken in consultation with your doctor



Important: In case of fever and/or persistent symptoms for more than 48 hours, you should see your gynaecologist.