

Hands on Pumping

Providing breastmilk for the premature or ill infant is one of the most important jobs the mother can do. However, pump-dependent mothers commonly experience insufficient production. So it is everyone's job to support her in her effort to provide milk while the baby is hospitalized and to successfully breastfeed long term.

The suction from the breast pump removes breastmilk but does not completely empty the breast. Combining pumping and breast massage has been shown to increase milk production in research conducted by Jane Morton MD, at Stanford University, Lucile Packard Children's Hospital. She found that adding breast massage and "hands on pumping" increased mothers' average daily volumes by 48%.

Hands on pumping routine:

- Begin breast pumping within 6 hours of delivery
- Use a hospital grade breast pump with a double pump kit 8 times or more per 24 hours
 - Does not be a regular schedule, do when ever convenient
- Assure the flanges are appropriate size
 - Nipple moves freely in and out
 - Breasts are emptied completely, no areas of lumps
 - No pain while pumping
 - No white ring around areola
- Encourage mothers to wear a bra or bustier that will hold the flanges in place while the she is pumping and 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 the mother 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. Some mothers can double their output this way. This is hind milk so the richest milk for the baby.
- Pay special attention to the outer margins of the breast

Please watch the video <http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>

Reference:

Morton J, Hall JY, Wong RJ, Thairu L, Benitz WE, Rhone WD. Combining hand techniques with electric pumping increases milk production in mothers of preterm infants. J Perinatol. 2009, July 2.

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.

