Metro North Health

Hand Expressing Technique



Wash hands before expressing. **Gently** massage the breast in a circular motion, from the outer aspect of the breast in toward the nipple



Collection by oral dispenser is useful for smaller volumes of milk (colostrum)

Once the flow slows, move your

fingers around slightly so you

compress a different area (refer back to step 2)



Place your thumb and forefinger flat on your breast, **approximately 3 cm back from the nipple,** keeping the thumb in line with the forefinger, as if an imaginary line is running through them



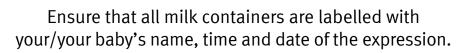
Press the thumb and forefinger **towards the chest**...



Position a clean/decontaminated container resting on the breast, under the nipple, to collect the milk



...then compress the thumb and forefinger directly together and hold for 2-3 seconds before releasing. Do not pull your nipple or roll your fingers forward. This compression **should not hurt** – if it is tender, reassess the position of your fingers



To establish your milk supply when baby isn't feeding from your breast, it is necessary to express **at least 8 times a day**.

more milk removed = more milk made

- Queensland Health booklet "Child Health Information Your guide to the first 12 months"
- Queensland Health Breastfeeding website: https://www.qld.gov.au/health/children/babies/breastfeeding
- The Australian Breastfeeding Association's Helpline 1800 mum 2 mum (1800 686 268) or https://www.breastfeeding.asn.au/



National Standard 2. (2.4) Consumers and/or carers provided feedback on this publication



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Developed by Women's and Newborn Services, Royal Brisbane and Women's Hospital.

Version No: 4.1 Effective: 11/2023 Review: 11/2026

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