



TriHealth
Women's Services



Care Plan for Expressing Your Milk by Hand

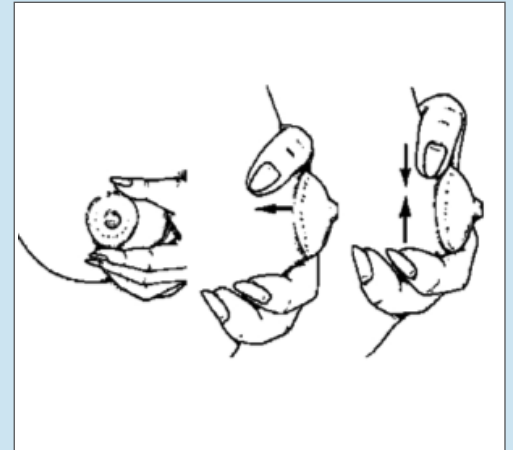
Hand expression is a useful skill to learn. Expressing a drop of milk onto your nipple beforehand may help baby to latch onto your breast. There are different techniques for hand expression, including the one pictured. Other illustrations or photos of techniques may be found via the links in the *Resources* section of this booklet.

Care plan goal

- Provide baby with colostrum or breast milk

Technique for Hand Expressing Your Milk:

- Wash and dry your hands.
- Hold a collection bottle or spoon under your nipple to collect your milk.
- Grasp your breast slightly beyond the outer edge of your areola (the dark area around your nipple).
- Place your thumb and index finger on opposite sides of your nipple.
- Press your index finger, middle finger, and thumb back toward your chest wall, keeping them in the same place on your breast. (Do not slide or spread them.) For large breasts, lift them first, then push straight into your chest wall.
- Roll your thumb and fingers forward toward your nipple, changing finger pressure from the middle to index finger at the same time.
- Repeat rhythmically several times.
- Rotate your index finger and thumb to another area of your breast and repeat.



Technique for Hand Expression of Milk
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