



*Julie Bouchet-Horwitz, FNP-BC, IBCLC
Hudson Valley Breastfeeding, LLC
9 Hudson Road East
Irvington, New York 10533
914.231.5065
jbouchet@optonline.net
www.hudsonvalleybreastfeeding.com*

Hand Expression

Hand expressing after feedings removes the residual milk left in the breast after nursing and pumping. By removing the residual milk you are telling your body to make more milk. It is one of the fastest ways to make more milk.

- Sit upright and massage your breasts
- hold one breast with one hand and a container or spoon in the other hand
- Hold the breast in the “north/south” position with the fingers near the edge of the areola and/or two inches from the nipple. You could also hold the breast in the “east/west” position if that is easier
- Press into the breast
- Bring your fingers closer together while pressing into the breast
- You should hit a spot that yields a drop of milk or sprays some milk
- Hold a container below to catch the milk.
- Make sure the milk flows into the container and not over your fingers
- Express the breast and switch when the drops diminish
- Go back and forth between the breasts
- It works better to switch to the other side as soon as the drops diminish
- Give this milk back to the baby OR collect it for a future feeding
- If you begin spraying, hold the place while it sprays