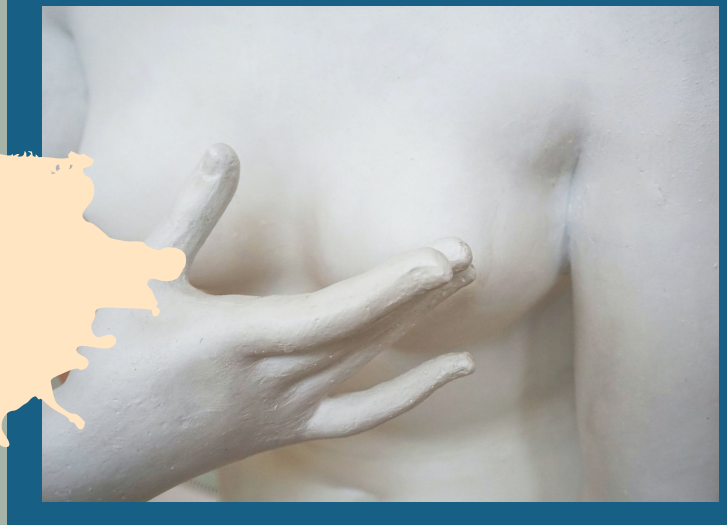




## EXPRESSION & STORAGE OF

# Milk



Lactation operates on a supply and demand system. In the first few days postpartum, effective removal of colostrum on a regular basis stimulates milk production. Sometimes, when situations arise like separation of parent and baby, the use of both pumping and hand expression will be needed. In any case, expression of colostrum and milk postpartum whether breast/chestfeeding, pumping, hand-expressing or all three combined, the action of removing milk is vital to maintaining milk supply. Therefore, knowing what to do is a critical component of lactation.

### To perform hand expression:

1. Sit up and lean forward
2. Gently massage the breasts with hands
3. Creating a 'C' shape with the hand, place the index finger and thumb over the breast about an inch away from the areola. Cupping the breast, (opposite hand and breast will do, or right hand, right breast), the index finger and thumb should be in the same line as the nipple. The nipple will be directly between the index finger and thumb.
4. Apply steady pressure inward toward the breast (straight back)
5. Bring index finger and thumb gently towards each other. The whole movement rhythm should be: press back, squeeze together, release. Repeat.
6. Alternate breasts frequently, remembering that in the beginning it may take some time for the milk to begin flowing.
7. Catch milk in a cup or in a Haakaa.

For a detailed video of hand expression, visit:

<https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

### Haakaa:

The Haakaa is a silicone, cord-free, single flange breast pump. The product is convenient because there is no set-up required. Just grab it and go. It is also convenient for catching leaking milk from the opposite breast while nursing.

### Breast/Chest Pumps

Breast pumps can be manual or electric, single or double. Parents vary in their response to pump stimulation. Subtle differences between brands and models of pumps may produce different results for each individual.

Getting a good fit is vital to expression efficacy. A poor fitting pump can lead to pain, skin trauma, and reduced milk flow.

To find a comfortable pump suction level:

- Turn up the pump suction until you feel a slight discomfort
- Then, turn it down slowly until it feels completely comfortable

For more information on pump fit, visit:

<http://www.nancymohrbacher.com/articles/2020/4/12/pump-fit-matters>

### Milk Storage for Healthy Term Babies:

Store milk in a clean, sealable, glass or BPA-free container. Ideally, it is better to use expressed milk sooner than later, as milk's bioactive properties begin to decline after 72 hours. Freshly Expressed milk can last for up to 8 hours at room temperatures between 50-85 degrees Fahrenheit, but should ideally be used between 4-6 hours. Freshly refrigerated milk is best to use within four days of refrigeration, but can last 5-8 days under very clean conditions. Milk frozen in a fridge/freezer combo can last up to 6 months, but is best to limit freezer time to 3 months.. Remember to store milk in the back of the fridge to reduce temperature fluctuations.

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