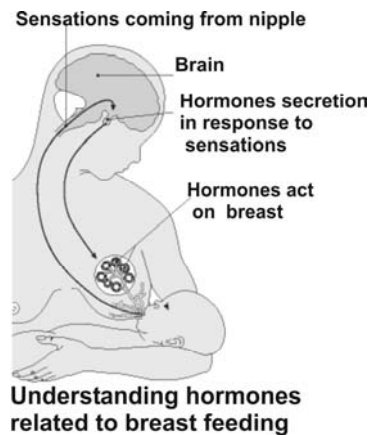


## CHAPTER-6: MANUAL EXPRESSION OF MILK

### Indications for manual removal of milk:

- ◆ Breast engorgement: To decrease pain and make breast softer for baby to feed.
- ◆ Child too weak to suck at breast: Very premature children, low birth weight and sick children.
- ◆ Mother going to work may manually remove milk and keep it for feeding the baby in her absence.
- ◆ As an exercise for inverted flat nipple.
- ◆ To release and decrease milk stasis.
- ◆ To prevent cloth from spoilage due to dribbling of milk.
- ◆ To prevent chapping and cracking of nipple.
- ◆ When mother separates from baby, mother is temporarily unable to breast feed due to illness, or other reason manual expression of milk maintains production of breast milk.

As described above mother should learn the techniques of manual expression of milk and can be done easily. Only when breast engorges, think of other methods of removal.



## Preparation before manual expression of milk.

This is necessary as it leads to production of oxytocin (hormone) which causes milk let down (ejection) from nipple.

### *The following are the steps:*

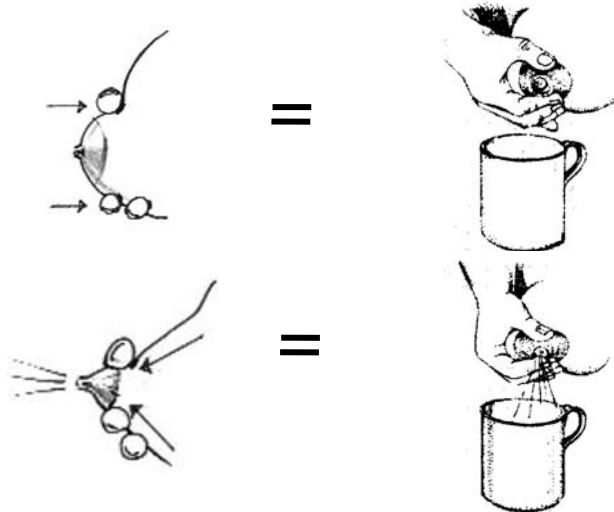
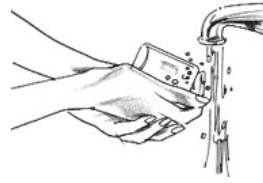
- ✓ Boost mother's confidence by talking to her in calm, reassuring manner. Every doubt and worries should be addressed and she should be encouraged to think positively about her child.
- ✓ Child should be kept as close as possible to mother. If this is not possible, keep child's photo.
- ✓ Give hot fluids except coffee, like kheer, sheera.
- ✓ Apply hot fomentation to breast by hot water bag, or bottle wrapped in cloth.
- ✓ Massage breasts. For this, use thumb on nipple and areola. Teethes of comb can be used over the breast with light pressure. Fondling nipples by finger can cause oxytocin secretion.
- ✓ Massage on the back as shown in the adjacent figure can also help. Let the breasts hang uncovered and use thumbs in circular motions.



## Technique of manual expression of milk

*The following are the steps:*

1. Wash hands with soap and water.
2. Mother should assume a comfortable position and keep the vessel for collection nearby.
3. At the edges of areola, keep thumb above the nipple and index finger below. Other fingers should give support.
4. Both fingers should be pressed against chest **and then** towards each



other on the areola. I will push milk from sinuses (which may be felt as elevations) towards nipple.

5. Repeat the procedure. Initially milk will not come out but later it will streak out.
6. Similarly press the sides of areola.
7. There should be no pain and no pressure on nipple.
8. After spending 3 to 5 minutes on one side, work on the other side. It may take 20 to 25 minutes. There should be no hurry.

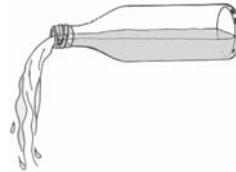
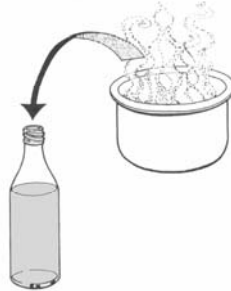


## **ANOTHER METHOD TO EXPRESS MILK:**

When breast become engorged and painful, manual removal becomes difficult. At this time, use “bottle method”. For this, use a glass bottle with 1 to 3 liter capacity and broad mouth (3 to 4 cms.).

***The following are the steps:***

1. Fill the bottle up to  $\frac{3}{4}$  by hot water.
2. Then drain out water by holding the bottle with a piece of cloth.
3. Then mouth of the bottle should be cooled using cloth dipped in cold water.



4. Then press mouth of the bottle over the areola so that air cannot enter.
5. Hold the bottle like this for sometime. When air inside cools down, suction is created, which pulls nipple and areola inside the bottle (mother should be told about this as she may pull the bottle away in fear).
6. Because of the suction milk will also start flowing into the bottle.
7. Once breast becomes soft, remove milk manually.
8. Repeat the procedure.



### **PRESERVATION OF MILK:**

It may be required at times to preserve breast milk. Heating breast milk destroys protein protecting against disease. If kept for a long time it can get spoiled. As middle path, keep the following in mind:

Clean the vessel for collection of milk with soap and water or boil it in water for 10 minutes.

Person removing milk should clean hands thoroughly washed with soap and water.

Keep such carefully collected milk in the lower shelf of fridge for 24 hours. Bring it to room temperature before giving to the child.

Without fridge in summer, it remains safe for 3 to 4 hours and in winter for 8 hours.

☹ Never boil breast milk.

### **TECHNIQUE OF FEEDING CHILD WITH SPOON AND CUP:**

Sometimes it may not be possible to breastfeed the child. Working women, women separated from the children, premature or weak children are some of the reasons preventing breastfeeding.

In these situations feed baby with cup and spoon. Bottle-feeding is not advisable usually, as it requires lot of care and may cause infections.

#### ***Keep following in mind while feeding with cup & spoon:***

- ◆ Sterilize cup and spoon by boiling in water for 10 minutes. At the least clean vessel for collecting breast-milk with soap and dry it in the sun.
- ◆ Person manually expressing milk should thoroughly wash hand for 2 times with soap.
- 🚫 Keep baby almost sitting in the lap. Do not feed a sleeping baby.
- ◆ Spoon should be touched to the lips so that baby becomes alert and opens mouth.
- ◆ Weak baby will lick the milk while healthy baby will suck it in.
- \* Do not pour milk into baby's mouth. This can cause gagging and cause milk to enter the respiratory tract.

- ◆ When baby is satisfied, it will stop licking/sucking. If quantity of milk consumed is less, wake up the baby after some time.
- ◆ Do not force baby to drink. Make repeated efforts later.
- 🔔 Feed low birth weight babies and premature babies every 3 hours, as they may not cry of hunger!
- ◆ Keep a note of amount of milk consumed.
- ◆ Baby should consume 100 to 150 mL of milk per day for every kilogram of its weight.
- 🚫\* If sick baby does not awake every 3 to 4 hours, contact a doctor.

