

# *Aeroflow* *Breastpumps*

## **Breast Compressions**

Breast compressions is a gentle massage of the breast, as you are feeding, to help your baby transfer the milk from your breast. This consists of gentle compression, squeezing, and forward massage of the breast, while infant is latched. Breast compressions can be a tool to help with low milk supply, low weight gain, and low hindmilk transfer.

Breast compressions can be a temporary tool to help increase supply, due to the fact they help your infant remove more milk. The more milk that's removed, the more milk your body will make, especially when this is done in the first weeks 0-5 weeks postpartum.

Breast compression can be a temporary tool to help your infant gain weight. Due to the fact that you are pushing more milk as your infant suckles, your infant may transfer more than they would have if breastfeeding without compressions.

Breast compressions can be a tool to improve transfer of hindmilk. For those babies, that have trouble keeping a strong latch past the easy letdown milk, breast compressions can be a good tool to help transfer the stickier hindmilk. Many mothers find it helpful to start compressions when their infants' swallows slow down. We know that following up a pumping session with hand expression can help with output. Similarly using your hands to do breast compressions, can help your infant transfer the milk towards the end of the feed, when the milk naturally becomes stickier, and infants suckle naturally becomes weaker. If your baby likes to come off the breast or bite because the milk flow has slowed, compressions can help start the flow again.

Please note it is generally not recommended to do breast compressions during a letdown, as that may overwhelm the infant with very fast flow.

Please also note that if you're using breast compressions as a tool to build milk supply, help infant gain weight, or help a foremilk/hindmilk imbalance, finding the root of the issue is important. Breast compressions are wonderful tools, but they should be used simultaneously with solutions that treat the root cause of the issue.

### **How to do breast compressions**

- Place your finger and thumb on the opposite side of your breast, not too close to the areola.
- Press in and down in time with your baby's suckles.
- Hold the compression until your baby stops suckling, to follow the suck, swallow, breathe pattern. When they stop suckling, let go.
- Restart the compression as baby starts suckling.
- Alternatively, you can use your palm and fingers, and start from the top of your breast, pressing in a gentle downward motion toward your areola.
- Make sure you're getting all sides of your breast.

### **What If I Have Questions?**

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Ultimate Breastfeeding Prep
- Lactation Q&A

To register for these classes, log into your portal or click [here](#).

### **Want More Info?**

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>