

# Aeroflow Breastpumps

## Hands-on Pumping

Even with the very best breast pump, it is sometimes challenging to express as much breast milk as you need for your baby. Using the hands-on pumping technique may help you express more milk than with hands-free pumping.

### What is Hands-on Pumping?

Hands-on pumping is a method developed by Dr. Jane Morton at Stanford University while looking for options to help mothers of premature infants make more milk.<sup>1</sup> Hands-on pumping involves using your hands to massage the breasts during and after pumping. Hands-on pumping has been shown to boost milk supply, and research has shown hands-on pumping can assist in receiving up to 50% more milk.<sup>2,3</sup> The hands-on pumping technique can also help to loosen the fat that tends to stick to milk-making cells (hindmilk), potentially resulting in fattier breast milk. This can be a beneficial technique for any mother and baby team, not just for infants who are premature.

### How Do I Try Hands-on Pumping?

Follow these steps and tips if you would like to try hands-on pumping:

1. Before your pumping session, gently massage your breasts and nipples with your hands. This will help to promote the release of milk.
  - Wearing a pumping bra may be helpful to allow more freedom to use both of your hands.
2. For hands-on pumping, it is recommended to use a double pump to express your milk. Use your double pump to express your milk until the milk expressed starts to slow.
3. Once your milk slows, stop pumping and gently massage both of your breasts with your hands again.
4. Then, using a single pump, express your milk while massaging your breast. You can also hand express instead of using a pump if you prefer. Alternate right to left to right, etc. until your pumping session ends at around 20-25 minutes.
5. Check out this [video](#) developed by Dr. Jane Morton to learn more about the hands-on pumping method.<sup>4</sup>

### What If I Have Questions?

If you are interested in learning more about breastfeeding, this Aeroflow class expands on some of the topics discussed above:

- Ultimate Breastfeeding Prep

To register for this class, 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/>

### References:

1. <https://www.nature.com/articles/jp200987>
2. [https://www.researchgate.net/publication/346268782\\_THE\\_IMPACT\\_OF\\_HANDS\\_ON\\_PUMPING\\_ON\\_THE\\_LEVEL\\_OF\\_BREAST\\_MILK\\_PRODUCTION\\_ON\\_POST\\_PARTUM\\_MOTHERS](https://www.researchgate.net/publication/346268782_THE_IMPACT_OF_HANDS_ON_PUMPING_ON_THE_LEVEL_OF_BREAST_MILK_PRODUCTION_ON_POST_PARTUM_MOTHERS)
3. <https://www.nature.com/articles/jp2011195>
4. <https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>