

Breast Massage Quick Guide

Relief of
Engorgement

Plugged Ducts

Mastitis

1. Get into a comfortable, reclining position.
2. Use extra virgin olive oil on the tips of your fingers (only a little bit required).
3. Gently massage around the areola with your fingertips.
4. Then use gently massage with small circular movements around the breast. Alternate circular massage with gentle tapping. Also, knead the breast with the back of your fists.
5. A helpful technique is to massage the outer sides of the breasts in long strokes up toward the arm pit. This helps to remove fluid back into your system so that the milk can move down.

For a great video on how to perform breast massage go to <https://player.vimeo.com/video/65196007>
Produced by Ohio Breastfeeding Medicine: <http://brmedneo.com>

