



Pumping

Painless pumping

For pain-free pumping, make sure that you have a flange that fits comfortably. Set the pump so you feel gentle tugging. If it hurts to pump, the suction is set too high. To help move milk from your breasts to the areola, gently massage your breasts during and after pumping. Pediatrician Jane Morton shows how to do this in her video, "How to use your hands when you pump,"

<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>

It also helps to relax and think about your baby. Find a comfortable place to sit, and have a picture of your baby, or a blanket that smells like your baby, nearby.

In a study, listening to a relaxation recording once a day increased milk production in NICU moms by more than 50%. You can download the recording used in the study from iTunes.

<http://itunes.apple.com/us/podcast/podcasts-for-breastfeeding/id432087823>

What pain medications are safe during breastfeeding?

To help relieve your pain, it's safe to take Acetaminophen (Tylenol) 650-1000 mg every 4 to 6 hours (but no more than 4000 mg – or 8 extra-strength pills – per day) or Ibuprofen (Motrin) 400-600 mg every 6 hours.

When you should start to feel better

If you continue to experience discomfort with pumping, or if you have any additional concern, please call the Warmline at 984-974-8078 or 866-428-5608.