

## E-Blast: Recommendations for Breast Milk Expression

During the breastfeeding period, many mothers may need to express breast milk for different reasons, such as maintaining a good milk supply, returning to work or school, or having support from other people when feeding a baby.

Here are some recommendations for extraction :

1. **Find a quiet place.** Try to be relaxed when pumping. Viewing photos or videos of your baby can help encourage let-down.
2. **Keep good hygiene.** Wash your hands thoroughly with soap and water before expressing or handling breast milk.
3. **Massage before pumping.** Before starting, perform gentle, circular massages with your index and middle fingers, around the breast. Make movements from the base of your chest gradually towards the areola. Avoid sliding your fingers directly over the areola, as this can irritate the skin.
4. **Store milk properly.** Store milk in clean containers designed to preserve breast milk. And each package is labeled with the date of extraction and the baby's name. Breast milk can be stored for up to 4 hours at room temperature (up to 77°F). After this time, it should be refrigerated.

### References:

<https://albalactanciamaterna.org/manejo-de-la-leche-materna/extraccion-de-la-leche-materna/>

<https://espanol.womenshealth.gov/breastfeeding/pumping-and-storing-breastmilk>