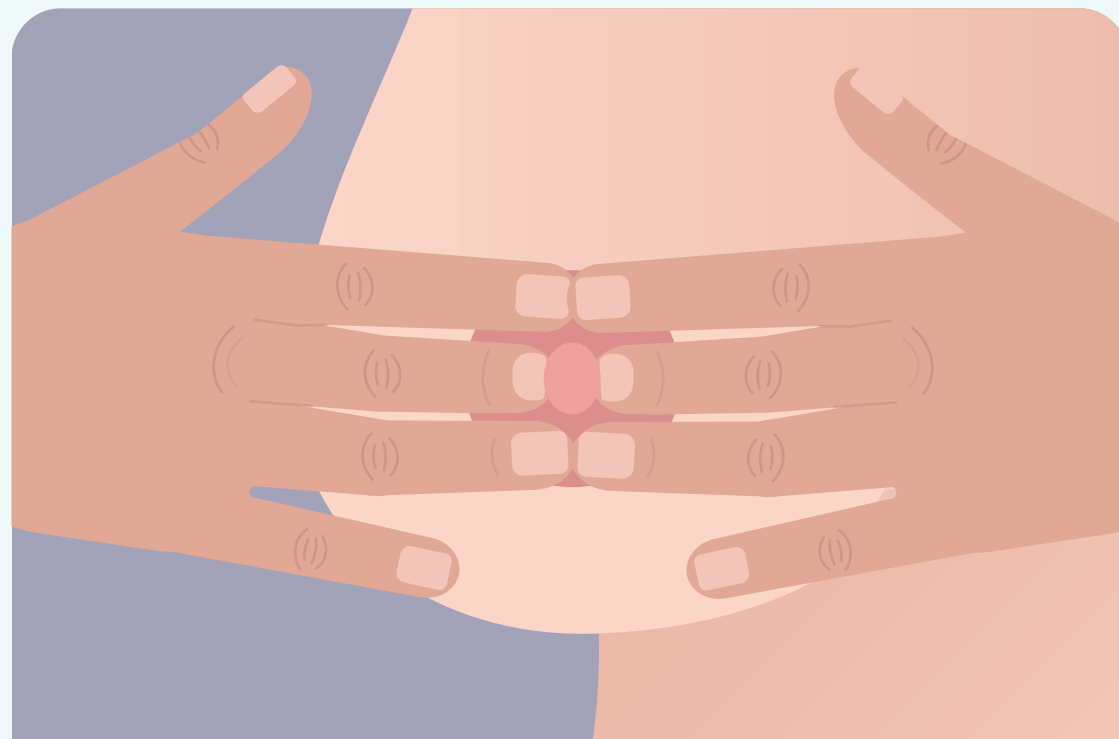


# Reverse pressure softening methods

## (for relieving breast engorgement)

Breast engorgement is a common problem in the early weeks of breastfeeding. Use this technique to soften your breast if they are overfull before breastfeeding or expressing.

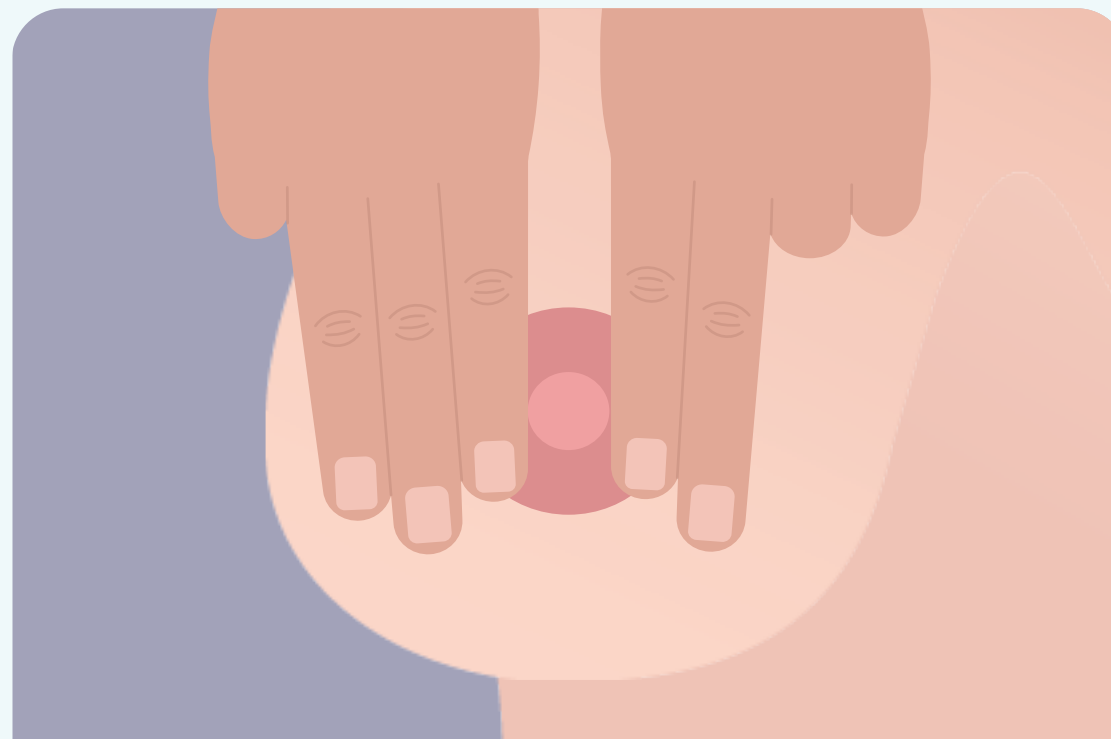


### 2-handed, 1-step method

Curving your fingertips, push in touching the sides of the nipple.

Hold for 1 to 3 minutes or until you feel the tissue soften.

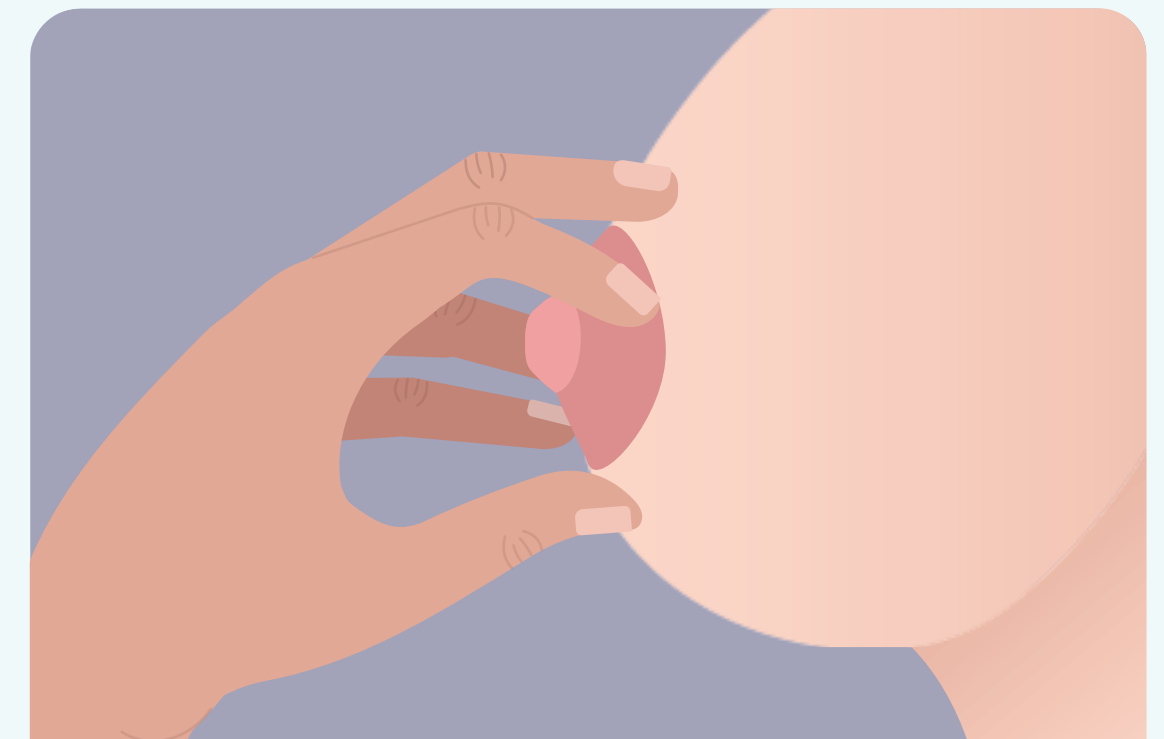
It's best to have short fingernails when using this method.



### 2-handed, 2-step method

Using 2 straight fingers on either side, push and hold for 1 to 3 minutes.

Repeat the method above and below the nipple.



### 1-handed 'flower hold'

Curving your fingers, push in around your nipple and hold for 1 to 3 minutes.

It's best to have short fingernails when using this method.

Try using these methods in front of a mirror until you get used to a preferred method.

Speak to your doctor, child health nurse, a lactation consultant or breastfeeding counsellor for guidance.