

# How to use a breast pump by hand quickly absorbs many breast milk

In this article, Quantum will guide you how to use a breast pump by hand so that it can absorb quickly and get the most milk.

**Using a breast pump by hand** is quite simple, but to get more and more milk to suck, not all mothers know how.

In this article, **Quantum** will guide you **how to use a breast pump by hand** so that it can absorb quickly and get the most milk.

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## Why should a breast pump be used by hand?

Manual breast pump with a compact and easy-to-use design should be used by a lot of milky mothers. This model is also cheap, can be used at any time without considering the power source like the automatic extractor machine.

For mothers who have a lot of milk rays, are less likely to experience blockage and especially have a lot of time near their children, the hand milking machine is a great choice.

## **How to use the manual breast pump properly**

**Step 1:** Wash your hands, dry them. Clean 2 breasts with a warm towel. The mother should include the milk residue at the tip of the nipple to ensure hygiene as well as to give the milk more uniform.

**Step 2:** Install the breast pump by hand. Note that parts of the machine must be dry.

**Step 3:** Conduct chest massage, do it with both sides for about 10-15 minutes. For machines with silicon massage, you should still do this step.

**Step 4:** Adjust the funnel to fit the breast. Avoid allowing the outside air to enter, affecting the attraction.

**Step 5:** Use your hands to squeeze continuously to push on to stimulate the milk. After the milk is produced, the squeeze needs to be slowed down so that the machine will be most effective. Adjust arm strength so that it is not uncomfortable.

**Step 6:** After about 15-20 minutes, the mother stops and performs with the other breast.

**Step 7:** Milk after being squeezed out can be used directly by the baby, or when the baby has no need, she needs to put in a special milk storage bag and store it in the refrigerator compartment. When stored in a cool compartment, milk should only be used during the day.

**Step 8:** Clean the breast pump by hand to prepare for the next suction.

## **Note when using a breast pump by hand to produce milk quickly and evenly**

1. Manual breast pump is not equipped with massage mode like electric breast pump. Therefore, hand massage steps should not be ignored.
2. Before smoking about 1 hour, she should drink 1 cup of hot milk or 1 cup of warm water.
3. She should drink water such as leaves, cloves, dandelions to stimulate the milk beam, faster and stronger.
4. Do not use too much squeezing force, so adjust slowly to avoid damaging your chest.
5. Time squeezed with each side should not exceed 20 minutes, both tired mother and ineffective.
6. After each squeeze, the mother should linger for another 5-10 minutes to perform breast massage. This will minimize the situation of milk blockage as well as more milk stimulation for later.
7. Choose a sitting position that is most comfortable.
8. During the spinning process, she should not stare at the bottle. It is best to leave the spirit of comfort and comfort.

# Some of the most popular models of hand-pumped breastmilk today

## 1. Manual breast pump Mezzo Unimom has silicone massage UM880052

Mezzo Unimom UM880052 is a manual milking machine from the famous Unimom brand. It is made of high quality plastic material, always ensure absolute safety for both mother and baby. The product has a silicon massage pad with a smart design to help the mother feel comfortable and comfortable during the squeezing process. **Price: VND 450,000.**



### Specifications:

1. Made in Korea
2. Brand: Korea
3. Advanced plastic materials

## 2. Avent manual breast pump 330.20

AVENT 330.20 is a product of a famous brand, highly appreciated by consumers for quality. The body and bottle of milk are made of absolutely safe PP material for your baby's health. The silicon tip is very soft, tough and durable. In particular, the product works gently, smoothly without causing pain to the mother during milking. **Price: VND 1,450,000.**



### **Specifications:**

1. Warranty: 24 months
2. Made in China
3. Brand: English
4. Capacity: 125ml

### **3. Smart hand breast pump with silicone Upass UP1637 massage**

UP1637 milking machine is a product of Taiwan's Upass brand. The device is made of high quality PP with smooth silicon mat head which will be a safe choice for mothers. In addition, the mother can adjust the attraction by turning the button (S) so that the mother can choose the suitable attraction for her easily and conveniently. Price: VND 380,000.



### **Specifications:**

1. Country of manufacture: Taiwan
2. Brand: Taiwan
3. Advanced plastic materials

With **the use of manual breast pump** we introduced above, hope you will be able to take full advantage of its advantages to bring the highest efficiency!

If you need to own quality and cheap hand milking machines, please contact us immediately for advice and support:

1. In Hanoi: **024.3568.6969**
2. In HCMC: **028.3833.3366**

### **>> Article reference:**

1. **Experience buying the best breast pump**
2. **Is using a vacuum pump good? Should I use a breast pump?**
3. **Is Unimom breast pump good not to buy?**

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