Breast Pump Do’s and Don’ts

**DO** massage your breasts for a few minutes before turning on your pump. This increases milk flow

**DO** consider using warm packs in your bra cups a few minutes before pumping. This increases milk flow

**DO** make sure that the pump plastic flange size is wide enough in order to prevent the nipple sides from rubbing against the plastic

**DO** limit pumping in the first couple of weeks while you are establishing direct nursing on the breast. There are some exceptions such as pumping for a sick infant or alleviating breast engorgement

**DO** directly nurse your baby as well. Breast pumping can get tedious and requires a lot of clean-up

**DON’T** assume that if you are not getting much milk out of your breasts through a breast pump that there isn’t enough milk in your breasts for the baby. Babies do a much more thorough and efficient job of getting the milk out when they directly nurse (see Tip on techniques to get more milk out with a pump and tip for determining if baby is getting enough milk)

**DON’T** stare at the pump bottles while pumping. This will only suppress release of your milk ejection hormone in your brain and inhibit release of milk from your breast. Cover the bottles using a paper towel and rubber bands so that you don’t get tempted to stare

**DON’T** set the pump setting to the high level. It could cause nipple damage

**DON’T** share your pump with someone else unless it is a hospital grade pump (If you have a hospital grade pump follow the manufacturer’s cleaning directions and use your own attachments)

**DON’T** expect milk to flow out of your breasts right away – especially in the first few days after birth. At the beginning of pumping, the goal should be to stimulate the breasts and signal the brain to release hormones. This process takes a few minutes.