



SECOND NATURE LACTATION

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REVERSE PRESSURE SOFTENING

REVERSE PRESSURE SOFTENING (RPS) CAN HELP YOUR BABY LATCH IF BREASTS ARE TOO FULL AND FIRM. LAYING FLAT (GRAVITY WILL HELP TO PULL FLUID AWAY FROM YOUR NIPPLES), USE THE TIPS OF THE THREE MIDDLE FINGERS AND PUSH STRAIGHT BACK FOR 1- 2 MINUTES AT THE BASE OF YOUR NIPPLE INTO YOUR CHEST WALL. THIS WILL HELP MOVE THE FLUID AWAY FROM THE AREOLA. THEN TRY TO HAND EXPRESS, ALTERNATING BETWEEN RPS AND HAND EXPRESSION UNTIL THE MILK STARTS FLOWING. ONCE YOUR BREAST HAS SOFTENED UP A BIT, TRY TO LATCH YOUR BABY.



DO THIS BEFORE EACH FEEDING WHILE YOU'RE STILL ENGORGED. USE "PEACE FINGERS" OR 3 FINGERS FROM BOTH HANDS. PRESS AROUND NIPPLE USING YOUR FINGERTIPS, PRESSING BACK TOWARDS YOUR CHEST WALL/RIB CAGE. HOLD FOR 90 SECONDS. THE GOAL IS A SQUISHIER NIPPLE AND AREOLA THAT THE BABY CAN LATCH TO.

IF BABY IS HUNGRY, USE REVERSE PRESSURE SOFTENING FIRST. IF BABY IS SLEEPING AND IF YOU HAVE TIME, DO THE LYMPHATIC MASSAGE TECHNIQUE PRIOR TO FEEDING.