

## MANUAL EXPRESSION OF BREAST MILK MARMET TECHNIQUE

The Marmet Technique of manual expression and assisting the milk ejection reflex (MER) has worked for thousands of mothers—in a way that nothing has before. Even experienced breastfeeding mothers who have been able to hand express will find that this method produces more milk. Mothers who have previously been able to express only a small amount, or none at all, get excellent results with this technique.

### TECHNIQUE IS IMPORTANT

When watching manual expression, the correct milking motion is difficult to see. In this case the hand is quicker than the eye. Consequently, many mothers have found manual expression difficult—even after watching a demonstration or reading a brief description. Milk can be expressed when using less effective methods of hand expression. However, when used on a frequent and regular basis, other methods can easily lead to damaged breast tissue, bruised breasts, and even skin burns.

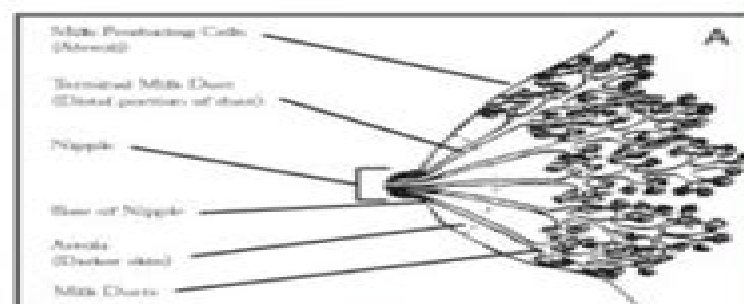
The Marmet Technique of Manual Expression was developed by a mother who needed to express her milk over an extended period of time for medical reasons. She found that her milk ejection reflex did not work as well as when her baby breastfed, so she also developed a method of massage and stimulation to assist this reflex. The key to the success of this technique is the combination of the method of expression and this massage.

This technique is effective and should not cause problems. It can easily be learned by following this step by step guide. As with any manual skill, practice is important.

### ADVANTAGES

There are many advantages to manual expression over mechanical methods of milking the breasts:

- Some mechanical pumps cause discomfort and are ineffective.
- Many mothers are more comfortable with manual expression because it is more natural.
- Skin-to-skin contact is more stimulating than the feel of a plastic shield, so manual expression usually allows for an easier milk ejection reflex.
- It's convenient.
- It's ecologically superior.
- It's portable. How can a mother forget her hands?
- Best of all it's free.



### HOW THE BREAST WORKS

The milk is produced in milk-producing cells (alveoli). When the milk-producing cells are stimulated, they expel milk into the duct system (milk ejection reflex).

A small portion of the milk may flow down the ducts and collect in the milk ducts under the areola known as terminal ducts (distal portion of lactiferous ducts).

### EXPRESSING THE MILK

#### Draining the Terminal Milk Ducts

1. **Position** the thumb and first two fingers on the breast about 1" to 1 1/2" (2.5 to 3.75 cm) behind the base of the nipple.



- Use this measurement, which is not necessarily the outer edge of the areola, as a guide. The areola varies in size from one woman to another.
- Place the thumb pad above the nipple at the 12 o'clock position and the finger pads below the nipple at the 6 o'clock position forming the letter "C" with the hand, as shown. This is a resting position.

# Manual Expression Lactation

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## **Manual Expression Lactation:**

*Counseling the Nursing Mother* Judith Lauwers, Debbie Shinskie, 2004-04 Lactation Breastfeeding **Core Curriculum for Interdisciplinary Lactation Care** Lactation Education Accreditation and Approval Review Committee (LEAARC), Becky Spencer, Suzanne Hetzel Campbell, Kristina Chamberlain, 2022-09-29 Core Curriculum for Interdisciplinary Lactation Care continues to be a trustworthy source for lactation specific information and education in a thoroughly updated second edition Published in association with the Lactation Education Accreditation and Approval Review Committee LEAARC it presents the core curriculum required to practice as a beginning lactation consultant in an easy to read format Written by an interdisciplinary team of clinical lactation experts it reflects the current state of practice and offers evidence based information regardless of discipline or specialty The updated Second Edition includes new information on scientific evidence supporting breastfeeding the biochemistry of human milk breastfeeding multiplies or a preterm infant lactation and maternal mental health breast pathology and more **Cloherty and Stark's Manual of Neonatal Care** Anne R. Hansen, Ann R. Stark, Eric C. Eichenwald, Camilla R. Martin, 2022-09-01 Practical informative and easy to read Cloherty and Stark's Manual of Neonatal Care 9th Edition offers an up to date approach to the diagnosis and medical management of routine and complex conditions encountered in the newborn Written by expert authors from major neonatology programs across the U S and edited by Drs Eric C Eichenwald Anne R Hansen Camilia R Martin and Ann R Stark this popular manual has been fully updated to reflect recent advances in the field providing NICU physicians neonatal perinatal fellows residents and neonatal nurse practitioners with quick access to key clinical information *Breastfeeding and Human Lactation* Karen Wambach, Becky Spencer, 2019-10-01 Breastfeeding and Human Lactation Sixth Edition is the ultimate reference for the latest clinical techniques and research findings that direct evidence based clinical practice for lactation consultants and specialists It contains everything a nurse lactation consultant midwife women's health nurse practitioner physician assistant or Ob Gyn needs to know about the subject Topics include placing breastfeeding in its historical context workplace related issues anatomical and biological imperatives of lactation the prenatal and perinatal periods and concerns during the postpartum period the mother's health sociocultural issues and more vital information **Maintenance of Lactation by Means of Breast Massage and Manual Expression** Kathryn Wetherbee Betzhold, 1982 Maternal and Infant Assessment for Breastfeeding and Human Lactation Karin Cadwell, 2006 Maternal and Infant Assessment for Breastfeeding and Human Lactation A Guide for the Practitioner Second Edition explores the characteristics of breastfeeding problems that can be seen heard or observed and allows the assessor to distinguish between breastfeeding problems and actual medical issues This text is designed for healthcare professionals who are responsible for constructing a comprehensive process for determining the breastfeeding status of mothers and infants While past experience can provide some direction for exploration a thorough assessment demands detailed examination o **Manual of Neonatal Care** John P. Cloherty, Eric C.

Eichenwald, Anne R. Hansen, Ann R. Stark, 2012-01-05 This edition of the Manual of Neonatal Care has been completely updated and extensively revised to reflect the changes in fetal perinatal and neonatal care that have occurred since the sixth edition This portable text covers current and practical approaches to evaluation and management of conditions encountered in the fetus and the newborn as practiced in high volume clinical services that include contemporary prenatal and postnatal care of infants with routine as well as complex medical and surgical problems Written by expert authors from the Harvard Program in Neonatology and other major neonatology programs across the United States the manual's outline format gives readers rapid access to large amounts of valuable information quickly The Children's Hospital Boston Neonatology Program at Harvard has grown to include 57 attending neonatologists and 18 fellows who care for more than 28 000 newborns delivered annually The book also includes the popular appendices on topics such as common NICU medication guidelines the effects of maternal drugs on the fetus and the use of maternal medications during lactation Plus there are intubation sedation guidelines and a guide to neonatal resuscitation on the inside covers that provide crucial information in a quick and easy format

*Breastfeeding and Human Lactation* Jan Riordan, 2005 Now in its Third Edition this text has been updated to reflect new knowledge in the physiology of breastfeeding milk supply positioning the management of breastfeeding and the role of the lactation consultant The text is divided into 5 sections that cover the sociocultural context of infant feeding anatomy and biological imperatives the prenatal perinatal and postnatal periods beyond postpartum and contemporary issues

Lactation Margaret Neville, 2013-11-11 This book had its genesis in the frustrations of the editors in locating authoritative up to date material for an interdisciplinary graduate course in mammary gland biology lactation and breast feeding As we turned to the original literature several reasons for the dearth of usable material became clear 1 In the areas of mammary gland biology and physiology particularly as they relate to the human reviews simply have not kept up with current research which has in the last two decades provided tremendous insight into the mechanisms of milk secretion and its control 2 The lack of interest in human milk as infant food inhibited researchers until very recently from investigating human lactation 3 Much of the relevant clinical information remains anecdotal with little scientific basis In this book we have tried to present the fundamentals of mammary gland physiology at the organismic and cellular levels in a form readily understood by physicians scientists and other professionals This basic information is accompanied by authoritative reviews of the nutritional and immunological properties of human milk and by clinically relevant chapters designed to help health care professionals deal with the medical problems of the breast feeding mother and her infant We have strived in these chapters for up to date authoritative but readable accounts In so far as possible we have avoided areas where much of our understanding rests on speculation In the clinical domain this was not always possible because of a lack of solid scientific information about breast feeding

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