

Lactamo

INSTRUCTIONS AND TIPS

Hey mama, How are you feeling today?

No matter your answer, we're here to help. Meet Lactamo, your sidekick for navigating your breastfeeding journey.

We want to help you and your bub have the best possible breastfeeding experience. And just quietly? We think you're doing great already.

So, we're going to do this together.

What's Lactamo? We're glad you asked.

Lactamo harnesses the power of breast massage. Breast massage and temperature may be helpful in providing relief for the most common breastfeeding challenges (in particular blocked milk ducts, engorgement, the let-down reflex, and undersupply), and also may assist with aspects of oversupply.

Our specially designed ball has been made specifically for the needs of lactating breasts, and uses three key components to work its magic:



Temperature



Movement



Compression

Breast massage has some pretty powerful benefits for mums (like you). Whether you're currently navigating common breastfeeding problems (or want to prevent them from cropping up in the first place), breast massage may offer a helping hand.



How Lactamo works

We want Lactamo to be there when you need it the most (whether that's before, during, or after feed or even in the shower). And it's versatile too, which means you can heat it up or cool it down (depending on what works best for you) and apply it straight to your breast.

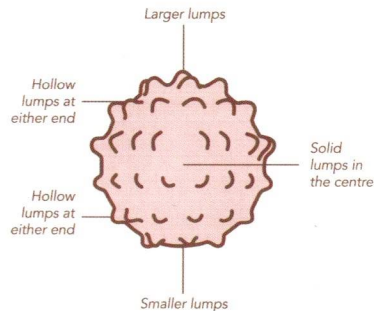
So, let's explain Lactamo's anatomy

In the middle of Lactamo you'll find solid lumps, along with hollow lumps at either end of the ball. One side is covered in larger lumps, while the other features small lumps (because no two breasts are the same).

We get it: your needs are going to change, which is where Lactamo's flexible design comes in handy

From oh-so-tender postpartum breasts to navigating a new feeding routine, Lactamo is here to support you during those sensitive times (and all the way through your entire breastfeeding journey). Get a feel for which areas of Lactamo suit your needs best.

We're not a fan of nasties, which is why the outside of Lactamo is crafted from 100% medical grade silicone. Plus, we've used a non-toxic gel (a common food additive) inside. But, if Lactamo becomes damaged and this gel is exposed, discard Lactamo and rinse off the gel (and don't consume it).



Lactamo is proudly 100% Australian designed, developed and owned.



How to clean Lactamo

Remember to wash Lactamo before you use it. Simply give it a wash in warm, soapy water or throw it in your steriliser - it's that easy.

How to heat Lactamo up

You've got two options: either submerge it in boiling water for 3 minutes OR place it in a conventional steam steriliser for one cycle.



OR



Before you apply Lactamo to your breast, make sure it's not too hot. Simply check if you can roll it in your palms comfortably for 10 seconds (that way, you'll know it's not too hot before you get started).

How to cool Lactamo down

Either: place it in the freezer (ideally for at least an hour) OR submerge it in a glass of iced water for at least three minutes.



OR



TIP: Lactamo mums like to keep one of their Lactamos in the freezer so it's always cold and ready to help (because you never know when that might be).

Warning - take care

- Make sure to handle your breasts gently, especially if they're engorged, to avoid bruises.
- Do not heat Lactamo in a microwave. Lactamo is not designed to be heated above 100°C.
- Don't use Lactamo if it's too hot (make sure you can comfortably roll it in your palms for 10 seconds).
- Remember, Lactamo is for external use only. Do not use Lactamo on broken skin.
- Don't let Lactamo end up in the toy basket - it's not a toy! Make sure to only use it as directed and handle it with care.
- Only apply a comfortable amount of pressure to avoid causing any damage.
- If it becomes damaged (such as if the outer silicone is cut or malformed), discard Lactamo.
- Discard your ball one year after you've purchased it. Check out our website for recycling options for Lactamo.

If symptoms persist or if you're unsure or concerned, stop using Lactamo and consult your healthcare professional.

6 ways to get the most out of Lactamo

Our tricks to ensure you get the best experience with Lactamo.

1. **Massage towards the nipple** (it's the same direction as the flow of your milk ducts).
2. **Try all sides of Lactamo** to find the right firmness and pattern of movement for your needs.
3. When using Lactamo during feeding, **don't let it get in the way** of your bub and ensure it doesn't dislodge the nipple or upset their correct attachment to your breast.
4. Your breasts are working hard, so only **apply a comfortable amount of pressure** when using it. Remember: lactating breasts are sensitive and massaging should feel supportive and gentle, not painful.
5. If you're experiencing a **blocked duct**, you may notice a painful lump on your breast. During this time, **take extra care** when using Lactamo. Use slow, gentle movements, particularly if your breast is engorged (as you're likely to bruise easily during this time).
6. When using a **cooled Lactamo** **steer clear of massage and compression** on your breast.



For every different breastfeeding hurdle there will be different approaches that work best, specific to your ever-changing needs. There is no 'one size fits all' approach, but our guides below suggest tips for how you may use Lactamo for some common problems.

If you're unsure or concerned, consult your healthcare professional.



BLOCKED MILK DUCTS

For a few minutes before a feed (or pump), roll your heated Lactamo over the surface of the breast, always massaging towards the nipple. Focus on the blocked duct area/s (often where a lump is present) to encourage blockages to clear, support the flow of milk and provide much needed relief. Continue this process for as long as possible throughout the feed (taking care to remain focused on the quality on the baby's feeding and not to disrupt the baby's attachment to your nipple). Massage and heat can cause redness to the surface of your breast, but if you notice a distinct redness on the surface of the breast that isn't related to your massage or you develop a fever, speak to your health professional.

Using heated Lactamo



Heat Lactamo



Check that Lactamo is not too hot by rolling it in the palm of your hands



Massage heated Lactamo towards the nipple



Massage while feeding, if comfortable



ENGORGEMENT

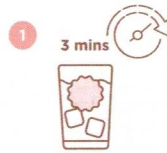
For a few minutes before a feed (or pump), roll your heated Lactamo over the surface of the breast, always massaging towards the nipple. Focus on the engorged areas (the areas that feel swollen and/or lumpy). Continue this process (if it feels comfortable) throughout the feed, (taking care to remain focused on the quality on the baby's feeding and not to disrupt the baby's attachment to your nipple). Focus on those particularly sensitive or tender spots to help to relieve the pressure of engorgement and encourage good drainage. After the feed, gently apply your cooled Lactamo to the breast (but avoid compression or massage) for soothing and relief.



UNDERSUPPLY

For a few minutes before a feed (or pump), roll your heated Lactamo over the surface of the breast, always massaging towards the nipple. This is aimed at helping to stimulate milk production, boost blood flow and encourage the let-down reflex. Continue this process for as long as possible throughout the feed (taking care to remain focused on the quality on the baby's feeding and not to disrupt the baby's attachment to your nipple). Continue this process after the feed, always rolling your heated Lactamo over the surface of the breast towards the nipple. If you have ongoing issues with undersupply, speak to your health professional.

Using cooled Lactamo



Cool Lactamo



Gently roll your cooled Lactamo over the breast (but avoid any compression or massage)



OVERSUPPLY

During a feed (or pump), if there is tension with oversupply, heated Lactamo may be rolled over the surface of the breast (always massaging towards the nipple), to assist with draining and to encourage the let-down reflex (if necessary). However, don't otherwise use heated Lactamo for oversupply, as it may stimulate even more milk production. After the feed, apply your cooled Lactamo to the surface of the breast (but avoid any compression or massage) for soothing and relief.





Manufactured by Lactamo Holdings P/L
Registered Office: Level 12,
60 Castlereagh Street, Sydney NSW 2000

Get in touch with us

We'd love to hear about your experience with Lactamo and are always grateful for your feedback.

Reach out to our team at hello@lactamo.com

@lactamo  

Find out more about how to use Lactamo with easy-to follow guides and videos on our website. Or, simply scan the QR code.

