Tips for Successful Milk Expression

Choose the best period of a day to express milk, e.g. in the morning with abundant milk, before or after the first expression for baby or the baby may not drink the milk from you. At work, you may express milk when resting during work breaks. Practices are required to use breast pump; maybe, you need to try several times for success. Luckily, Luvlap Electrical Breast Pump is easy to assemble and you can use it skillfully to express milk.
Familiarize yourself with the breast pump and its operation procedure before you use it for the first time. Choose a time when you are not in a rush and will not be interrupted. A photograph of your baby can help encourage the "let-down" reflex. Warmth can also help: try to express after a bath or shower; or place a warm cloth on the breast or a hot and cold gel pad on the breast pump flange, for a few minutes before you start expressing. You may find it easier to express while your baby is feeding from other breast or immediately after a feed. If expressing becomes painful, stop and consult your breastfeeding advisor or healthcare professional.

Operating Instructions

Press the On/Off Key
(Massage Mode starts automatically)

Press the Mode Switching Key
(Switch Massage/Deep Expressing Mode)

- Massage Mode (9 gears)
- Deep Expressing Mode (9 gears)
- Press (+) or (-) key, LCD Screen will show the gear present.

1.The default working time of this breast pump is 30 minutes. After that, it will automatically power off (it will remember your expressing habit before powering off)

2.The milk in the bottle cannot be too full and exceed the level of the duckbill valve.

How to Use

1. Wash your hands thoroughly and make sure your breasts are clean. Relax in a comfortable chair (You may wish to use cushions to support your back). Make sure you have a glass of water nearby.
2. Press the pump body against your breast. Make sure that your nipple is centred so that the massage cushion creates an airtight seal.
3. Press the On/Off button, the breast pump will automatically start up in Massage Mode, and you can change the strength of the massage through the +/- key display. When the breast milk flows, you can press the mode change button from express to massage, and choose what's suitable for you.
NOTE: You don't need to choose the Max Mode for expressing, just choose the most comfortable mode for you.
4. When you have finished expressing, switch off the breast pump and carefully remove the pump body from your breast.
5. Unscrew the feeding bottle from the breast pump to prepare for feeding/storage. Clean the other used parts of the breast pump according to the instructions in Section, "Cleaning and Disinfection".
6. Unplug the pump motor unit.

Cleaning and Disinfection

Disassembling the breast pump

- After using, disassemble the breast pump completely.
- Be careful when you remove the duckbill valve. Duckbill valve is very delicate and if damaged the breast pump will not function effectively.
- To remove duckbill valve, gently pull at the ribbed cap on the side of the valve
- Separate massage cushion and diaphragm carefully to avoid any wear and tear

Cleaning Procedure – Do's & Don't's

- Wash all silicone & plastic parts of the breast pump (except Silicone tube and electric motor) in mild baby bottle cleanser
- Rinse in boiled lukewarm water
- Do not rub silicone parts while washing
- Do not use bottle brush or nipple brush to clean silicone parts
- Do not insert objects into the valve, as this may cause damage
- Do not boil in water or steam sterilize any silicone parts

Clean and rinse all parts of the breast pump in lukewarm (boiled) water before first use. Also, clean these parts after every subsequent use and rinse them in boiled lukewarm water.
Note:The silicone parts need to be replaced after every 3 to 4 months of usage. It is normal if silicone parts become loose after some time of regular usage, thereby leading to low suction levels.

Breast Milk Storage and Heating

Breast Milk Storage

After expressing the breast milk, close storage cap tightly or securely seal the reservoir bag in which milk is stored. The expressed breast milk must be put into the refrigerator immediately or frozen by keeping it in the freezer. Milk can be refrigerated for 48 hours or frozen in deep freeze for 3 months.

Heating Breast Milk

You can heat or thaw the frozen breast milk with the help of baby bottle warmer or in a bowl of warm water. Do not use microwave oven or hot water or direct heat to avoid the loss of nutrients. The mildly heated breast milk may be used to feed your baby.

The Do's and Don'ts

1.If you want to freeze breast milk, do not fill up the bottle or the bag; 3/4 may be enough in order to leave space for ice expansion. Never store the breast milk on the door side of a fridge.
2. Don't place breast milk in the refrigerator door for saving.
3. To preserve the nutrients of breast milk, put the frozen milk into a cold storage/refrigerator chamber to unfreeze it the previous night. Use flowing warm water to warm the bottle or bag. It helps preserve the nutritional content of breast milk.
4. Gently shake the bottle or bag so that the isolated fat can be uniformly mixed in milk.
5. Never put the frozen breast milk into a microwave oven or boiling water to avoid nutrition loss and also avoid scalding the baby.
6. The thawed breast milk cannot be frozen again. Please don't mix fresh breast milk with thawed breast milk.

Attention & Caution

1. This breast pump is a personal product and intended for repeated usage by a single user to avoid health complications if any
2. When removing or connecting parts, operate carefully. Applying too much strength should be avoided to prevent causing damage.
3. Never put it under the blazing sun
4. Put it out of the reach of children

1 YEAR WARRANTY CARD

LuvLap

Date of Purchase_____

Bill Number_____

Retailer's Signature_____ Retailer's Stamp

Our Range of Baby Products

Please Keep the product leaflet for future reference
In case of a complaint contact our customer care executive at:
09821486487 or email: info@uclindia.com www.luvlap.com

LuvLap

User Manual

Adore Electric Breast Pump

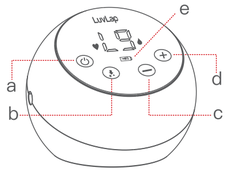
Item No.
18835
19286

Please Scan this QR for video link

Introduction

According to baby care experts, breast milk is the best nutritional food for babies under one year to help them grow and develop. It is custom-made by each mother for her own baby. Breast milk has the perfect amount of protein, carbohydrates, fat, vitamins and minerals, and is easy to digest. Breastfeeding helps reduce the chance of your baby getting sick often. After 6 months of the baby's birth, breastfeeding can be continued, and gradually you may wean the baby with supplementary food. A breast pump can help you to extend the period of breastfeeding. You may express and store the milk. Even if you are not able to breastfeed the baby by yourself, they may have your milk through the pump. The compact structure of the breast pump makes it portable and can be used discreetly for expression. Therefore, you may carry it with you and express it in your own good time, providing milk for your baby.

Display key & Functions



a.On/Off Key
b.Mode conversion key
c.Express Enhancement Key
d.Express Weakening Key
e.Battery mark

Battery indicator

Green (70%-100% battery)

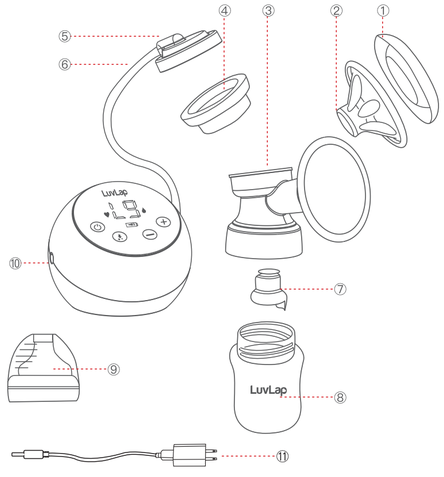
Red (10%-39% battery)

Yellow(40%-69% battery)

Red shinning (below 10% battery)

Contents Description

1. Dust Cap
2. Massage Cushion
3. Breast Pump Body
4. Silicone Diaphragm
5. Cover
6. Silicone Tube
7. Duckbill Valve
8. Milk Container
9. Teat & Cap
10. Electrical Unit
11. Power Adapter



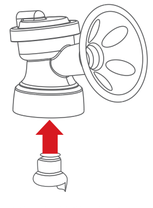
Preparation for Use and Assembly

Before first use, clean and rinse all parts (except the silicone tube and electric motor) in boiled lukewarm water. After each use, all parts (except the silicone tube and electric motor) need cleaning and rinsing in lukewarm (boiled) water.
NOTE: See Section, **"Cleaning and Disinfection"**

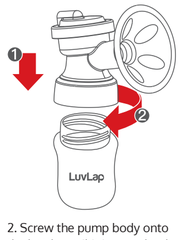
LuvLap Electrical Breast Pump Assembly

NOTE: Make sure you have cleaned and rinsed all parts of the breast pump in lukewarm (boiled) water. Please wash your hands thoroughly before touching the cleaned parts. Please sterilize all parts of the breast pump by washing in mild cleanser and rinsing in lukewarm (boiled) water and thoroughly wash your hands before assembling.

Installation Procedure



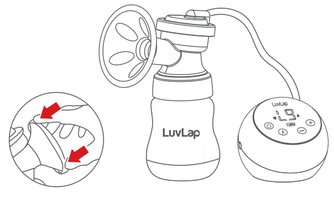
1. Insert the duckbill valve into the pump body from below and push it to the greatest extent holding the rim of the valve.



2. Screw the pump body onto the bottle until it is completely fixed.

3. Place the silicone diaphragm into the pump body from above. Make sure it fits securely around the rim. Press down with your fingers to ensure a perfect seal.

4. Place the massage cushion into the funnel-shaped section of the pump body. Push in the inner part of the massage cushion as far as possible and make sure that it is perfectly sealed all around the rim of the pump body. Press in between the petals to remove any trapped air. Insert one end of the silicone tube into the diaphragm cover & other end to the motor.



5. Insert the adapter into the wall socket and insert the other end into the motor unit.

FAQ Solution

Lack of Suction	Check whether parts of the breast pump are correctly assembled and whether the duckbill valve is damaged or is securely in place (Note: Never rub the valve while washing). Ensure the silicone diaphragm and massage petal cushion are firmly fitted to the pump body, to achieve the ideal sealing condition.
Unable to Express Milk	Make sure that the suction is sufficient and that the assembling of the breast pump is correct. Relax and retry it, milk will be expressed after repeated trials. Please refer to the hints given for successful suction in Section 6, "Tips for Successful Milk Expressing".
Experiencing Pain during Use	The possible cause is the overexertion of suction. You do not need all the suction produced by the breast pump. Please pump the breast milk start over and find the most comfortable level. You may then convert it to express mode. (More detail please read the chapter in "How to use".) Also, you may consult with your healthcare professional or breastfeeding experts.

Using The Breast Pump

When to Express Milk

It is recommended (except advised otherwise suggested by your professional/breastfeeding advisor) to wait until your milk supply and breastfeeding schedule are established (normally at least after 2 to 4 weeks of giving birth).

Exceptions

- If you are expressing milk for your baby to be given in hospital.. If your breasts are engorged (painful or swollen), you can express a small amount of milk before or between feeds to ease the pain and also help your baby latch on more easily.
- If you have sore or cracked nipples, you may wish to express your milk until they are healed.
- If you are separated from your baby and wish to continue to breastfeed when you are reunited, you should express your milk regularly to stimulate milk supply.