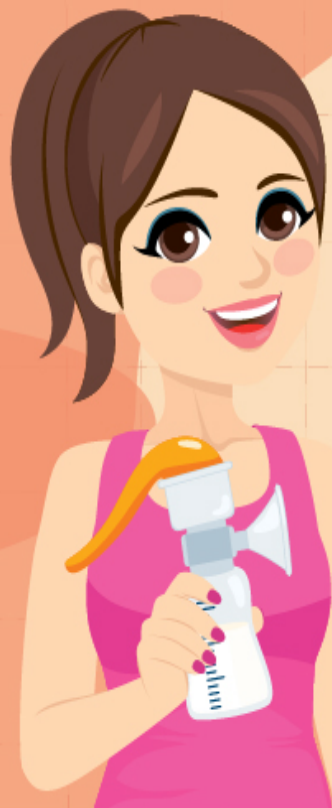


Potential Side Effects of Manual Breast Pumps



Breast tissue damage



Breast infection

Nipple soreness and pain



Contamination of breast milk during pumping

Hands get tired if used frequently



References:

- 1 Breast pump adverse events: reports to the food and drug administration; National Institutes of Health
- 2 Pregnancy and birth: Expressing breast milk: Are some methods better than others?; National Institutes of Health