

ENGORGEMENT

What is breast engorgement?

- Breasts feel tender, heavier, warmer and become larger, sometimes extending into the armpit from day 2 – day 6 after child birth and lasting 12-48 hours with proper treatment.
- Skin over breasts can look taut and shiny.
- This is due to increased milk (milk coming in), increased blood and lymph flow to the breast.

What can I do?

Feed often, at least 10 times per 24 hours

Before feedings

- Apply warm wet compresses to breasts or stand under shower with warm water running over shoulders for a few minutes before pumping or feeding.
- Gentle breast massage from chest wall out to nipple.

During feedings

- Use reverse pressure softening or hand expression if baby is having a hard time latching.
- Allow the baby to finish the first breast before offering the other side.
- Feed as often as the baby is willing.

After feedings

- Apply cold compress.
- If breasts still feel full, hand express or use pump on low to express to comfort.
- Use a non-steroidal anti-inflammatory for pain and inflammation.

Apply Clean, Cold Cabbage Leaves 20 minutes, 3 times per day

You should notice an improvement in your symptoms within 24-72 hours after starting the care regimen. If this is not the case, or if you are experiencing increased pain, please contact our Lactation Team.