

OVERSUPPLY

Breast milk oversupply happens when a mother produces more milk than her baby needs. The mother may experience leaking of milk, a feeling of breast fullness even after feedings or even recurrent plugged ducts or mastitis.

The baby may experience choking/gasping with feeds, frequent feedings, fussiness, excessive gas, green frothy stools, poor weight gain or too much weight gain.

The goal is to reach your balance of milk by gradually removing less milk from the breast, eventually making breastfeeding more comfortable for you and your baby.

Before Feedings

- Offer your baby only one breast per feeding.
- Full Drainage Block Feedings: Fully empty your breast with an electric breast pump 1-2 times per day for 2-6 days. Then, wean to one time per day for several days.
- Offer your baby the same breast for ○ 2 ○ 3 ○ 4 ○ 6 hour intervals, then switch breasts.

During Feedings

- Use a nipple shield
- Use breastfeeding positions like laid back breastfeeding or side-lying position

Between Feedings

- Treat the unused breast with ice packs or cabbage leaves.
- Consider taking a pain reliever like Ibuprofen.