

BREAST CARE AND COMFORT

Uncomfortably full breasts

A feeling of fullness is normal in the first few weeks. However, if your baby doesn't remove enough milk from your breasts, they may become full, hard and feel uncomfortable.

Prevention:

- Position your baby correctly on your breast and listen for swallowing.
- Breastfeed 8-12 times each 24 hours.
- Avoid pacifiers and bottles during the first few weeks.
- Avoid delaying or skipping feedings.

Treatment:

- Massage your breasts gently.
- Hand express some milk or pump a small amount of milk to soften your breast for an easier latch.
- Bags of frozen peas or corn wrapped in a wet washcloth can help to reduce the swelling.

Plugged Duct:

Sometimes a milk duct gets plugged up and sore. This may occur when feedings are delayed or missed or when your baby is not feeling well. To treat a plugged duct:

- Before feeding, put a warm wet washcloth on your breast.
- Breastfeed more often during the day.
- Begin each feeding on the breast with the plug. Gently massage the plugged area while your baby is feeding.
- Change feeding positions so that your baby's nose is pointing towards the plug.
- Hand express or pump after each breastfeeding to help remove the plug and relieve fullness.
- If you have flu-like symptoms like body aches or a fever, you may have a breast infection. Keep breastfeeding and call your doctor. You may need medication.

Sore Nipples

In the first 2 to 4 days after giving birth, some nipple tenderness is common, especially when your baby latches-on. After the first few sucks, breastfeeding should be comfortable.



Prevention:

- Position and latch your baby correctly.
- Use breastfeeding positions that are most comfortable for you. Ask your WIC peer counselor or breastfeeding specialist about laid back breastfeeding.
- Break the suction before taking your baby from your breast by placing your little finger in the corner of your baby's mouth.
- Use only water to wash your breasts when bathing.

Treatment:

- Start feedings on the less sore nipple.
- Rub a few drops of breastmilk onto your nipple and darker area around it after feeding. Let nipples air dry.
- Breastfeeding should not hurt. If you have continued pain, **call your WIC clinic or Peer Counselor with your concerns. WIC is here to help!**

Thrush

Thrush is a common yeast infection. Signs of Thrush are:

- Nipple soreness, burning, or shooting pains through your breast when the baby latches on.
- White patches in baby's mouth or bright red diaper rash.

If you see signs of Thrush, keep breastfeeding and call your doctor or nurse. You and your baby may need medications.

