

BREASTFEEDING

Taking Care of Your Breasts

- When you take a bath or shower, wash your breasts only with warm water.
- Do not use soaps or lotions on your breasts.

- When your milk comes in, your breasts will feel firm.
- Your nipples may leak milk from time to time. You can use an absorbent pad to catch the leaking milk.

Engorgement

- Your breasts may become too full of milk (called engorgement).
- Engorgement happens when you are not breastfeeding enough.
- If your breasts become engorged, try the following:
 - Breastfeed more frequently
 - Soak a cloth in warm water and put it on your breasts before feeding the baby
 - Use cool compresses or ice packs after feedings to relieve discomfort
 - Express a small amount of milk before feeding. You can do this either manually or with a breast pump.
 - Take Tylenol for pain relief.
- If your breasts are engorged, your baby might not be able to latch on properly.

Sore Nipples

- Your nipples should not become sore with breastfeeding. Most soreness is caused by incorrect latch-on.
- If your nipples hurt during all feedings, have open cracks, or start to bleed, you need to be seen by your doctor.