

Engorgement

Engorgement is the build-up of increased amounts of blood, other body fluids and milk in the breast. For some mothers, the breasts become only slightly full. For others, they become very full and tender. Engorgement may make your nipple flatter making it hard for your baby to nurse effectively. The following will help you feel better within 24 to 48 hours:

- Apply moist heat to the breasts 3 to 5 minutes before each feeding then gently massage and stroke the breast toward the nipple.
- Using your hand or a pump, express enough milk to soften the areola (darker part of you breast) to make proper latching easier for your baby.
- Nurse often (at least every 2 hours).
- Feed your baby in a quiet, relaxing place.
- Be sure to wear a supportive bra.
- Take Tylenol, if needed, for pain.
- Apply cool compresses to your breast after each feeding.

If you do not feel better within 48 hours or if you have further questions, contact your health care provider or a lactation consultant.

