

**Breastfeeding “Snags”**

<b><u>Engorgement</u></b>	<b><u>Plugged Duct</u></b>	<b><u>Breast Infection (Mastitis)</u></b>
<p>Engorgement of the breast tissue may develop several days after the baby is born. Your breasts may feel heavy, tight, or full and the tissue may be warm, sore or red. The breasts may be so swollen that the nipples flatten and the baby has trouble latching on...or the baby may not be able to latch-on deep enough which will lead to sore nipples, poor nursing, fussy baby and worried mom.</p> <p><b>You can prevent engorgement by:</b></p> <ul style="list-style-type: none"> <li>● Breastfeeding 7 to 10 times each 24 hours</li> <li>● Avoiding supplements of water or formula</li> <li>● Expressing your milk if you miss any feedings</li> <li>● Breastfeeding and not weaning</li> </ul> <p><b>You can treatment engorgement by:</b></p> <ul style="list-style-type: none"> <li>● Applying a hot moist washcloth (or disposable diaper) to the breasts for 2-5 minutes or take a hot shower <b>before</b> feeding</li> <li>● Applying ice, cold compresses or cold disposable diaper to the breasts <b>after</b> the feeding</li> <li>● Hand expressing some milk to soften the tissue at the base of the nipple to help the baby latch deeper</li> <li>● Using a breastpump to draw out a flattened nipple or soften the tissue to help the baby latch</li> <li>● Calling for help</li> </ul> <p>Engorgement should <b>improve in 24-48</b> hours.</p>	<p>A duct that is plugged will feel like a tender spot, area or small lump in the breast. It can occur any time during breastfeeding. If left untreated, a plugged duct can develop into a breast infection (mastitis).</p> <p><b>You can prevent plugged ducts by:</b></p> <ul style="list-style-type: none"> <li>● Frequent nursing/correct deep latch</li> <li>● Pumping for missed feedings</li> <li>● Using different positions</li> <li>● Avoiding underwire bras or bras that are too tight</li> <li>● Avoiding pressure on the breasts</li> </ul> <p><b>You can relieve a plug by:</b></p> <ul style="list-style-type: none"> <li>● Placing a hot moist washcloth and massaging the tender area before the feeding</li> <li>● Breastfeeding on the sore side first</li> <li>● Using different positions – point the baby’s chin to the sore area</li> <li>● Massaging the lump towards the nipple while the baby is sucking</li> </ul> <p>A lump that increases and decreases in size with the feeding or is movable is <i>not</i> cancer.</p> <p>With treatment, a plugged duct should be <b>smaller or gone within 24 hours</b>.</p> <p>Any unrelieved lump or swollen area should be checked by your health provider.</p>	<p>A breast infection can occur any time during breastfeeding. A large area of the breast will be red, sore and warm to touch. You will have fever (101 or higher), chills, tiredness and aches. <b>Your milk is not infected and it is safe to breastfeed.</b></p> <p><b>You can prevent mastitis by:</b></p> <ul style="list-style-type: none"> <li>● “Draining” the breast with effective, frequent feedings</li> <li>● Not over pumping. Your milk supply should not be above the baby’s nutritional needs.</li> <li>● Preventing and treating sore or cracked nipples</li> </ul> <p><b>You can help mastitis by:</b></p> <ul style="list-style-type: none"> <li>● Resting – go to bed</li> <li>● Breastfeeding frequently – pump if breastfeeding is too painful</li> <li>● Breastfeeding on the affected side first</li> <li>● Keeping a hot moist washcloth or hot, moist disposable diaper on the breast as much as possible</li> <li>● Taking Tylenol or Ibuprofen for aches or breast pain</li> </ul> <p>If you are not better or the breast is <b>worse after 24 hours</b>, you may need to see your health provider. If an antibiotic is ordered, take <b>all</b> of the antibiotic as incomplete treatment may result in repeat infection.</p> <p>Eat yogurt or take a probiotic daily to help prevent a yeast infection.</p> <p>It is also recommended to give the baby a probiotic for <b>2-4 weeks</b> when you are taking an antibiotic.</p>