



DIAGNOSING & TREATING ENGORGMENT



WHAT IS IT?

Breast engorgement refers to the condition when the breasts become overly full with milk, resulting in swelling, pain, hardness, and discomfort. This commonly occurs around days 4-5 after giving birth when the milk supply increases, but it can happen at any time if there is a skipped feeding or early weaning.

TIPS TO TREAT ENGORGEMENT:

- 01. Apply Warm Moist Heat:** Take a warm shower, use warm compresses, or place a diaper filled with warm water on the breasts. The warmth helps move the milk and relieve discomfort.
- 02. Nurse Frequently:** Breastfeed your baby at least every 2-3 hours to help empty the breasts and alleviate engorgement.
- 03. Use Ice Packs:** If your breasts are inflamed apply ice packs or frozen vegetable bags to reduce swelling.

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- 04. Lightly Stroke Breasts:** Gently stroke the breasts upward toward the armpit to encourage milk flow and relieve congestion.
- 05. Hand Express or Try Reverse Pressure Softening:** If your baby is having trouble latching due to the fullness of the breasts, hand express a little milk or use the technique of reverse pressure softening. This involves applying gentle pressure for 30 to 60 seconds with two fingers or thumbs on either side of the nipple to push back the milk and swelling, making it easier for the baby to latch.

TIPS TO MANAGE PUMPING

- 01.** Focus on frequent nursing rather than excessive pumping. Pumping too much can perpetuate engorgement.
- 02.** If you are extremely uncomfortable, hand express or pump for a few minutes to relieve some discomfort, but avoid completely emptying the breasts.
- 03.** The goal is to let your baby regulate your milk production, so if you nurse and pump, it sends the message to your body that you need to produce more milk, leading to continued engorgement.

Remember, if breast engorgement persists or becomes severe, it's important to seek guidance from a lactation consultant or healthcare provider for further assistance.