



## Engorgement Care Plan

- Nurse every 2.5 to 3 hours around the clock. If your baby is unable to latch due to swelling, pump both breasts for 15 minutes, using comfortable suction strength and properly fitting pump flange. Feed baby your pumped milk with a syringe, spoon or wide based bottle nipple.
- Apply cold compresses to breasts for 15 minutes after each feeding. Make your own cold packs using crushed ice in gallon size Ziploc bags, (fill half-way, make two for each breast) or by wetting and freezing cloth diapers or dish towels and placing them in pillow cases. Do not place cold packs directly on bare skin. You may also use frozen peas or corn, refreezing between uses. (Do not eat veggies after they have been thawed and refrozen.)
- Avoid heat (warm showers) while engorged as this may make swelling worse. It is normal for breasts to have mild redness and warmth all over. You may run a slight fever. If your temperature goes over 100.5 degrees, or you get a hard, red painful lump in the breast, call your healthcare provider.
- Drink plenty of fluids and avoid high sodium foods to help your body get rid of extra-cellular fluid.
- Gently massage breasts for a few minutes prior to nursing and during feeding in order to help them drain completely.
- You may pump once after feeding if breasts are still painful, to thoroughly drain for comfort. Don't pump too often while engorged as this may make your breasts produce more milk and make the swelling worse.
- You may take over-the-counter pain medications (i.e.: Acetaminophen, Ibuprofen) for discomfort.
- Wear a supportive (not tight) bra if more comfortable, or go braless. Expect a little leaking, especially at night. This usually gets better around 3 weeks post-partum.
- If baby continues to have problems latching, or has a painful latch after your engorgement has gone away, see your lactation consultant for assistance.