

# Breast Engorgement

## What is it?

- a painful fullness of the breast that may happen in the first two weeks
- the breast gets hard and warm to the touch
- it occurs when there is too much milk and other body fluids in the breast

## How can I stop it from happening?

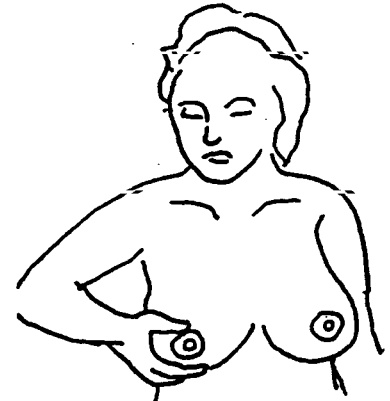
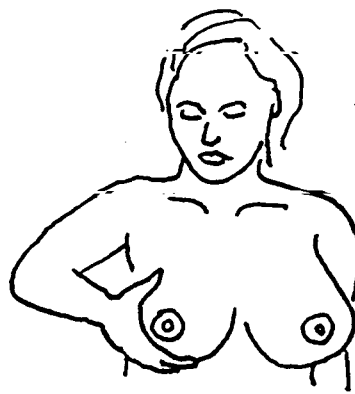
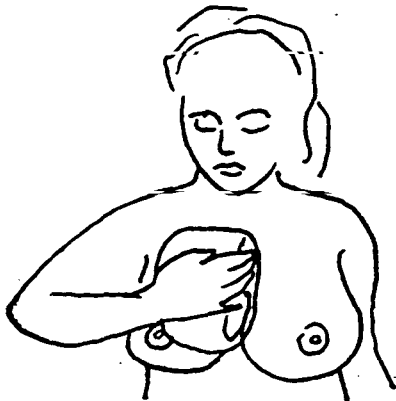
- offer your baby the breast as soon as possible after the birth and then every 2 hours
- when baby is sucking, look to see that the baby's mouth is on the dark part around the nipple.
- change the baby's position at the breast



## What can I do?

**You need to soften your breasts. This can be done by:**

- 1 Placing warm, wet cloths or towels on your breasts for 10-15 minutes.  
Or taking a warm bath or shower.
- 2 Gently massaging your breasts by using your fingertips. Start close to the chest and move toward the areola (dark part).



- 3 Gently, squeezing out some milk using your thumb and first finger at the top and bottom of your breast at the edge of the areola (dark part). Gently squeezing back toward the chest and gently roll fingers forward until the milk starts to drip. This will help the baby get onto the breast.
- 4 Offering your baby the breast every 1-1/2 - 2 hours.  
**If this does not help in one day, get help from a nurse, a breastfeeding clinic, a lactation consultant, your midwife or your doctor as soon as possible.**

