

TIPS FOR BOTTLE FEEDING MOMS

1. Your milk will still come in after 2 or 3 days.
The discomfort will improve in a few days.
2. You may take acetaminophen or ibuprofen as directed to relieve pain and discomfort.
3. Wear tight fitting bra around the clock for the first week. Some people “bind” their breast with an ace bandage.
4. Carefully apply ice packs to your breast (bags of frozen peas work well because they conform to your breast and can be refrozen for the next application). Leave the ice pack on no more than 20 minutes.
5. If the engorgement is severe, green Cabbage leaves help relieve engorgement through a chemical reaction. Place a chilled leaf (gently crumbled to release natural juices) around your breast inside your bra. When the leaf is wilted, apply another leaf. Do this several times a day for approximately 20-30 minutes.
6. **Do NOT** massage, stimulate or pump your breast which causes more milk production. Even the shower can stimulate milk flow, stand with your back facing the water.
7. **Do NOT** apply heat to your breast. This causes more swelling and milk production.
8. If you develop fever, body aches, red, hard breasts, call the OB triage nurse at 781-6200.