

# 母乳喂养问题

## Breastfeeding Problems

Breastfeeding problems are common, but they last a short time. These tips may help. If you find that the problems persist, call your doctor, nurse or lactation specialist.

### Engorgement

Engorgement is when the breasts become full, firm, tender and sometimes painful as your breast starts to produce milk. This often occurs 3 to 5 days after delivery.

Signs of engorgement often last 24 to 48 hours. Signs include:

- Larger, heavier and tender breasts
- Breasts that are hard, painful and warm to the touch
- Swelling of the breasts
- Firm nipples and areola

### Ways to Prevent Engorgement

- Feed your baby at least 8 to 12 times each day. Watch and listen for drinking and swallowing.
- Wear a support bra 24 hours a day while your breasts are heavy. Use a comfort style bra without under wires. Some mothers find more comfort without a bra.

母乳喂养问题是常见现象，但持续时间很短。这里介绍一些可能有帮助的常识。若问题持续存在，请打电话给医生、护士或母乳专家。

### 乳房肿胀

乳房开始分泌乳汁时，会变得充盈、变硬、有触痛感，有时候会感到疼痛，这就是乳房肿胀。此现象往往在产后3至5天时发生。

乳房肿胀的症状往往持续24至48小时，其中包括：

- 乳房变大、变重、有触痛感
- 乳房发硬、疼痛并且摸上去发热
- 乳房肿胀
- 乳头和乳晕变硬

### 如何防止乳房肿胀

- 每天至少给宝宝喂奶8至12次。宝宝吸吮吞咽母乳时注意观察聆听。
- 在乳房沉重时期，须24小时戴有支撑的乳罩。请穿戴无钢圈舒适型乳罩。有些母亲感觉不戴乳罩更舒服。

- If your breasts become engorged:
  - Place a clean, warm, damp cloth over each breast for 3 to 5 minutes before nursing or get into a warm shower and let warm water flow over your shoulders. Heating the breasts will help your milk flow easily to your baby. After heating the breasts, massage them in a circular motion towards the areola and the nipple. Massaging will move the milk down. Massage under the arms and the collarbone area if this area is firm and uncomfortable.
  - Soften the breast using hand expression or a breast pump. Express enough breast milk to soften the areola so that baby can easily attach.
  - Breastfeed right away. Gently massage your breasts while nursing.
  - If the breasts are still painful, full and swollen after a breastfeeding, or refill within a half hour after feeding, you may pump to soften the breasts. Only pump if your breasts are overly full and don't pump until they are empty.
  - Apply cold packs to the breasts for 20 minutes after nursing
- 如果乳房肿胀：
  - 喂奶前用干净的毛巾沾温水，给每个乳房热敷3至5分钟，或洗热水淋浴，让温水流过肩部。热敷乳房可以使乳汁容易地流到宝宝嘴里。热敷乳房后，用手以转圈的动作向乳晕和乳头方向按摩乳房。按摩可帮助乳汁流下来。若腋下和锁骨区坚硬，有不适感，则按摩这个区域。
  - 用手挤出乳汁或用吸奶器吸出乳汁，使乳房变软。挤出一定量的乳汁后，乳晕会变软，让宝宝能够容易吸住。
  - 按摩后立即喂奶。喂奶时轻轻按摩乳房。
  - 若喂奶后乳房依然疼痛、充盈并且肿胀，或喂奶后半小时内恢复充盈，可用吸奶器吸出乳汁，仅在乳房极度肿胀时吸奶，一直到乳房吸空为止。
  - 哺乳后，用冰袋冷敷乳房20分钟。

## Nipple Soreness

Nipple soreness often occurs when the baby is not attached well to the breast or positioned correctly. Make sure your baby's jaws are deeply over your areola and about ½ inch behind the base of your nipple. Your nipple should be rounded and erect after the baby detaches.

## 乳头疼痛

宝宝没有吸牢乳头或宝宝的吃奶姿势不正确时，往往会发生乳头疼痛。确保宝宝的上下颚深深包住乳晕，大约包住乳头根部向外1/2吋的范围。宝宝放开乳头后，乳头应为园形挺立状。

## Ways to Prevent Nipple Soreness

- If you feel pinching, rubbing or biting pain during the feeding, check the baby's position and attachment.
- Air-dry your nipples by leaving your bra flaps down for a couple of minutes after a feeding.
- Express a small amount of colostrum or milk and spread it around the nipple and areola after air-drying.
- Avoid the use of soap, alcohol and extra water on the breast. Clean your breasts by allowing water to flow over them when showering.

## If You Have Nipple Soreness:

- Feed your baby more often for shorter periods of time.
- Do not allow your baby to become too hungry.
- Using an artificial nipple shield over the breast for feeding may help with soreness, but can damage your nipple and get in the way of milk flow. Only use them with the help of a lactation specialist.
- Use a purified lanolin product or gel pad to heal cracked or open areas. Do not use lanolin and gel pads together.
- Begin feeding on the least sore nipple. Be sure to break suction carefully by sliding your finger inside your baby's mouth.
- If it remains painful when your baby first latches on, remove your baby and try again.

## 防止乳头疼痛的方法

- 若喂奶时感到乳头被掐痛、磨痛或咬痛，检查宝宝的姿势是否正确，以及宝宝是否吸正乳头。
- 喂奶后，暂时不要扣上乳罩，让乳头自然晾干几分钟。
- 然后，挤出少量初乳或乳汁，抹在乳头和乳晕处。
- 避免使用香皂、酒精和过量的水洗乳房。要清洁乳房，淋浴时让水流过乳房即可。

## 如果乳头疼痛：

- 增加喂奶次数，缩短喂奶时间。
- 不要让宝宝太饿。
- 喂奶时使用人工乳头罩或许可以缓解痛苦，但乳头罩可能会伤害乳头，影响乳汁流。仅限在哺乳专家的帮助下使用。
- 用纯羊酯或凝胶块涂抹乳头的裂口或破皮处。不要同时使用羊酯或凝胶块涂抹。
- 先用不太痛的乳头喂奶。要让宝宝停止吮吸，务必要将手指轻轻地伸入宝宝的嘴里，让宝宝松开乳头。
- 若宝宝一吸上乳头仍然感到很痛，从宝宝嘴中拔出乳头，再试一次。

- A fast deep latch will put your baby's jaws behind the nipple and tender areas.

If latching on still painful, talk to a lactation specialist.

## Plugged Duct

A plugged duct is a tender or painful lump in the breast. If left untreated, it may lead to an infection. Plugs often occur from changes in the baby's feeding pattern or pressure on the breast. Check your breast for pressure points that occur from a bra that is too tight or from bunched clothing on the breast.

### If You Have a Plugged Duct:

- Apply moist heat to the breast 15 to 20 minutes before each feeding.
- Massage the breast from the area behind the discomfort toward the nipple.
- Change positions lining-up the baby's chin and jaw toward the plug.
- Let the baby nurse first on the affected breast. The stronger suck will help relieve the plug.

## Breast Infection

A breast infection occurs from a blocked duct or from bacteria that has entered the breast, often through a cracked nipple. Even though the breast tissue is inflamed, the baby will not become ill from feeding on the infected breast.

Signs of breast infection may include:

- A headache, aching joints, fever or chills
- A hard, red and painful breast
- A fussy or unwilling to nurse baby when using the infected breast

- 如果宝宝快速地并且张开大口含乳房，其上下颚可避开乳头部位的触痛区。

如果衔乳仍然疼痛，请咨询哺乳专家。

## 乳管堵塞

乳管堵塞，是指在乳房内形成有触痛或疼痛感的肿块。如果不加以治疗，它可导致感染。宝宝的吃奶姿势或对乳房的压力发生变化时，往往会导致乳管堵塞。查看过紧的乳罩或束身衣以找出在乳房上形成的压力点。

### 如果乳管堵塞：

- 每次喂奶前，热敷乳房15至20分钟。
- 按摩乳房，自不适处的后面开始，向乳头部位按摩。
- 改变喂奶姿势，让宝宝的下巴和颞部对著乳管堵塞部位。
- 让宝宝先吃乳管堵塞一侧的乳房。开始喂奶时，宝宝的吮吸较有力，有助缓解堵塞。

## 乳房感染

乳管堵塞或细菌进入乳房（往往是透过乳头的裂口进入）会导致乳房感染。即使乳房发炎，宝宝也不会因为吃发炎乳房的奶而生病。

乳房发炎的症状可包括：

- 头痛、关节疼痛、发烧或畏寒
- 乳房发硬、发红和疼痛
- 用发炎的乳房喂宝宝时，宝宝烦躁不安或不肯吃奶

## **Call your doctor right away if you think you may have a breast infection.**

- Your doctor may order medicine to treat the infection. Take the medicine for the full time ordered. Do not stop taking your medicine, even if you feel better, without first talking to your doctor.
- Continue to breastfeed your baby often to drain the infected breast. If your breast is too painful to breastfeed, you may need to use a breast pump until you are able to breastfeed your baby again.
- Rest often and drink a lot of fluids.

## **Talk to a doctor, nurse or lactation specialist if you have any questions or concerns.**

## **若您认为自己可能有乳房感染，请立即打电话给医生。**

- 医生可能会开消炎药。严格遵医嘱用药。即使病情好转，事先未咨询医生，不得擅自停止用药。
- 继续给宝宝喂奶，增加喂奶次数，让宝宝吸干发炎的乳房。如果乳房过于疼痛，不能喂奶，则可能需要使用吸奶器，直至可以恢复喂奶。
- 多休息，大量饮用液体。

如有任何疑问或担心，请咨询医生、护士或哺乳专家。