

PAIN WHILE BREASTFEEDING

Although experiencing pain while breastfeeding/latching is common, but it is not normal! Such pain is an indication of a poor latch or other various concerns. Engorgement, Mastitis and Plugged ducts are a few of the most common in breastfeeding persons.

ENGORGEMENT

WHAT IT IS:

Painfully swollen breast that often occur around day 2 after birth and in the early weeks of breastfeeding.

CONSIDER:

- Is the baby feeding frequently and well?
- Is the baby positioned well at the breast?

WATCH OUT FOR:

- Fever or flu like symptoms.
- Redness
- Signs of mastitis.



WHAT TO DO ABOUT IT:

Baby/Feedings

- Feedings should be frequent and efficient.
- Your baby will breastfeed about **8 to 12 times in 24 hours**. Think “8 or more, 24.”
- Allow baby to nurse until the baby ends the feeding on its own.

Mother/Pain

Relieve pressure and pain by allowing excess milk to exit and flow out of your breast.

- Massage breast in a warm shower.
- Gentle hand expression.
- Submerge breast into a water bath to allow support milk to flow out.

Prevention: Keep milk flowing and baby nursing effectively. The more milk is removed from the breast, the more milk comes in.

PAIN WHILE BREASTFEEDING (CTD)

MASTITIS

WHAT IT IS:

A painful infection of the breast tissue. It can be a sudden illness with flu-like symptoms and a hard, painful red area on the breast.

CONSIDER:

- What could be other causes for the symptoms?
- How frequent and efficient are feedings?
- What type of bra are being worn?
- Hurried feeding?
- Breast cancers?

WATCH OUT FOR:

- Fever or flu like symptoms.
- Redness of both breasts.

WHAT TO DO ABOUT IT:



Baby/Feedings

- Baby can still nurse at the breast, completely empty one breast before switching to the other breast during feeding.
- Change nursing position from one feeding to the next.
- Make sure baby is properly latched.

Mother/Pain

- Wash and dry hands before nursing.
- Warm compress.
- Avoid tight bras and tops.
- Ensure personal cleanliness and hygiene daily.
- Consult doctor about non-steroidal anti-inflammatory medications and antibiotics.

Prevention: Fully drain the milk from your breasts with hand expression after nursing.

PAIN WHILE BREASTFEEDING (CTD)

CLOGGED DUCTS

WHAT IT IS:

Hard, painful areas of the breast tissue that are swollen with milk because of poor drainage.

CONSIDER:

- How can milk removal be improved?

WATCH OUT FOR:

- Fever.
- Signs of mastitis- skin over the hard, painful area is red.

WHAT TO DO ABOUT IT:

Baby/Feedings

- Begin nursing on the side of the clogged duct.
- Change nursing position of the baby.
- Make sure baby is properly latched.

Mother/Pain

- Warm compress.
- Gentle massage during nursing.



Prevention: Allow baby to fully drain the milk from breast and end feedings spontaneously.

Nipple pain while baby is actively feeding may:

- Begin after there is an abundant amount of milk (days 3 or 4).
- Is continuous throughout nursing.
- Feels worse at the start of latching.

Any pain experienced should always be thoroughly assessed by a local qualified healthcare provider, IBCLC, and CLC. Careful assessment and feeding exams are possible and recommended.