

Breast Problems

Sore Breasts

○ If you see red patches on your breast or can feel a hard sore lump in it, this means your milk supply is blocked in a part of your breast. If you have a slight fever and feel tired and achy, you could have a breast infection.

○ Do something about it straight away.

This is what you can do

○ Keep on feeding your baby at least every two hours. Feed from both breasts, but begin on the sore side first.

○ Apply heat to the sore area before feeding. Use a warm damp flannel or wheat bag.

○ Massage any hard area of your breast, to try and clear the blockage, each time your baby pauses between sucks.

○ Look after yourself. Make time to lie down and rest during the day, as well as at night.

○ Drink plenty of water, and eat fruit that is rich in vitamin C, like oranges.



○ If your baby hasn't drained your sore breast, you can express your milk by hand until your breast feels empty.

○ Ask your breastfeeding helper to check your baby's position, and how your baby is feeding. You may find it helpful to use a different feeding position.

○ If you do not see any improvement, or you don't feel better in 8 to 24 hours, ask for help.

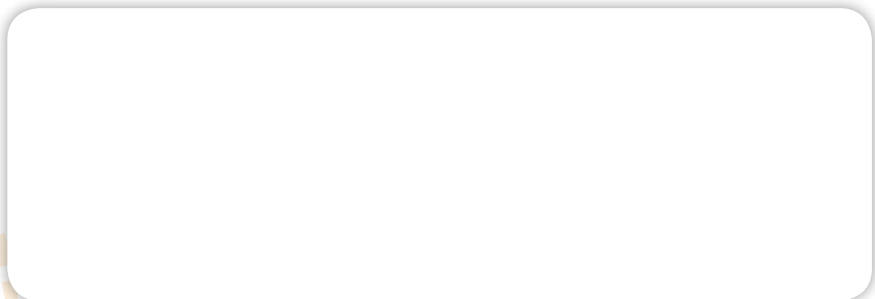
Why do I get sore breasts?

○ Sore breasts can be caused by a number of things, including:

- limiting the amount of time, or the number of times, your baby breastfeeds
- poor positioning, or if your baby is not latched on to the breast well
- giving bottles
- overusing a dummy

- changes in your activities that delay breastfeeding or reduce the number of breastfeeds.

Help is only a phone call away:



www.breastfeeding.org.nz

 **Breastfeeding**
A natural part of life

