

Breast Care Instructions for Bottle Feeding Mothers

- Wear a tight-fitting bra (like a sports bra) for firm support right after you deliver your baby. This helps to keep pressure on the milk-producing cells and prevents the breasts from filling with milk.

If swelling and pain develops, use ice packs directly on the breasts for 10-15 minutes throughout the day. The most convenient ice pack is a bag of frozen peas or vegetables.

- Take Tylenol or Ibuprofen for the pain. (Tylenol: 2, 325mg tablets every 4 hours, or Ibuprofen: 2 to 3, 200mg tablets every 6 to 8 hours)
- Decreasing fluid intake will not help to dry up milk production.
- If the breasts become very painful, swollen and firm, you may need to remove a small amount of breast milk to relieve the pressure. The goal is to lessen the discomfort, NOT to empty the breasts. First, you can try to take a brief hot shower or bath or soak your breasts in a basin of warm water. This may help some of the milk to leak out. If this relieves the pressure, put on a tight-fitting bra and immediately try the ice packs and Tylenol as above.
- If you are still very uncomfortable, squeeze some of the milk out to relieve the pressure. Place your thumb and first finger at the six and twelve o'clock positions on your breast at the outer edge of the areola (the dark circle that surrounds the nipple). Press your fingers into the breast towards your back and pinch them together. This should make at least a few drops come out from the nipple. Rotate your fingers to another position and squeeze again. Remember to remove only as much as is necessary to relieve the pressure. If you continue to express milk, it will stimulate the breasts to continue to fill with milk. After you remove the milk, follow the above instructions with the tight-fitting bra, ice packs and Tylenol.
- Breast discomfort should only last for a few days. If you continue to experience problems, especially a high fever, contact your doctor or nurse .