

### Engorged and painful breasts (very full breasts)

**Causes:** Delayed initiation of breastfeeding, poor attachment, incomplete emptying of breasts, restricting the length of the feeds.

#### Management

- Prevent by:
  - ◆ Starting breastfeeding soon after delivery and feeding often..
  - ◆ Ensuring correct attachment.
  - ◆ Encouraging on-demand feeding.
- If baby is able to suckle, feed more frequently, help with positioning.
- If the baby is not able to attach, apply warm compresses to breast, gently massage from outside toward the nipple and express some milk until the areola is soft, then put baby to the breast, making sure that the attachment is correct.
- Have baby feed often to empty out the breasts. If it is not possible, ask the mother to express some milk herself.
- If breasts are red and hard, continue to feed often. Use warm compresses and gently massage breasts towards nipple. Take mother's temperature. If she has fever, mother should visit the doctor. She should continue to breastfeed (from both sides) even if she is taking antibiotics.



### Expressing milk by hand

1. Wash hands with soap and water.
2. Place a warm compress on the breast for a few minutes if desired.
3. Gently massage the breast starting from the chest moving toward the nipple; do this in a circle (near the underarm, and then to the bottom of the breast etc.), so that all parts of the breast are massaged.
4. Lean forward and support the bottom of the breast with one hand.
5. Hold the areola between thumb and two fingers of other hand. Put her hand on the areola above the nipple and the two fingers on the areola below the nipple.
6. Press toward the chest (about 1-2 cm) and then squeeze the milk reservoirs beneath the areola (do not squeeze the nipple).
7. Press and release the thumb and first finger several times until the milk drips out. Use a clean bottle or a cup to collect the milk. Milk may drip at the beginning and then spray out after it starts flowing.
8. Rotate the thumbs and finger around the areola so that the milk is removed from all the reservoirs.
9. Repeat with the other breast.