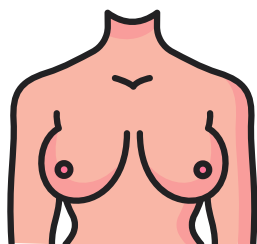
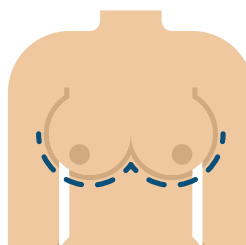


ENGORGEMENT & CLOGGED DUCT

SIGNS



Both:
Redness on breasts,
painful breast(s).



Engorgement:
Swollen, hard, flat nipples,
hot breasts. Can be tight
skin that appears shiny
from stretching. swollen
lymph nodes near armpit,
possible low grade fever.



Clogs:
Some redness in one
effected area, pain that
seems to travel
periodically.
a lump is felt. Pain during
let downs.
lump felt in one area of
breast



Baby weight gain begins
to slow down, especially
if feeding on the effected
side mainly.

SOLUTIONS



Use a dependent position, where
baby is working with gravity to get
milk, and can move the clog
downward.

Dangle feeding and Football can be
great positions for this.

Use a cool compress, not warm!

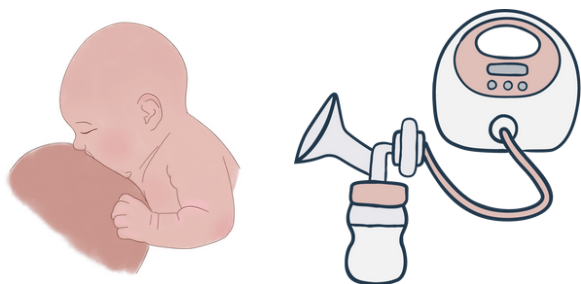


A breast water bath is the best way to
relieve engorgement. Simply fill a water
basin or infant tub with lukewarm water
and dangle the breasts (not submerged)
into the water, the warm water will draw
excess milk out.

*Do not go too long between feeds as
prolonged pressure can cause mastitis.

ENGORGEMENT & CLOGGED DUCT

RED FLAG



For Engorged breasts do not try and overfeed your baby or attempt to pump to get rid of engorgement. This tells our bodies we need more milk- this can cause the next engorgement to be worse.

The longer your breasts are engorged the higher the risk of the pressure building up and causing a decrease in milk supply.



For both scenarios, engorgement or clog, if you begin to feel flu-like symptoms, fever, chills, malaise, or feel like "you were hit by a truck" call your physician as it could be turning into Mastitis.

SOLUTIONS



CLOG: Increase feeding attempts for a clog. This can help move the clog downward, same for pumping. Power pumping may help relieve as well.



Both: Massage with hands downward . For clogs do this when nursing or pumping, for engorgement, do with hand expression (hand express enough for relief). Encouraging milk to flow down and out. use with cool compress.



Both: A warm shower with massage breasts downward can help release excess milk and help move a clog downward- similarly to the water bath.