

Extreme Fullness

It is normal to experience increasing breast fullness during the first few days after birth. Some mothers experience extreme fullness, which may be uncomfortable and make it difficult to breastfeed.

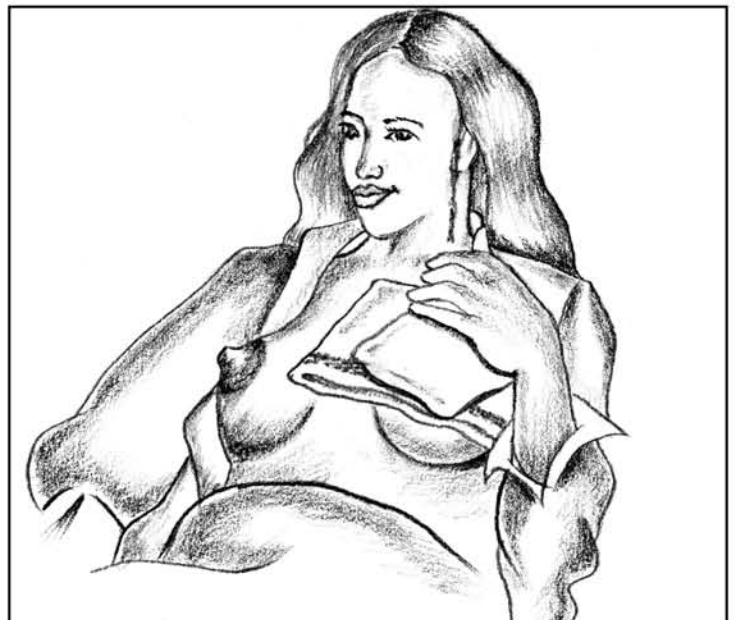
To prevent extreme fullness in your breasts:

- ♥ Breastfeed on cue — whenever your baby is interested, or 8 - 12 times per 24 hours.
- ♥ Wake your newborn to breastfeed if he sleeps longer than 2 hours during the day or 3 hours during the night.
- ♥ Latch your baby on to your breast so that he takes most of the dark area around your nipple, taking slightly more of the dark area below the nipple than above.
- ♥ Use both breasts at each feeding, if you can.
- ♥ Let your baby decide when to stop breastfeeding. A breastfeeding may take between 1/2 to one hour.

To relieve discomfort



If extreme fullness occurs, lean over a basin of warm water and stroke your breasts. This will help the milk flow into the water and soften your breasts, and will help your baby latch on.



For comfort between feedings you can use a cold compress or frozen pack.

*If these steps don't resolve the problem, call a breastfeeding counselor to help you find a way to breastfeed your baby comfortably.