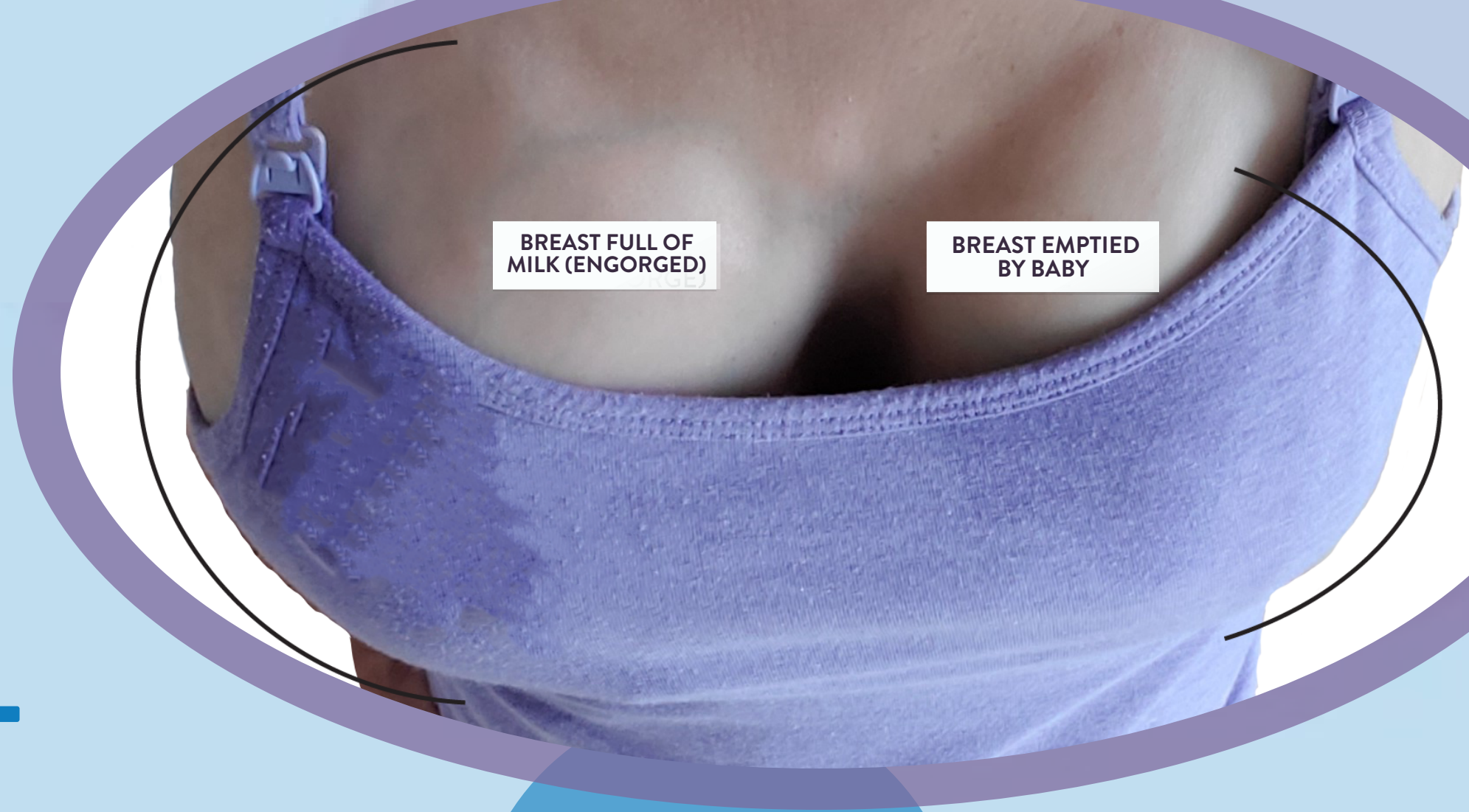


# BREAST ENGORGEMENT MANIFESTATIONS

The engorgement can be felt locally or throughout the breast

- Heaviness, hardness and swelling
- Heat
- Pain
- Skin may be tight, shiny and reddish
- Nipple may become flat, tight and bulging
- Baby may have difficulty to latch



Engorgement can occur during the milky rise

Engorgement can happen throughout breastfeeding

## CAUSES

- High milk production
- Poor latch
- Spaced, skipped or timed feedings
- Giving commercial formula supplements
- Pacifier offered to the baby
- Change in routine (full night, going to daycare, etc.)
- Change in the child's behavior (nursing strike, teething, etc.)
- Breast pump over-stimulation
- Intravenous fluids received during delivery
- Cesarean section
- Etc.

