

BREAST ENGORGEMENT

TOOLS

- Right after birth, offer the breast on demand (8 times a day minimum), and make sure that baby drinks optimally
- Improve latch
- Apply cold between feeds
- Use the technique of the glass of warm water just before putting the baby to the or expression (see video)
- Ask for a Nourri-Source breastfeeding support volunteer



Postpartum engorgement is not experienced by everyone

Predispositions

- After birth engorgement can be a transition that indicates the beginning of a generous milk production and will soon be regulated by the baby
- Certain medical procedures can promote engorgement
- Engorgement can occur at any stage of breastfeeding



Avoid over-stimulation!
Massages, hot showers and baths can increase inflammation and can create other complications

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