



BREAST CARE

It is possible that your milk may “come in” because of the hormones in your blood stream. This could happen on the second to fourth day after delivery. Engorgement may be uncomfortable and can intensify the feelings of grief you may be having.

- Wear a supportive bra, but avoid under-wires. Sport-type bras are good.
- Please do NOT bind your breast as this increases your risk of mastitis (breast infection).

Instructions for the use of Green Cabbage for the Treatment of Engorgement:

Lactation consultants frequently suggest green cabbage leaves to reduce the swelling of severe engorgement. Research data is limited but we have seen it help many women who have not responded to other treatment. Use of cabbage leaves to treat swelling dates back to the 1800's.

- Remove the core and gently peel individual leaves away from the center of the head outward. Try to avoid tearing the leaves.
- Thoroughly wash the leaves.
- Chill before use.
- Just before use, slice open the “veins” with a sharp knife or crush the leaves with a rolling pin.
- Drape 1-2 leaves over each breast leaving the nipple exposed. They can be held in place with your bra.
- Leave on for 2 hours or until milk starts dripping. Change them when they become wilted.
- Repeat application of leaves two or three times in 24 hours.
- Apply ice for 15-minute intervals to reduce swelling.
- Peppermint tea or mints are also helpful. These herbs have been shown to decrease milk supply.
- If your physician agree, you may try every 6-hour dosing of Sudafed™ or generic equivalent. You may also use Tylenol or Advil for pain.
- Call your medical doctor if you experience any red hard or tender areas in your breasts; fever above 100 degrees; general ill feeling; tender lymph glands in the underarm area.

Unfortunately, there are no proven medications, including birth control to quickly dry up your milk. Follow these suggestions and you should notice changes within 3 days.

You may also choose to pump your breasts for comfort or for donation of the milk to a local milk bank. Call the Lactation Office at 621-5380 for more information.

For additional help, contact one of the Lactation Consultants at:
East Campus: 355-2345 North Campus: 621-5380 South Campus: 887-7927