

80 **ENGORGEMENT - BREASTFEEDING**

When your milk comes in you may notice your breasts become larger, heavier, swollen and tender. Do not allow yourself to become engorged since this sends a message to the brain to decrease milk production. If baby is not eating or you have to skip a feeding, pump or manually express your milk.

Some effective treatment measures are:

**Wear a sleep bra at night, but make sure it isn't too tight**

**Apply warm compresses or stand in shower to initiate let-down**

**Nurse frequently**

**Take Tylenol or Advil**

**Apply cold compresses after nursing to relieve the swelling  
and sooth the discomfort**

**Call Oklahoma Breastfeeding Hotline 24hr/7days at 1-877-271-6455**

SJMC Lactation Nurses 918-744-2681 8 am to 5 pm Mon – Fri