



Breast Engagement

1. Take regular pain relief if required e.g. Paracetamol.
2. Wear a properly sized supportive bra.
3. Let your baby feed as often and as long as is demanded but attempt a feed at least every 3 hours.
4. Before baby latches, soften the areola, by applying warm facecloth, and hand express some milk to soften area.
5. Use nipple shields if this aids attachment but **wean off** shields when engagement reduces and you are more comfortable.
6. If needed, you can hand express or **double** pump for a short time, to relieve discomfort.
7. Use **clean** dry cabbage leaves to aid discomfort.
 - a. Get dark green Cabbage head.
 - b. Wash and clean individual leaves.
 - c. Dry the leaves and remove the stalks.
 - d. Place the leaves into the fridge / freezer to cool down.
 - e. When cool place leaves around all aspects of the breasts, for 20 mins **only**. Only do this for up to 3 times a day as **long term use of cabbage leaves can reduce milk supply**. Do not use when engagement begins to resolve.
 - f. Some people use **ice** instead of cabbage
 - g. Wear a comfortable bra for support. Please note: Breast Engagement is **not** Mastitis. However, if you develop a high temperature, please see your GP.
 - h. You may also get some relief from **Reverse Pressure Softening**; see www.kellymom.com or www.mychild.ie for further information.

Nipple care

1. Take regular pain relief if required e.g. Paracetamol.
2. Wash nipples with warm soapy water, dry them very well and then expose to air for 10 mins approximately. **Only do this once a day.**
3. Use 'Multi Mam Compresses for Breastfeeding' and pay attention to the instructions on the pack or use a lanolin based nipple cream.
4. When latching baby, use a different latch per feed and hold your baby in a cross cradle or rugby hold.
5. If it's more comfortable, use latex nipple shields but when nipples are healed, wean infant off the shields as they are not good for long term use.
6. Silverette shields (also known as Breast Angels) are often very helpful too, can be bought online.

Blocked Ducts

1. Take Lecithin 1200mg four times a day (available in health food shops)
2. Apply a warm cloth to the area prior to putting baby to breast.
3. At the beginning of each feed (until things improve) feed the baby on the affected side, so that the sucking/vacuum is the best.

NMH Breastfeeding Support Clinic:
Every Thursday: 9.30am – 12pm in 65/66 Mount Street