

Engorgement



Your milk supply increases around days 3-5 as it transitions from colostrum to mature milk. The feeling of fullness should be relieved after you breastfeed your baby. Engorgement is when the fullness causes discomfort or pain.

Signs and Symptoms

- Uncomfortably full breasts
- Painful breasts
- Difficult for baby to latch
- Common 3-5 days after birth

Causes

- Not breastfeeding or pumping often enough
- Baby not latching well
- Sleepy baby
- Infrequent feedings
- Time-limited feedings



Comfort Measures

- Breastfeed more
- Try reverse pressure softening to help baby latch
- Massage breasts before and during feeding/pumping
- Apply a cold compress (e.g., bag of frozen peas) to breasts
- Milk removal—use a pump or hand express your breast milk to relieve the pressure. This milk may be stored for later use.

Visit www.womenshealth.gov/breastfeeding for more information.



REVERSE PRESSURE SOFTENING

Benefits

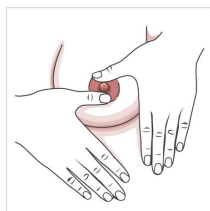
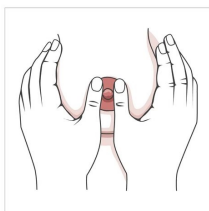
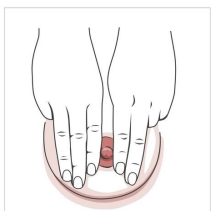
- Relieves pressure from engorgement
- Helps baby latch
- Makes pumping easier
- Increases milk that gets to baby
- Reduces the risk of nipple pain
- Helps start milk flow

How To Do It

- Press your fingertips around the base of your nipple (any finger combination may be used).
- Firmly but gently apply steady pressure.
- After 30 seconds or so, drag your fingers away from your nipple, continuing to apply pressure.
- Continue the same process, alternating positions around your nipple.
- Repeat until your areola has softened.
- Latch your baby or express milk right away.

Videos

- <https://www.youtube.com/watch?>



[v=3ULnIOeHAIM](https://www.youtube.com/watch?v=3ULnIOeHAIM)

- <https://www.youtube.com/watch?>

[v=PVSwpqG3FP0](https://www.youtube.com/watch?v=PVSwpqG3FP0)

- <https://www.youtube.com/watch?>

[x=QJYZrAG6cRA](https://www.youtube.com/watch?v=QJYZrAG6cRA)

Tips

- Don't press hard enough to cause pain
- Try to have baby latch right after RPS
- Hand expression can help relieve engorgement
- Perform RPS each time until you are not engorged
- Laying on your back may help with RPS

**THE LATCH
IS KEY.
WE CAN HELP.**

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