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Breastfeeding Problems & Solutions



What are the problems that you may happen to you during breastfeeding?

1. Nipple engorgement

Problem:

Nipple soreness may occur at the beginning of breastfeeding, but it will be gradually decreased over the days. The reason for engorgement is not placing the entire mouth on the breast correctly, as it requires placing the entire dark area surrounding the nipple, and therefore when not placed, the child focuses on the nipple which leads to engorgement.



What are the problems that you may happen to you during breastfeeding?

1. Nipple engorgement

Solution:

1- Do not delay feeding your baby from the breast, and make sure that you are relaxed while feeding.



2- Massage the breast with your hands before starting to breastfeed your baby in order to evoke milk and activate the milk ducts.



3- If you suffer from severe nipple engorgement, it is possible to change from breastfeeding positions in each session to reduce pressure and not focus on one area.



Solution:

4- After you finish breastfeeding your baby, you can put some drops of milk on the nipple to massage it softly.



5- Avoid wearing tight bras around the breast or any of the **tight clothes, whether sports or other** that may make a pressure on the nipple and breast.



6- Changing the nipple pads contributes to soak the leaking milk from the breast during the times you are not breastfeeding in order to avoid the moisture that forms around the nipple.



What are the problems that you may happen to you during breastfeeding?

2. Accumulation and fullness of milk in the breast

Problem:

- This accumulation differs from the breast filling with natural milk and it is gradually accumulation of blood and milk after several days.



- It is normal for the breast to enlarge and become heavy, and to have a little pain when filling with milk on the second to sixth day after birth.



- Later, breast swelling with pain, heat and redness may occur with the nipple immersed inside the breast and the nipple flattening out into the breast.



2. Accumulation and fullness of milk in the breast

Problem:

- On the third to fifth day after birth, your temperature may rise due to the accumulation of milk in the breast.



Solution:

- 1- Reduce the fullness of your breast with milk and feed your child after birth as long as he wants, and make sure that the position of his mouth is correct.



- 2- Avoid excessive use of pacifiers for the child.



2 Accumulation and fullness of milk in the breast

Solution:

3- Attempting to empty the breast of excess milk when feeling full is one of the best solutions to prevent breast swelling. A light massage of the breast and applying warm water compresses may reduce swelling.



4- It is recommended to use cold compresses between each feeding, which helps relieve pain.

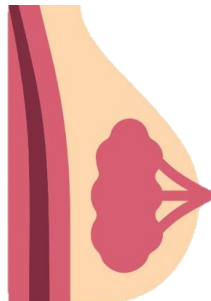


What are the problems that you may happen to you during breastfeeding?

3. Breast infection and clog in the milk ducts:

Problem:

Blocked milk ducts are common and can occur if you are breastfeeding and you may feel pain, engorgement or a lump in the breast, these symptoms usually do not have a high temperature or any other symptoms. Usually the clog occurs as a result of not draining the entire milky ducts of milk properly, which leads to the affected ducts in addition to inflammation of the surrounding tissue, a pressure behind the ducts, and the clog usually occurs in only one breast.



What are the problems that you may happen to you during breastfeeding?

3. Breast infection and clog in the milk ducts:

Solution:

1- Apply hot compresses to increase blood flow to the engorged area.



2- Make a massage behind the engorged area towards the nipple and in a circular motion.



3- Breastfeed the child from the affected breast to treat the clog and make the milk in a constant movement.



4- Breastfeed the baby every two hours during the day and night.



5- Try to get enough sleep regularly or relax by raising the legs at a high level.



3 Breast infection and clog in the milk ducts:

Solution:

6- Wearing breast bras that contribute to the process of strengthening (not tight) bras work on squeezing the milk ducts.





Note!

If there is no improvement within (24) hours of following all these instructions, and one of the following symptoms also appears, it is necessary to communicate immediately with the doctor because there may be a need to take an antibiotic:



Fever with worsening symptoms

Suspect an infection in both breasts



Pus or blood in the milk.

Red marks on the breast



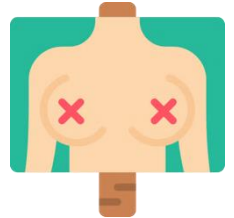
Sudden severe symptoms

What are the problems that you may happen to you during breastfeeding?

4. Nipple type:

There are four types of nipple:

- Inverted nipple
- The nipple flat with the breast.
- Outward nipple (natural nipple).
- Oversized nipple.



Problem:

1. If the nipple is of the first or second type, it will be difficult to breastfeed the child in an easy and flexible way, due to the difficulty of placing the entire nipple in the child's mouth. If you are the type with a flat nipple, it is easier to handle than a recessed inward (inverted).



4 Nipple Types:

2. If the nipple is too large, the child may take a longer period to get used to the appropriate position and improve with the age of the child.



Solution:

- 1- It is necessary to know the type of nipple during pregnancy in order to prepare in advance whether there is a problem that may appear when placing the baby's mouth on the breast.
- 2- Talk to the doctor about the appropriate instructions for the nipple, whether it is too large, recessed inward, or flat with the breast.



Sources and References:

All pictures used from Flaticon.com

Review and audit:

The content of this booklet has been reviewed by
Obstetrics and Gynecology Consultants at King
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Health Awareness unit

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