



**Stanford**  
HEALTH CARE

## **Breast Care and Breastfeeding**

If you are breast-feeding your milk should come in within 3-5 days. Breast-feeding on demand will help reduce engorgement and increase the milk supply. Use warm water, without soap, to keep your breasts clean. Soap may dry and crack your nipples. If your nipples crack, expose them to air for 15 minutes after breast-feeding. Lanolin ointment may be applied after this. Most babies eat about eight times each day. Try to nurse your baby for at least 15 minutes on one breast and for about 10 minutes on the other breast. It is normal to have more bleeding and/or cramping when breastfeeding. This is a hormonal response to the breast stimulation.

If you have difficulty nursing, contact Women's and Children's services at GSH (559-2229), Nursing Mother's Council (272-1448), Nursing Mother's Resource (377-5350), or Mother's Milk Bank (998-4550). Pump rentals may also be arranged for at the above numbers. Breast milk can be stored in a sterile container in the refrigerator for up to 72 hours or in a standard freezer for 1-2 weeks.

### **Mastitis (breast infection):**

You

may be developing mastitis if you have a high fever associated with a painful, red breast. Other signs of a breast infection include increased pulse rate, chills, malaise, headaches and an area on the breast that is red, tender and hard. Treatment involves antibiotics, rest, frequent breastfeeding or pumping, and analgesics for pain and fever. Please call if you suspect mastitis.

### **If you are not nursing the baby:**

Wear a tight fitting bra to reduce engorgement. Cold compresses may help, and you may use Tylenol for the discomfort. There is no medication approved by the Food and Drug Administration to prevent engorgement.

### **Medication use while nursing:**

Safety of commonly used medications while nursing can be accessed at:  
<http://health.ucsd.edu/pharmacy/resources/breastfeeding.htm> or contact your pediatrician.

### **Other Breastfeeding Resources**

Women's Health (CDC) : [www.cdc.gov/women](http://www.cdc.gov/women)

La Leche League at (800) LA LECHE or [www.llusa.org](http://www.llusa.org) or [www.lalecheleague.com](http://www.lalecheleague.com).

Nursing Mothers Counsel at (415) 599-3669 or [www.nursingmothers.org](http://www.nursingmothers.org)

Lactation Institute and Breastfeeding Clinic (818) 995-1913

Mead Johnson Nutritionals (800) BABY123. Request Delivery and Beyond (Publication LF63) and Breastfeeding: The Best Start for Your Baby (Publication LF808). You can obtain a copy from your physician.