

Professional tips for relieving engorgement

Here's how to manage engorgement while you're initiating and establishing breastfeeding

- Use thermo pads inside your bra for up to 30 minutes after feeds
- Gently massage your breasts to stimulate milk flow
- Express milk by hand or with a pump if you miss a feed or need to be away from your baby
- Protect your nipples with nipple cream and use nipple protectors during a feed
- Apply slight, constant pressure to to relieve breasts by wearing breast shells

Ask for help

Know that a little discomfort when breastfeeding is normal, but any strong or ongoing discomfort, and signs of fever, should be addressed immediately. The best person to reach out to is your healthcare professional.

Sometimes, you'll need to take extra steps to support yourself and provide relief

Motherhood can sometimes feel like a language of its own

If you're at the beginning of your breastfeeding journey you might be experiencing engorgement, or a feeling of fullness in your breasts

So what is engorgement, exactly?

You can think of engorgement as an adjustment period your breasts go through when your milk first comes in. It's caused by a build-up of milk and other fluids in your breast tissue. Sometimes, it's caused by inflammation too.

It's generally a normal part of breastfeeding, but can become painful and sometimes lead to complications like mastitis.

The right support

The best ways to prevent and manage engorgement are to feed your baby frequently, empty each breast before offering the next, and ensure your baby has a good latch.

Professional tip

"Engorgement can happen when your milk first comes in, and at other times as your milk supply adjusts to meet your baby's needs and becomes more established. If you find it difficult or uncomfortable, your healthcare professional can help advise you on how to manage it."

Vicki Scott Midwife and breastfeeding advisor



Your breastfeeding solutions

Meet Philips Avent solutions that help you prevent and relieve engorgement, so you can breastfeed for longer

Breast milk expression



Comfort breast pump range
To support milk expression, protect the nipple and allow for healing

Breast care



Nipple cream
Soothes nipples



Breast shell set
Applies constant pressure for relief



Nipple protectors
Shields sore nipples during feeding



2-in-1 thermopads
Cools and warms your breasts



Breast pads
Absorbs leaking breast milk



Nipplette
Clinically proven¹ to correct inverted nipples

Learn more about Philips Avent breastfeeding solutions: philips.co.uk/c-m-mo/breast-pumps-and-care

1. Mr D McGeorge FRCS(Plast). British Journal of Plastic Surgery (1994) Vol 47, Pgs 46-49

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EFCNI european foundation for the care of newborn infants



Behind the scenes

Here's a closer look at what you can expect from engorgement during breastfeeding

What does it feel like?

Most women experience engorgement as a feeling of over fullness. Your breasts might also feel hard, heavy, swollen or lumpy.

How long does it last?

Every woman experiences engorgement a little differently. Some have mild engorgement for just a day, while others experience it for up to two weeks.

You might also experience engorgement down the track. For example, if you're weaning your baby and there's a mismatch between your milk supply and the amount of milk your baby is drinking.

Is the pain really normal?

A little discomfort when breastfeeding is normal, but any strong or ongoing discomfort, or signs of fever, should be addressed immediately. The best person to contact is your healthcare professional.



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Breastfeeding quick guide

Right by your side
along every step of your breastfeeding journey

Relieving engorgement

Professional tips for prevention

Although engorgement is generally normal, you can take small steps to ensure you're still able to breastfeed comfortably

1

Get a breast check

Get a breast check before your baby arrives so you'll know of any adjustments you may need to make in order to feed comfortably.

2

Breastfeed immediately after birth

Make the most of the "golden hour" after birth by breastfeeding immediately. This gives your baby a chance to latch properly before your milk comes in.

3

Feed your baby frequently

Breastfeed at least 8 times in 24 hours to prevent over fullness when your milk comes in. And empty each breast before offering the next.

4

Ensure a good latch

Ask for help from a healthcare professional if your baby isn't latching properly onto your breast