

Suppression of Lactation

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After the birth of your baby there is an increase in blood flow and fluid to your breasts.

Your breasts may feel firm and tense, and this may cause your breasts to be painful.

This usually occurs 2-5 days after your baby's birth.

For further information

Australian Breastfeeding Association Helpline

Tel: 1800 mum 2 mum
(1800 686 268)

Breastfeeding Helpline

Web:

<http://www.breastfeeding.asn.au>



Suppressing breastmilk supply at the start of lactation

If your breasts are firmly supported and you don't express more milk than is needed for comfort your milk supply will gradually decrease.

It may be helpful to;

- Wear a firm, supportive bra that is the correct size to help keep you comfortable.
- Cold/ice packs may be applied to your breasts for pain relief. Try some small frozen vegetables, e.g. peas or corn in a small snap-lock plastic bag, molded around your breasts until they become warm and replace as required.
- Take Paracetamol/ Ibuprofen if required.
- Avoid directing hot water on your breasts when you are showering. Your breasts may leak in the shower, and this will lessen the breast tension.
- If your breasts are very painful, you can try to hand express a very small amount of breast milk to lessen the tension on your breasts. Express only enough to make you comfortable unless you need to clear a blockage to prevent mastitis
- Drink fluids as needed. Restricting fluid intake does not reduce breast milk production.
- Check your breasts for specific tenderness, lumps and redness. If you are concerned or become unwell, please seek advice from your midwife or GP.
- Due to the reported side effects of the medications available to stop lactation, they are not usually recommended.

Suppression of established Lactation

- Once breastfeeding has been established gradual suppression of lactation is recommended to reduce the risk of developing mastitis and breast abscess.
- The amount of time it takes for your milk supply to decrease will depend on how full a supply you have established
- Gradually reduce the number of breastfeeds or breast expressions over several days/weeks ensuring the breasts remain comfortable.
- Unless contra-indicated any expressed breastmilk can be given to your baby
- It is normal for you to be able to express a few drops of milk or have a little leaking for weeks or months after you stop breastfeeding

