



Common questions and handling when nursing your baby 哺乳期常見問題及處理方法(英文)

All moms wish to give their babies quality milk when nursing their babies; sometimes new moms could encounter unease feeling caused by unfamiliar breast-feeding techniques. It often affects new moms' breast-feeding willingness; therefore, we would like to provide the following techniques and information asked by new mommies when breast-feeding their babies in order to make the feeding process more smoothly.

Breast swelling:

2-5 days after delivering a baby, new moms could sometimes suffer from incomplete or unsmooth milk secretion which could induce breast swelling. Such a swelling is caused by the increased amount of milk and blood volume of the breast milk or connective tissue. Milk out the liquid or diligently breast-feed your baby could greatly relieve this feeling.

Ways to relieve ache caused by breast swelling:

- Diligently breast-feed your baby or increase feeding frequency.
- Squeezes out some milk before feeding the baby
- Take a hot bath, massage your breast, or put a heated-padding on your breast before feeding your baby.
- Use your fingers to squeeze out extra milk.
- Ask doctors or pharmacists for mild pain-killers.

Unrelieved breast swelling could incur mastitis if the condition gets worse.

Breast-milk overflow:

Do not panic when you breast feed your baby with one side of your breast and the other side also secretes milk; this is a normal physiological reaction. Also, your breast-milk could overflow when you think of your baby or hear the weeping sound of your baby.

Ways to overcome the problem:

- Place a pad inside of your bra to help absorb the overflowed milk.
- Curve your hand and gently press your nipple to stop milk from overflowing.
- Dress in clothes with pattern and loosen styles to prevent obvious milk overflow.

Congested mammary gland tube:

Congested mammary gland tube occurs when breast milk not discharged completely. As a result, there are lumps and aching feeling of breast; to unblock the mammary gland tube, massage the blocked lump when feeding your baby. Take a hot bath or cover your breast with warm towel before feeding your baby; sometimes it is helpful to change your feeding gesture and position. Do not ignore such a problem, for it could incur mastitis; the best way to prevent the problem is to simply feed your baby more frequently.

Mastitis:

Mastitis is the infection of breast tissue causing redness, swelling, heat, and aching conditions. It could sometimes incur fever up to 38.5 °C or even 40 °C. It could trigger pus sore if no treatment is imposed.

Ways to overcome the problem:

- If there is condition of high fever, rush to the hospital and have doctors prescribe appropriate antipyretic or antibiotics when necessary. Use a cold pad to relieve local redness and heat; then switch it to hot pad and gently massage your breast until you could slowly squeeze out congested breast milk.
- When mastitis occurs, try not to intake too much alcohol or water or foods that could incur breast milk overflow; resume to normal diet when redness, swelling, and fever subside.