



Breast Health During Breastfeeding

It is important to care for yourself while you breastfeed. Breasts can become swollen and painful, and/or feel “hard as rocks.” To help with this:



Take a warm shower and use a warm compress.



After feeding, put ice packs on your breasts for 20 minutes. Frozen peas also work.



Hand express or pump a small amount of milk before feeding.



Use both breasts while breastfeeding.



Do not skip or stop breastfeeding.

If your breasts are painful, swollen, tender, red, warm to the touch, or you develop fever and chills, please see a provider as an infection is possible if milk is stuck inside the breasts.

For additional information, please contact:

Eisner Health Breastfeeding Warmline: (213) 905-2273

Eisner Health: Prenatal.ED@eisnerhealth.org

WIC – Breastfeeding hotline: (888) 278-6455



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