

BREASTFEEDING PROBLEMS AND TIPS

If you encounter some of the following issues, don't panic, this doesn't have to be the end of your breastfeeding journey!

Condition	Signs	How to handle
Cracked and sore nipples	Very sore, cracked or bleeding nipples	<ul style="list-style-type: none"> • Correct position and latch on • Apply breast milk or purified lanolin to nipples after feeds • Feed for short, frequent feeds • Start on the least sore side • If your breasts are very full, hand express some milk or use a breastpump • If breastfeeding hurts, break the suction and try the latch on again • Breastfeeding should not be painful. If pain persists, consult your doctor
1. Flat nipples 2. Inverted nipples	1. Flat and remains flat even when stimulated 2. Retract at rest or when stimulated	<ul style="list-style-type: none"> • Manual manipulations • Hand expression • Use of electronic breastpump at milk bank
Engorgement	Breasts usually becomeswollen, hard, painful and shiny	<ul style="list-style-type: none"> • Hot fomentation • Gentle massage on breast • Warm shower • Cold fermentation after feedings to reduce swellings • Hand expression • Use of electronic breastpump at milk bank
Engorgement	Breasts usually become swollen, hard, painful and shiny	<ul style="list-style-type: none"> • Hot fomentation • Gentle massage on breast • Warm shower • Cold fermentation after feedings to reduce swellings • Hand expression • Use of electronic breastpump at milk bank
1. Mastitis & Breast 2. Abscess	Extreme tenderness and redness Local softness at the point of abscess	<ul style="list-style-type: none"> • Handexpression • See your Gynae
Thrush	White substance on the baby's tongue, can also be seen on mother's breast	<ul style="list-style-type: none"> • Continue breastfeeding • Consult pediatrician
Long nipple	Long nipple	<ul style="list-style-type: none"> • Bring baby as close to the breast as possible so baby can take most part of areolsa in the mouth.
Localized engorgement	Blocked duct	<ul style="list-style-type: none"> • Correct hand and baby positioning • Feed the baby from different angles to ensure complete emptying of breasts • Massage the swollen area towards the nipple • Wear loose clothes
Milk leakage	Milk dripping form the breast even after feeding	<ul style="list-style-type: none"> • It is normal in the early days • Feed the baby every 2 hour and on demand • Press your breasts firmly with the your elbows
Blood in milk	Pinkish/bloody appearance in milk in the absence of cracked nipples	<ul style="list-style-type: none"> • It is not harmful. Breastfeeding to be continued.
Sick Mother		<ul style="list-style-type: none"> • Continue breastfeeding to ensure milk production. • If not able to feed directly, then hand express or visit milk bank and express through breastpump