



Susan Yarian, MD | Eric Pulsfus, MD | Thomas Searle, MD | Kelly Jago, MD
Barbara Dembek, CNM | Amy Loughlin, CNM | Elizabeth Meadows, CNM | Christa Zielinski, CNM | Lorraine Searle, CNM
300 Health Park Blvd., Ste. 3002, St. Augustine, FL 32086 | phone.904.819.1500 | fax.904.810.1023

Breastfeeding your newborn is an individual choice. There are several benefits that are associated with breastfeeding. For the baby this includes: infant bonding, strengthening of their immune system, and their chances of food allergies, asthma, and eczema are decreased. For the mother it can help for quicker postpartum weight loss and a decreased risk of breast cancer. Family and friends will offer you advice that may or may not be correct. We encourage you to ask questions during your prenatal and postpartum visits in addition to following up with some of the links and phone numbers provided below.

Breast changes occur as soon as you are pregnant. Colostrum, which is filled with great antibodies for the baby, is present in the breast from 16 weeks on. Some women will see a small amount of breast discharge (leaking) during their pregnancy and some will not. Both of these are normal.

Your breasts will change again after you have the baby as the colostrum changes over to milk. This typically will occur between day 3 and 4 postpartum. Engorgement is when the milk comes in and the breasts are very full. Engorgement typically lasts for 4-7 days as your body adjusts to how much milk your baby needs. Continue to feed the baby regularly during this time. Warm wash clothes or a warm shower can alleviate fullness and discomfort and is encouraged before feeding the baby. To help slow the flow of milk you can use ice packs, cold peas in a bag, or cold cabbage leaves in your bra after feeding.

For a clogged milk duct you should use warmth on the area before feeds, massage the area towards the nipple during the feed, and then cold on the area after the feed. If an area on the breast gets red, warm to the touch, and you get a fever of 100.4 or greater and feel flu-like, please call your provider immediately. It may be a breast infection (mastitis) which is easily treated with antibiotics.

Most importantly, whenever you have questions and need some help, please ask! If the resources on the bottom of this page do not answer your questions, we can.

Helpful Resources

Flagler Hospital Newborn Nursery - 819-4061. The hospital has a breastfeeding support group that meets regularly. We highly encourage attending this group whether you are having difficulty or not. Please call the newborn nursery number for information on when and where this group is meeting. You can also call this number for breastfeeding advice and tips 24 hours a day.

United States Breastfeeding Committee

<http://www.usbreastfeeding.org/MothersFamilies/Action1SupportMothers/BreastfeedingFAQs/tabid/117/Default.aspx>

La Leche League

<http://www.llli.org>