



# FULL BREASTS

## INFORMATION TO HELP YOU WHEN BREASTFEEDING

Around the third or fourth day after you give birth, your breasts start to produce lots of milk. This is known as the milk 'coming in'.

Sometimes, your breasts may produce much more milk than your baby needs and they may feel full and uncomfortable for a few days. This will settle as your milk supply adjusts to what your baby needs.

### When your milk first comes in

- Your nipple and areola (the dark area around your nipple) may feel firm, sometimes it may take a little time for your baby to attach properly to feed.
- Your breasts may look pink but not reddened.
- Your baby may not take all your milk during feeds. If you still feel too full, express a little to feel comfortable.
- Some babies can be unsettled during this time, it's OK to feed them frequently.
- Your baby might have lots of loose, green coloured bowel motions.
- All of this is normal.

### Breastfeeding your baby if your breasts are full

- Good positioning and attachment while feeding helps – hand expressing some milk before a feed softens the areola to make it easier for your baby to attach.
- When breastfeeding, offer your second breast when your first breast feels softer or after your baby finishes feeding from it.
- If your baby has only fed from one breast and your other breast is uncomfortably full, try to feed from your second breast or express a small amount of milk for comfort.
- Alternate breasts (left or right) each time you begin a new feed.

### Between feeds

- If your breasts are very uncomfortable, either offer your baby another extra feed or express a small amount of milk to relieve the fullness.
- Having a warm shower or bath or placing a warm pack on the breast for a few minutes will help the milk flow
- Wear a supportive bra that isn't too tight - some women feel more comfortable not wearing a bra
- A cold pack on your breasts for a few minutes after breastfeeding may relieve discomfort. Paracetamol may be taken for pain relief if required. Follow instructions on the packet

**Full breasts usually settle quite quickly. If you are concerned, feel unwell or if your breast is red and painful please seek advice.**

### For more information and advice

**Your local Maternal & Child Health Nurse**

**Victorian Maternal & Child Health Line (24 hours)**

T: 13 22 29

**Australian Breastfeeding Association**

T: 1800 686 268 – Breastfeeding Helpline

W: [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

### Related fact sheets on the Women's website

- Expressing breast milk
- Using a breast pump
- Mastitis