



McKenzie-Willamette

MEDICAL CENTER

extraordinary care

BASIC BREASTFEEDING INFORMATION

1. Nurse babe as long as he wants, as often as he wants. Unrestricted nursing does not cause sore nipples. Offer breast every 2-3 hours during the day and 1-2 times at night. Strive for minimum nursing time of 10 min per side. It is normal for babe to feed 8-18 times per day. This applies to the early days/weeks of breastfeeding.
2. No prenatal preparation is necessary - although flaps down or bra-less for a part of each day is probably a good idea. No soaps, creams or lotion should be applied to the nipple area in the last month or so of the pregnancy.
3. Sore nipples are typical in the first week. More than 90% of breastfeeding women report some degree of soreness. We recommend air-drying nipples after each feeding and either gently rubbing milk/colostrum onto the nipple or painting on a solution of cooled, strong black tea. Most important though, is careful attention to correct positioning and latch.
4. Injured nipples – cracked, bleeding, scabs or blisters. We recommend feeding babe before he is frantic with hunger and start with the least sore side (switch when settled and milk is flowing.) Use the sore nipple treatment as described above followed by a very thin coating of Lansinoh (anhydrous lanolin.) Feedings may be restricted to 10-15 minutes per side, but they need to remain frequent.
5. We discourage the use of pacifiers until the baby is nursing very well, with no latch or sucking difficulties.
6. A bra is probably more comfortable and reduces the amount of leakage, but it is not mandatory.
7. Drink fluids to thirst and to keep urine clear. Water is the best fluid for you.
8. Continue prenatal vitamins while breastfeeding.
9. Eat a good, well-balanced diet just as in pregnancy. It is not necessary to avoid or restrict any foods on a regular basis. It takes 2-8 hours for food that is eaten to be in breast milk. If you suspect a certain food of causing colicky symptoms, eliminate that food for 48 hours and there should be a dramatic improvement. You may try it again later, if you like, to test it.