

Breastmilk Suppression

Suggestions and Guidelines

Here are some helpful suggestions to help you be more comfortable if/when your milk volume increases and you become engorged:

- Wear a bra/sports bra that fits well, giving you good support. Wear this 24/7.
- When showering, let the water hit your back, not your front so minimal stimulation occurs.
- If approved by your health care provider, use Ibuprofen as directed for easing pain and swelling discomfort.
- Use ice packs to help with the swelling: 20 minutes on, 20 minutes off. Rotate the packs around your breasts. Do not put ice directly to your skin - use a towel, pillowcase, or your shirt as a barrier to prevent ice burn. Use cold green cabbage leaves have also been known to relieve discomfort. Peel off leaf, place directly on breast tissue. Wear inside your bra until it wilts, then replace with new cold leaf. Continue as needed.
- Strong peppermint/spearmint tea or eating strong peppermint/spearmint candies have been known to decrease milk supply. Drink the tea 4-6 times daily.
- The herbs sage, oregano and parsley have also been known to decrease milk supply. Use these herbs liberally in cooking. Sage leaves can be steeped in hot water (1 tablespoon) for 10-15 minutes to make a tea. Drink this 4-6 times daily.
- Decrease any stimulation to nipples/breasts until fullness resolves.

Engorgement can last for a few days, up to a week and maybe uncomfortable. If the above suggestions are not helping, please call Lactation Services at Kootenai Health or your health care provider.

Lactation Services: (208) 625-5091