

Breast Health



“Striving for birth equity through unity and empowerment.”

After you have your baby, your body will go through lots of changes, including your breasts. Your breasts are going to start making colostrum, the first milk your body produces. You might see a little yellow, orange, white, clear, or creamy colored milk-like fluid leaking out, and your chest can feel sore, swollen, and very full. It usually calms down after a few days. Your milk will usually begin to increase around 2-6 days after birth. It doesn't matter if you choose to breastfeed or not, it's still important to know how to take care of your breasts after birth.

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SIS, DID YOU KNOW?

These tips can help you and your baby stay alive and healthy.

Choosing how to feed your baby is your call. Using breast milk in a bottle is still considered breast feeding.

For the majority of birthing women, the body makes milk according to how often the baby nurses.

Keep your breasts supported: Wear a comfortable bra that's not too tight and avoid underwire. A good bra is a big part of breast care.

Nourish your body after giving birth, your body is doing real work healing, restoring, and adjusting to a new rhythm. If you are breastfeeding, eating balanced meals help support and maintain your milk supply, helping you and baby thrive together.

Staying hydrated is key to staying healthy, energized, and supporting your milk supply. Drink a minimum of 64 ounces of water a day, unless directed to drink less by a healthcare provider.

Engorgement in breast feeding is the painful swelling and fullness of breasts that occurs when breast milk builds up faster than it is removed. Applying compresses or pumping can alleviate these symptoms.

What to look out for:

- Mastitis: the breast infection from a clogged milk duct, your breast might feel sore, tender and warm; you'll feel rundown and like you have the flu.
- Breast and nipple thrush: you'll feel sudden and sharp nipple pain, burning, or a rash on the breast.
- Plugged milk duct: feel sore, red lump that is warm or hot to the touch.
- Nipple retraction: if your nipple starts pulling inward.
- Unusual nipple discharge or bleeding.

If you notice any of these signs, reach out to your doctor ASAP.