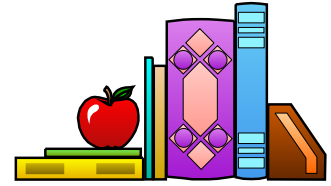


How to Help Dry Up Your Milk



1. Wear a good fitting bra. Wear it day and night until your breasts are soft again.
2. If your breasts begin to feel firm or tender, cover your breasts with uncooked green cabbage leaves. (The kind of cabbage used to make cole slaw) You can also put the leaves under your arms if that area is tender or firm too. Your bra will help hold the cabbage leaves close to your breasts.
 - Change the leaves about every two hours, sooner if they become wilted or smell like cooked cabbage.
 - Wear the cabbage leaves day and night until your breasts stay soft. This may take 3 to 5 days.
3. Some women feel additional comfort by using ice packs on their breasts.
 - Use the ice packs for no longer than 20 minutes each time. Make sure you wrap the ice pack in a thin towel so the ice isn't directly against your breast
 - Ice packs can be used over top of the cabbage leaves
4. Only express milk from your breasts if you really need to do so. The best time to do this is while taking a shower.
5. Many mothers have found that taking 400 mg of ibuprofen (Motrin/Advil) every 4 hours helps with the discomfort of the engorgement.
6. You may drink fluids as desired. Not drinking fluids will not dry your milk up faster.
7. If you experience any fever, breast pain or red areas on your breast call your physician.
8. If you are bottle feeding your baby and change your mind and want to breastfeed call your peer counselor or IBCLC for assistance. It isn't too late to start.

