



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Breastfeeding Problems & Solutions

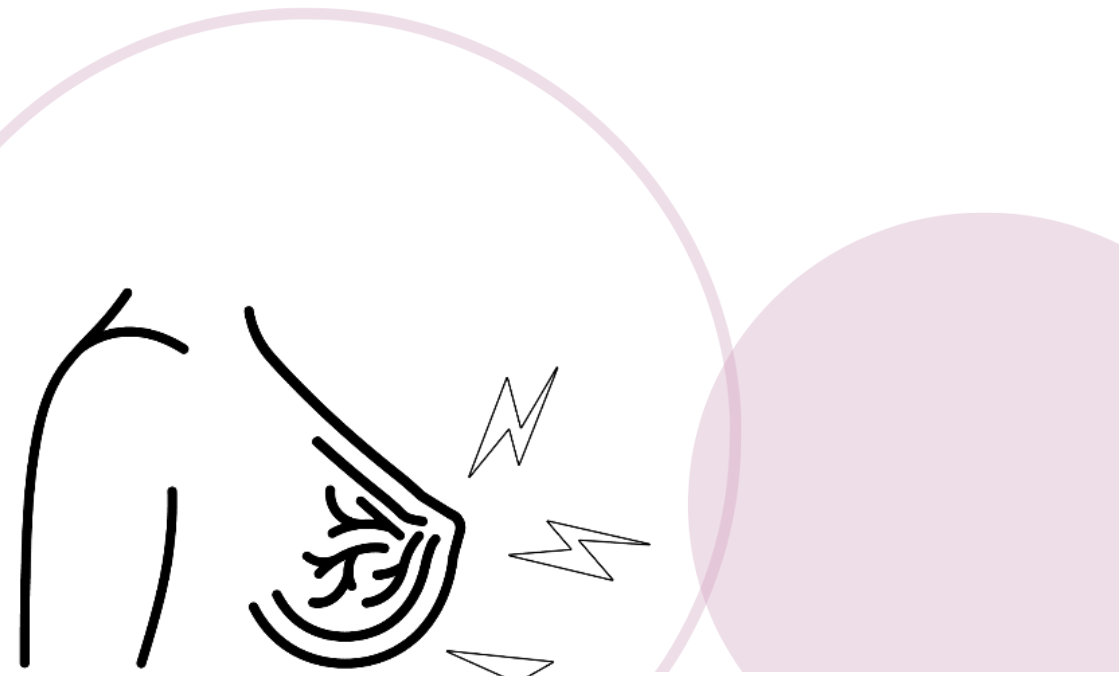


What problems may I encounter while breastfeeding?

1. Nipple engorgement:

The problem:

Nipple congestion may occur at the beginning of breastfeeding due to the child not latching on to the breast correctly, which results in congestion, but it will gradually ease over the days.



What problems may I encounter while breastfeeding?

1. Nipple engorgement:

The solution:

Express milk from the breast constantly, whether by frequent breastfeeding or by expression manually or using the pump.



Apply **warm compresses** to the breast for two minutes just before feeding and **cold compresses** after breastfeeding to relief pain.



Gently massage the breast with your hand towards the nipple before feeding your baby.



What problems may I encounter while breastfeeding?

1. Nipple engorgement:

The solution:

When you finish breastfeeding your baby, you can put drops of your milk on the nipple.



Avoid wearing corsets and tight clothes on the breasts, whether sports or otherwise, which may contribute to significant pressure on the nipple and breast.



If you suffer from severe nipple engorgement, you can change the feeding position at each session.



What problems may I encounter while breastfeeding?

2. Accumulation and fullness of breast milk

The problem:

- This accumulation is different from the breast filling with normal milk. It is normal for the breasts to become larger and heavier, and for you to feel a little pain when the breasts fill with milk on the second to sixth day after giving birth. Breast swelling may later occur, along with a feeling of pain, heat, and redness. On the third to fifth day after giving birth, your temperature may rise due to the accumulation of milk in the breast.



What problems may I encounter while breastfeeding?

2. Accumulation and fullness of breast milk

The solution:

- Make sure to empty the breast continuously and breastfeed your baby frequently throughout the day if your baby is able to feed directly from the breast. If he is unable to feed directly from the breast, express the milk either by hand or pump.



What problems may I encounter while breastfeeding?

2. The problem:

The solution:

- Apply **warm compresses** before breastfeeding for just two minutes to stimulate milk secretion.
- Use **cold compresses** after feedings, which helps relieve pain.
- Avoid excessive use of pacifiers for the child.



What problems may I encounter while breastfeeding?

3 .Breast infection and blockage in the milk ducts:

The problem:

Blockage occurs as a result of the milk ducts not emptying properly, causing pressure behind the ducts.

Blockage usually occurs in only one breast. It is considered a common occurrence and usually does not have a high temperature or any other symptoms.



What problems may I encounter while breastfeeding?

3 .Breast infection and blockage in the milk ducts:

The problem:

- Apply warm compresses to help increase blood circulation to the congested area.
- Massage the breast towards the nipple in a circular motion.
- Breastfeed your baby from the affected breast to treat the blockage and keep the milk moving.
- Breastfeed your baby every two hours.
- Get enough sleep or relax by raising your legs at a high level.



What problems may I encounter while breastfeeding?

3 .Breast infection and blockage in the milk ducts:

Alert!

If there is no improvement within 24 hours of following all of these instructions, and one of the following symptoms also appears, you must immediately contact your doctor, as there may be a need to take an antibiotic:

- Fever occurs as symptoms get worse.
- Red marks appear on the breast.
- The presence of pus or blood in the milk.
- Symptoms suddenly turn into severe symptoms.
- If you suspect an infection in both breasts.

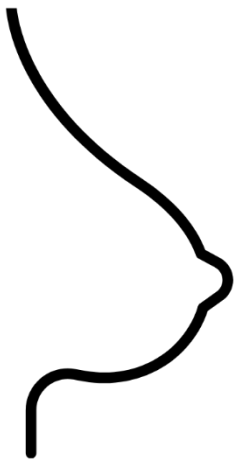
What problems may I encounter while breastfeeding?

4 .Nipple types:

The problem:

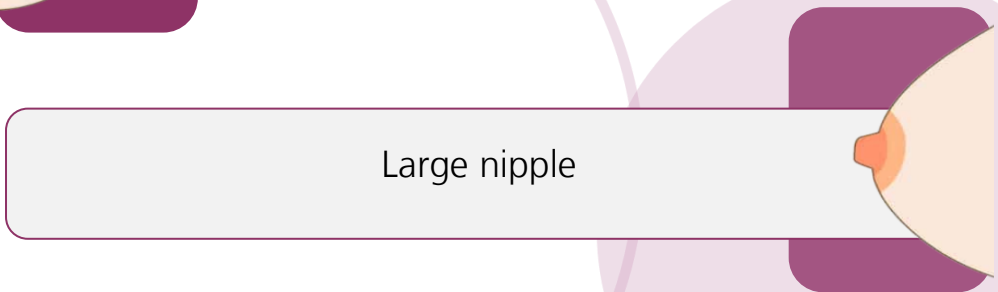
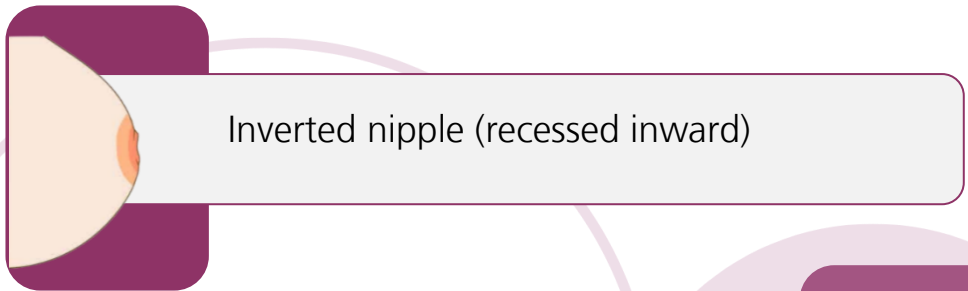
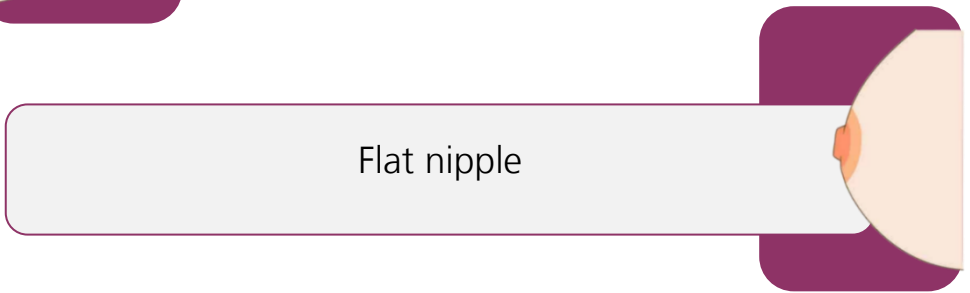
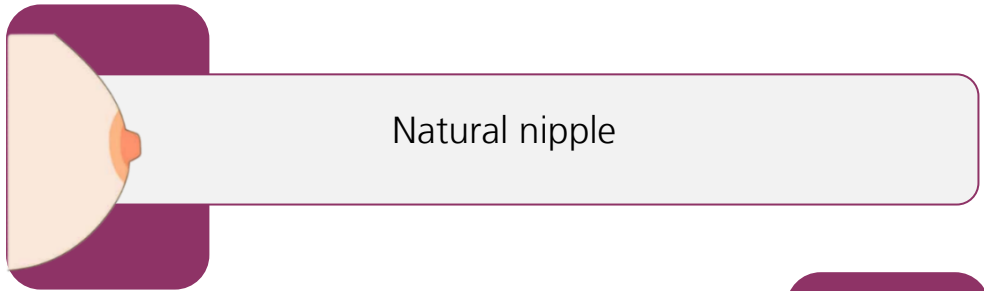
There are four types of nipple:

- Natural nipple.
- Flat nipple.
- Inverted nipple (recessed inward).
- Large nipple.



What problems may I encounter while breastfeeding?

4. Nipple types:



What problems may I encounter while breastfeeding?

4. Nipple types:

4. Nipple types:

- If the nipple is flat or inverted, it will be difficult for you to breastfeed your baby easily and flexibly, due to the difficulty of the baby latching on to the nipple, but a flat nipple is considered easier to handle than an inverted or recessed nipple.
- If the nipple is very large, the child may take a longer period of time to get used to the appropriate position, and it will improve as the child grows older.



What problems may I encounter while breastfeeding?

4. Nipple types:

The solution:

- Know your nipple type during pregnancy and seek help from breastfeeding specialists to educate you and receive appropriate information about your nipple type and how to deal with it.



Sources and references:

All illustration used in this booklet from

www.canva.com

Review and audit:

The content of this book has been reviewed by a breastfeeding education specialists at King Fahd University Hospital.

Health Awareness Unit

IAU-23-23



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University