






## 2. Hard Breasts

### MODULE 4

The breasts may become hard or engorged the first days after birth. This engorgement is caused by an accumulation of milk in the breasts. This happens during the inflow of milk usually three to four days after the birth of your baby. If your breasts become hard, the baby may have trouble feeding. The hardness should only last 1-2 days. Here is some advice to help soften your breasts.

HARD BREASTS	
	Take a warm shower OR...
	Massage our breasts for 10 to 15 minutes using a damp towel.
	Extract a little milk until the area surrounding the nipple softens.
	The feed your baby. Breastfeed on demand and at least every three hours.
	After feeding place a cold, damp towel on your breast for comfort and to reduce swelling.

During the first weeks, you may have to express breast milk if your breasts are too hard for the baby to latch on.

You will find more information on expressing breast milk in Module 8 entitled "Healthy Family".



Ask for help immediately if you:

- cannot soften your breasts or have trouble breastfeeding.
- have red or painful areas on your breasts.
- have a fever.
- feel ill.