

Lactation Suppression: (things that slow down or stop milk production) & Donation of Breastmilk

- ***This is ONLY for Moms who have to stop or lessen making breastmilk.*** Making breastmilk after the first few weeks is based on the fact that the more you pump or nurse, the more milk you make. The less you pump or feed, the less you will make.
- Stopping quickly should be avoided; it can be painful, and lead to severe engorgement or mastitis (breast infection). Mild engorgement is ok; it can help to decrease your milk. If you have given birth recently, you may not have to pump for more than a few days.
- Heat encourages milk flow; cold therapy can help stop or lessen making milk. If you are very full, first apply heat, with either a shower or warm compress. Next, ***pump only enough to relieve your pain & extra fullness.*** After pumping, apply cold compress (baggie of frozen veggies) or cabbage leaves.
- Watch for signs of mastitis or infection; fever, chills, muscle aches, tenderness, red or warm area on breast. If this happens, pump more often, massage the area gently to express milk and contact your Doctor. You may need medication for infection. It's ok to take Tylenol or Motrin for pain relief, unless your Doctor has told you not to take these.
- It's normal to see drops of milk even weeks after you've stopped pumping.
- If you have a lot of milk stored (more than 100 ounces, about 50 of our bottles) you may want to donate. CHOC is a milk depot and our hospital is credited for all donations. Go to choc.org and search "***breast milk***". Our milk bank will process your milk and hospitals can use it to feed to premature or sick babies too little or sick to digest formula well.
- Make sure you save enough for your baby in a deep freezer first, if you have more than you can store, you may want to donate.
- If you have more questions about lactation suppression or donation, please contact the Lactation Department at CHOC Children's.