



UW Medicine

缓解乳房肿胀的方法

自我护理

什么是乳房肿胀？

分娩后第三天、您的乳房可能会感到肿胀。这称为胀奶。可能感觉像是很严重、但大多数情况下只会持续几天。它通常随着乳液的流通而消失。



经常哺乳可能有助于消肿。

提示

哺乳

如能的话、每 2 小时叫醒宝宝喂一次奶。经常哺乳可能有助于消肿。

温水

洗个热水澡或淋浴。在浴缸或淋浴时按摩乳房、让乳液流出。再用温暖的湿毛巾包裹乳房。用保鲜膜或一次性尿布覆盖以保持温暖。也可以将乳房浸入温水盆中、让乳液流出来。

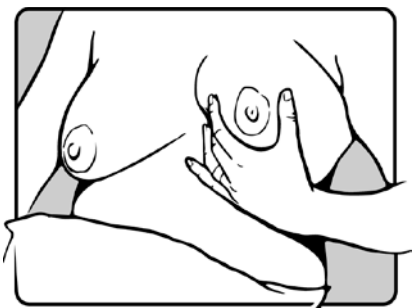
按摩及用手挤奶

轻轻按摩并压挤乳房（不仅是乳头）、试着挤出一些多余的乳液。请尝试以下的一些方法：

- 用手托住乳房、手指和拇指做成“U”形放在乳晕的边缘（请参阅下一页的图片）。在用手指和手下压乳房的同时、将手指移向拇指并按住几秒钟。这样重复几就会开始滴奶或流奶。然后将拇指和手指转成“C”的位置再重复。
- 使用电按摩器、设置在“振动”状态。
- 使用光滑的圆棍。如瓶子或擀面棍之类、从腋下滚到乳头。

这是一个有助于乳房按摩及用手挤乳的视频、网址为：

<http://bfmedneo.com/our-services/breast-massage>.



手在乳房呈“U”形。

哺乳后

- 做冷敷、使用冷却的凝胶袋、一袋冷冻豌豆、在冰箱中冷却的湿毛巾或冷的生的大白菜叶。
- **仅戴**合身、而且舒适的胸罩。如它会压入您的乳房并留下红色痕迹就请不要戴！如您有专为锻炼而设计的弹性胸罩、可试着白天戴。如疼痛得使您无法入睡、也可以试着在睡觉时戴。
- 服用止痛药如布洛芬（如 **Motrin** 或 **Advil**）。这样可以减轻疼痛、并减少肿胀。请注意：当阴道还在出流血时、请避免服用阿司匹林、因为这会增加出血的可能性。

如做了都没效

如没有任何措施可以缓解胀痛、请使用医院品质的电动吸奶器去除多余的乳液。如宝宝吸食良好、则可能只需要泵奶一次或两次。如宝宝吸食得不好、每 2 至 3 个小时泵一次奶有助于保持乳液的供应。

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

您有疑问吗？

我们很重视您的提问。如您有哺乳方面的疑问、请联系哺乳辅导服务：
206.598.4628.

Comfort Measures for Breast Engorgement

What you can do

What is engorgement?

On about the 3rd day after birth, your breasts may feel hard and swollen. This is called *engorgement*. It may feel like a crisis, but most times it only lasts a couple of days. It usually resolves as your milk begins to flow more readily.

Tips

Feed Your Baby

If you can, wake your baby for feeding every 2 hours. Nursing more often may help ease breast engorgement.

Warm Water

Take a warm shower or bath. While you are in the tub or shower, massage your breasts and let the milk flow out. Then wrap your breasts in warm, wet washcloths. Cover with plastic wrap or disposable diapers to keep the warmth in.

You can also dip your breasts in a basin of warm water. Let the milk flow out.

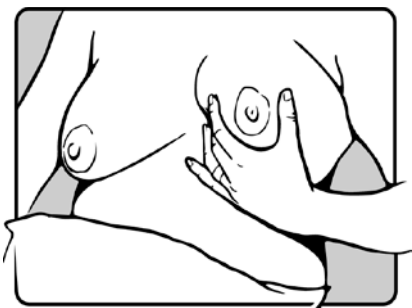
Massage and Hand Expression

Gently massage and compress your breasts (not just your nipples) and try to release some of the extra milk. Try one of these methods:

- With your hand scooped under your breast, place your finger and thumb on the edge of your areola in a “U” shape (see drawing on the next page). While pressing your fingers and hand into your breast, move your fingers toward your thumb and hold for a few seconds. Repeat this motion several times to start milk dripping



Nursing more often may help ease breast engorgement.



Hand at breast in a “U” shape.

or flowing. Then move your thumb and finger to a “C” position and repeat.

- Use an electric massager on a “vibrate” setting.
- Roll a smooth cylinder, like a jar or a rolling pin, from your underarm to your nipple.

There is a helpful online video about breast massage and hand expression at <http://bfmedneo.com/our-services/breast-massage>.

After Nursing

- Apply cool compresses. Use cooled gel packs, a bag of frozen peas, wet washcloths chilled in the freezer, or cold, raw cabbage leaves.
- Wear a bra **only** if it fits well and feels good. Do not wear one if it digs into you and leaves red marks! If you have a stretchy bra that is designed for exercise, try wearing it during the day. You can also try wearing it to bed if the pain is keeping you awake at night.
- Take a pain reliever like ibuprofen (such as Motrin or Advil). This relieves pain and also reduces swelling. **Note: While you are still bleeding from your vagina, avoid aspirin because it can increase bleeding.**

If All Else Fails

If nothing works to ease engorgement, use a hospital-quality electric breast pump to remove extra milk. If your baby is nursing well, you may only need to do this once or twice. If your baby is not nursing well, pumping every 2 to 3 hours will help you keep up your milk supply.

Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.

Questions?

If you have tried the tips in this handout and your engorgement is not relieved within 24 hours, call Lactation Services at 206.598.4628.