If your breasts are painful, swollen, tender, red, warm to the touch; or you develop fever and chills, please see a doctor as an infection is possible if milk is stuck inside the breasts.

It is important to care for yourself while you breastfeed. Breasts can become swollen and painful, and/or feel "hard as rocks." To help with this:

- Take a warm shower and use a warm compress.
- Hand express or pump a small amount of milk before feeding.
- Do not skip or stop breast feeding.
- After feeding, put ice packs on your breasts for 20 minutes. Frozen peas also work.
- Use both breasts while breastfeeding.

If your breasts are painful, swollen, tender, red, warm to the touch; or you develop fever and chills, please see a doctor as an infection is possible if milk is stuck inside the breasts.

For additional information, please contact:
Eisner Health Breastfeeding Help: (213) 905-2273
Eisner Health: PrenatalED@eisnerhealth.org
WIC – Breastfeeding hotline: (888) 278-6455