

Breast care following the loss of your baby

Information and advice for mothers who have lost a baby

Bereavement Services

When you have lost a baby, even quite early in pregnancy, you may still experience some breast fullness and tenderness. You can also produce milk; this should only last a day or so but it can be distressing.

What you can you do to help

- Wear a support bra during the day and at night, and use pads to absorb any leakage.
- Avoid stimulating your breasts.
- You should not try to express milk, although it may help to express a small amount to ease very full breasts.
- Alternate warm and cold flannels on your breasts.
- If you have a lot of discomfort, taking simple painkillers, such as paracetamol can give you relief (follow the instructions on the packet).
- There is no need to cut down on fluids so continue to eat and drink as normal.

When to seek further advice

You may have an infection in your breasts if:

- You feel overly uncomfortable
- Your breasts appear red
- Your breasts are tender and feel hot to touch
- You are in pain, or
- You have flu-like symptoms such as a temperature over 38°C.

If you feel unwell and experience any of the above, please speak to your midwife.

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Sources of information used in this leaflet

- Jan Riordan and Karen Wambach, 'Breastfeeding and Human Lactation', 4th edition, 2010

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: swb-tr.swbh-gm-patient-information@nhs.net



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