

Breast care following the loss of your baby: information and advice for mothers who have lost a baby

Following the loss of your baby, even quite early in pregnancy, you may still experience breast fullness and tenderness and you may produce milk especially around day three to five when you may feel your milk 'come in'. This should only last a day or so but some women may find this upsetting.

What you can do to help:



Wear a comfortable supportive bra during the day and night and use pads to absorb natural leakage.



Avoid stimulating your breasts as this may make you produce more milk.



You may need to express small amounts of milk to keep your breasts comfortable. Ask a midwife to show you how to do this if necessary.



Use cool cloths, gel packs or chilled savoy cabbage leaves to help lessen milk production and sooth your breasts if they are uncomfortable.



If you have pain or discomfort, take simple pain killers such as paracetamol (follow the instructions on the packet).



There is no need to cut down on fluids so eat and drink as normal.

If you feel unwell or have any of the following symptoms seek medical attention immediately as you may have an infection:

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

You can also speak to:

Bereavement team 📞 **0121 507 4395**

Maternity triage 📞 **0121 507 4181 (24 hours a day)**

Infant feeding team 📞 **07816 061 633**

You can contact Sands



0808 164 3332

Reference:

Sands (2016) Pregnancy loss and the death of a baby: Guidelines for professionals. 4th Edition

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