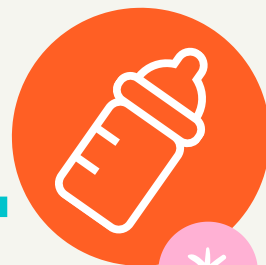


What to do if your

# BREASTS HURT DURING PUMPING



## LOWER THE SUCTION

Remember, breast pumping should never feel painful. Instead of turning your suction up to the highest setting, it's more important to find a setting that feels good and best mimics how your baby drinks at the breast.



## CHECK YOUR FLANGES

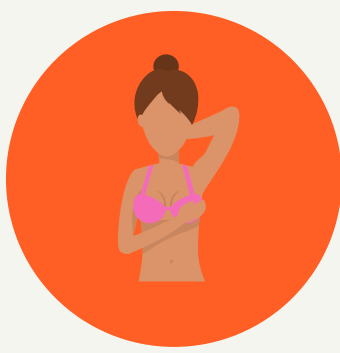
If the flange is too tight or too loose, you may experience nipple pain or soreness.

- Your nipple should be able to move freely within the flange, without rubbing against its sides. If it can't, the flange is too small.
- The dark tissue (areola) around your nipple shouldn't get pulled into the flange, or bounce in and out of it. If that occurs, the flange is too large.



### RELAX TO GET LETDOWN

Relaxing can help you achieve letdown faster and reduce pain.



### USE A WARM COMPRESS

Apply a warm wash cloth before or after to relieve soreness.



### USE NIPPLE CREAM

Apply lanolin or nipple cream for cracked or dry nipples.



## MAKE SURE YOU DON'T HAVE A CLOGGED MILK DUCT

If you notice a small lump in your breast that looks a little red or feels sore or tender when you touch it, you may have a clogged milk duct. Nursing or pumping is the best way to get rid of a clog, so nurse right away! You can also apply gentle pressure on the outside of your breast and move towards the lump to get rid of the clog. If the lump gets bigger or doesn't go away in a few days, contact your doctor.

