

## CARE OF BREAST DURING PREGNANCY

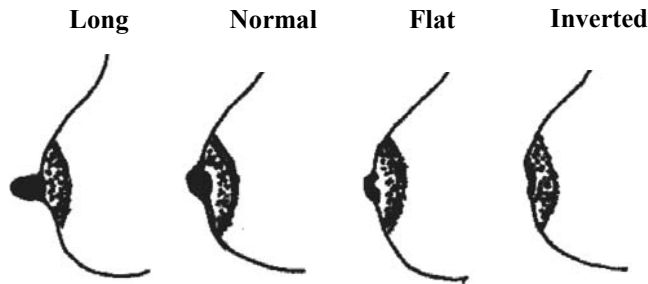
### Why during pregnancy?

Proper education of mother and relatives is possible and mandatory during pregnancy. Flat or inverted nipple can lead to difficulties in breastfeeding for the child. Hence, during pregnancy women can become aware of it & take necessary steps.

### CARE OF FLAT AND INVERTED NIPPLES:

Nipples can be flat, normal, long or inverted. Flat nipples cannot be gripped easily.

Inverted nipples cannot be held by fingers. Both can cause feeding difficulties and get injured while giving breastfeeding.

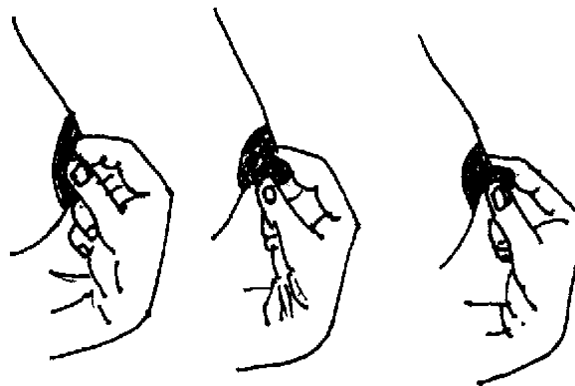


### Steps of care:

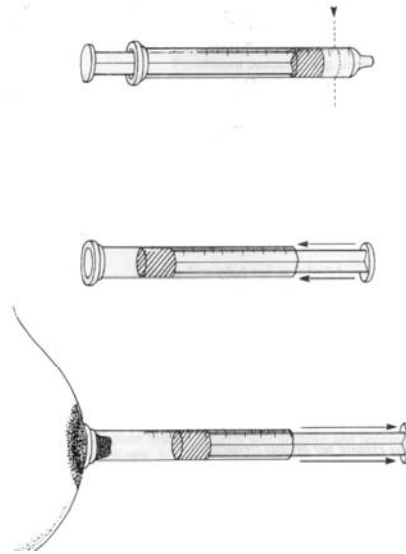
Once breastfeeding is begun usually nipple starts protracting out (*See initiation of breastfeeding*)

### Following tips can also help:

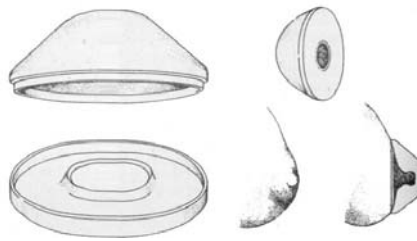
1. Try gentle pulling of nipples for flat nipples by fingers as shown in adjacent diagram.



2. As shown in diagram cut a 10 ml syringe at the front end, remove the plunger from hind end and insert it from the cut front end. Then press open hind end of the syringe lightly over the areola covering the nipple and withdraw the plunger (which is now at the front cut end) so that the nipple is pulled into the syringe. Maintain pull for 20 to 30 seconds and then release. Gently remove the syringe. Nipple will remain protruded. Then put the child for breastfeeding.



3. Use “Nipple Shell” (hard plastic shell with holes worn over nipples) for flat and inverted nipples. If not available in the market, make it at home from wood, plastic or cap of feeding bottle. Remember, to make it with smooth margins So file all sharp margins, as there can be injurious.



### **BREAST DISCHARGE DURING PREGNANCY:**

From fourth to sixth month of pregnancy, thick, yellow fluid begins to form inside the breast. This may or, may not be, expressed out. There is no definite advantage or disadvantage of expressing this milk. Take care, while expressing this milk, to avoid injury to the nipples.

**POINTS TO REMEMBERED DURING PREGNANCY**

- ♦ Put the baby to breast immediately after delivery and allow it to suck for 10 to 15 minutes.
- ♦ Colostrum (initial breast milk), should be given to the baby as it is nutritious and protects against diseases.
- ♦ Give nothing except breastfeeding.
- ♦ Allow child to suckle 8 to 10 times a day even if breast milk is less.
- ♦ Breastfeeding decreases bleeding from uterus and helps to decrease its size faster.
- ♦ Breast milk is the best food for the new born. Its quality remains high unless mother is taking certain drugs for her serious disease.
- ♦ Do not use pacifiers or artificial nipples.
- ♦ Do not start bottle-feeding as it causes “nipple confusion” and the baby thereby gets used to bottle, as it requires no effort in comparison to breastfeeding.
- ♦ Ability to breastfed does not depend on size of breast.
- ♦ Mothers should always keep confidence in breastfeeding. It solves all the problems.
- ♦ There is no other milk as a complete substitute to breast milk.