

Recommendations for Lactation Suppression

- Comfort Measures:
 - Ice packs applied for 15 minutes every hour will help reduce the swelling of engorgement. Warm compresses should not be applied.
 - Raw green cabbage leaves may be used to reduce the swelling of engorgement. Wrap the leaves around your breasts and wear them inside your bra. You can chill the leaves prior to applying them to the breasts. Replace the leaves every 2 hours or once they begin to wilt.
 - A supportive bra should be worn. It is not recommended to “bind” the breasts with wraps or an overly-tight bra as this can increase your chance of developing plugged ducts or mastitis. Nursing pads can be worn inside the bra if the breasts begin to leak.
 - Use hand expression to remove small amounts of milk if you become too uncomfortable. Do not empty the breast completely as this will only increase milk production. Taking a warm shower can cause the breast to leak which may alleviate discomfort.
 - Stretch your breast- slowly move it up and down, side to side, and in a circular motion both directions.
 - Breast massage can help to move extra fluid out of your swollen breast. Use gentle hand strokes directed toward the armpit.
- Herbs: Peppermint, sage, and jasmine may help to reduce your milk supply. The leaves can be used to prepare a tea. Some mothers find strong peppermint candy (e.g., Altoids) to be effective.
- Medications: Please discuss the use of medication with your healthcare provider.
 - Decongestants may reduce milk production for some mothers.
 - Take anti-inflammatory pain medication (e.g., ibuprofen) as recommended by your healthcare provider.
 - Due to the risk of side effects prescription medications are not recommended for milk suppression.
- Contact your healthcare provider:
 - Suppressing lactation may increase your risk of developing an infection in your breasts called mastitis. Mastitis will require treatment with antibiotics. Contact your healthcare provider if your breast becomes red and painful, or if you experience flu-like symptoms such as body aches, chills, or fever.
 - Your body will experience hormonal shifts as your milk production stops. These hormonal shifts may result in emotional changes such as sadness or depression. If you are feeling depressed, get help. Contact your healthcare provider to discuss your symptoms and treatment options.