

The Gentle Latch



INFANT FEEDING AND
TONGUE TIE SERVICE

Engorgement Support Leaflet

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What is Engorgement?

Engorgement occurs when breasts become overly full, firm, swollen or uncomfortable.

It may happen when milk first comes in, after long stretches between feeds or when feeding patterns change.

Common Symptoms

- Very full or swollen breasts
- Shiny or tight skin
- Difficulty latching
- Flattened nipples
- Discomfort or throbbing

How to Relieve Engorgement

- Feed frequently—respond to early cues
- Try a warm compress before feeding
- Reverse pressure softening to help baby latch
 - Place fingertips around the base of the nipple
 - Gently press straight back toward your chest
 - Hold the pressure for 60 seconds
 - Release and latch your baby straight away
- Gentle massage away from the areola
- Cool packs after feeding
- Hand express small amounts if baby cannot latch

What to Avoid

- Excessive pumping (can increase oversupply)
- Deep, firm pressure on swollen areas
- Missing feeds
- Ensuring breasts are soft following feeds and alternating breasts to ensure each emptied regularly

When to Seek Support

Contact a professional if:

- Engorgement doesn't improve within 24–48 hours
- Baby still struggles to latch
- You develop fever, chills or spreading redness (possible mastitis)