

# Breastfeeding

## 10 Common Questions



### 1. When will my milk be ready?

- Your milk is ready on baby's birth day.
- The earliest milk is called colostrum (Col-OS-trum). It is full of antibodies (germ fighters). It is like giving your baby free medicine.

### 2. Does breastfeeding hurt?

- It does not hurt if you get your baby "latched on" to your breast correctly.
- Take a breastfeeding class before your baby is born and find out what to expect.

### 3. Should I breastfeed if I get sick?

- Yes. Unless you have HIV/Aids, continuing to breastfeed actually protects your baby from getting your illness, whatever it is.

### 4. Can I breastfeed with implants?

- It depends on the type of surgical cut made in your breast in order to place the implants.
- An incision made around or across your areola (dark circle around the nipple) can damage the nerves. In turn, this may cause you to not make enough milk for the baby.
- Some incisions may have cut breast tissues and damage milk ducts.
- You will need a lactation specialist to examine you before and after breastfeeding.

### 5. Can I breastfeed with a breast reduction?

- It depends on the type of surgical cut made in your breasts.
- Breast surgery often damages the milk ducts inside the breast, which may cause problems.
- In general, a breast reduction is more likely to interfere with nursing than breast implants.
- You won't know the extent of any nerve damage until you try nursing.
- You will need a lactation specialist to examine you before and after breastfeeding.

### 6. Can I breastfeed with a breast tattoo?

- A pre-existing, healed tattoo will have no effect on breastfeeding. But, if you don't have one yet, wait until you've breastfed your last baby.

### 7. Can I breastfeed with inverted nipples?

- "True" inverted (or flat) nipples will not become erect when stimulated or cold. If your nipples protrude when stimulated, they are not truly inverted and do not need any special treatment in order to breastfeed.
- Some types of nipples are harder for the baby to latch onto, especially at first.
- In most cases, patience, persistence and the proper latch-on technique will work.
- Wear breast shells to correct flat nipples if your lactation consultant advises you to.

### 8. Can I breastfeed with a pierced nipple?

- It depends on where your piercing is and if the site is healed. It's best to remove jewelry while breastfeeding.
- Some milk pores in the nipple may be blocked, but the nipple does have 15-20 pores.
- If the piercing is in the breast, some milk ducts maybe be blocked or cause mastitis.
- The baby may latch on crookedly, causing discomfort to you and poor milk flow.
- It's best to see a lactation specialist before and after breastfeeding for the best advice.

### 9. Can I breastfeed while pregnant?

- Yes! Women everywhere have breastfed during pregnancy as well as continued to nurse an older child along with the new baby.
- Nursing while pregnant does not trigger premature labor or take nutrients away from the unborn baby.

### 10. Is my baby getting enough breastmilk?

Yes, you have plenty of milk if:

- your baby latches on well and you are both comfortable
- you feed 8-12 times in 24 hours
- baby has at least 6 wet and 2 dirty diapers in 24 hours
- your baby gains 4-7 ounces a week
- baby is content for 1 to 2 hours between most feedings
- you hear your baby swallow during feeding.



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