

母乳餵養問題

Breastfeeding Problems

Breastfeeding problems are common, but they last a short time. These tips may help. If you find that the problems persist, call your doctor, nurse or lactation specialist.

Engorgement

Engorgement is when the breasts become full, firm, tender and sometimes painful as your breast starts to produce milk. This often occurs 3 to 5 days after delivery.

Signs of engorgement often last 24 to 48 hours. Signs include:

- Larger, heavier and tender breasts
- Breasts that are hard, painful and warm to the touch
- Swelling of the breasts
- Firm nipples and areola

Ways to Prevent Engorgement

- Feed your baby at least 8 to 12 times each day. Watch and listen for drinking and swallowing.
- Wear a support bra 24 hours a day while your breasts are heavy. Use a comfort style bra without under wires. Some mothers find more comfort without a bra.

母乳餵養問題是常見現象，但持續時間很短。這裡介紹一些可能有幫助的常識。若問題持續存在，請打電話給醫生、護士或母乳專家。

乳房腫脹

乳房開始分泌乳汁時，會變得充盈、變硬、有觸痛感，有時候會感到疼痛，即乳房腫脹，往往在產後 3 至 5 天時發生。

乳房腫脹的跡象往往持續 24 至 48 小時。跡象包括：

- 乳房變大、變重、有觸痛感
- 乳房堅硬、疼痛並且摸起來發熱
- 乳房腫脹
- 乳頭和乳暈變硬

如何防止乳房腫脹

- 每天至少給寶寶餵奶 8 至 12 次。寶寶吸吮吞咽母乳時注意觀察聆聽。
- 因乳房沈重，須 24 小時戴乳罩。請穿戴無鋼圈舒適型乳罩。有些母親感覺不戴乳罩更舒服。

- If your breasts become engorged:
 - Place a clean, warm, damp cloth over each breast for 3 to 5 minutes before nursing or get into a warm shower and let warm water flow over your shoulders. Heating the breasts will help your milk flow easily to your baby. After heating the breasts, massage them in a circular motion towards the areola and the nipple. Massaging will move the milk down. Massage under the arms and the collarbone area if this area is firm and uncomfortable.
 - Soften the breast using hand expression or a breast pump. Express enough breast milk to soften the areola so that baby can easily attach.
 - Breastfeed right away. Gently massage your breasts while nursing.
 - If the breasts are still painful, full and swollen after a breastfeeding, or refill within a half hour after feeding, you may pump to soften the breasts. Only pump if your breasts are overly full and don't pump until they are empty.
 - Apply cold packs to the breasts for 20 minutes after nursing
- 如果乳房腫脹：
 - 餵奶前用乾淨的布沾溫水，對每個乳房熱敷 3 至 5 分鐘，或洗一個熱水淋浴，讓溫水流過肩部。熱敷乳房，有助乳汁流到寶寶嘴裡。熱敷乳房後，用手握住乳房，向乳暈和乳頭方向按摩乳房。按摩可使乳汁流下來。若腋下和鎖骨區堅硬，有不適感，則按摩這個區域。
 - 用手擠出乳汁或用吸奶器吸出乳汁，使乳房變軟。擠出足夠的乳汁，使乳暈變軟，讓寶寶能很容易吸住。
 - 按摩後立即餵奶。餵奶時輕輕按摩乳房。
 - 若餵奶後乳房依然疼痛、充盈並且腫脹，或餵奶後半小時內恢復充盈，可用吸奶器吸出乳汁，使乳房變軟。僅在乳房極度腫脹時吸奶，一直到乳房吸空為止。
 - 哺乳後，用冰袋冷敷乳房 20 分鐘。

Nipple Soreness

Nipple soreness often occurs when the baby is not attached well to the breast or positioned correctly. Make sure your baby's jaws are deeply over your areola and about ½ inch behind the base of your nipple. Your nipple should be rounded and erect after the baby detaches.

乳頭疼痛

寶寶沒有吸牢乳頭或寶寶的吃奶姿勢不正確時，往往會發生乳頭疼痛。確保寶寶的上下顎深深包住乳暈，大約包住乳頭根部向外 1/2 吋的範圍。寶寶放開乳頭後，乳頭應為圓形挺立狀。

Ways to Prevent Nipple Soreness

- If you feel pinching, rubbing or biting pain during the feeding, check the baby's position and attachment.
- Air-dry your nipples by leaving your bra flaps down for a couple of minutes after a feeding.
- Express a small amount of colostrum or milk and spread it around the nipple and areola after air-drying.
- Avoid the use of soap, alcohol and extra water on the breast. Clean your breasts by allowing water to flow over them when showering.

If You Have Nipple Soreness:

- Feed your baby more often for shorter periods of time.
- Do not allow your baby to become too hungry.
- Using an artificial nipple shield over the breast for feeding may help with soreness, but can damage your nipple and get in the way of milk flow. Only use them with the help of a lactation specialist.
- Use a purified lanolin product or gel pad to heal cracked or open areas. Do not use lanolin and gel pads together.
- Begin feeding on the least sore nipple. Be sure to break suction carefully by sliding your finger inside your baby's mouth.
- If it remains painful when your baby first latches on, remove your baby and try again.

防止乳頭疼痛的方法

- 若餵奶時感到乳頭被掐痛、磨痛或咬痛，檢查寶寶的姿勢是否正確，以及寶寶是否吸正乳頭。
- 餵奶後，暫時不要扣上乳罩，讓乳頭自然晾乾幾分鐘。
- 自然晾乾後，擠出少量初乳或乳汁，抹在乳頭和乳暈處。
- 避免使用香皂、酒精和過量的水洗乳房。要清潔乳房，淋浴時讓水流過乳房即可。

如果乳頭疼痛：

- 增加給寶寶餵奶的次數，縮短每次餵奶的時間。
- 不要讓寶寶太飢餓。
- 餵奶時使用人工乳頭罩或許可以緩解痛苦，但乳頭罩可能會傷害乳頭，干擾乳汁流動。僅限在哺乳專家的幫助下使用。
- 用純羊酯或凝膠塊塗抹乳頭的裂口或破皮處。不要同時使用羊酯或凝膠塊塗抹。
- 先用最不疼痛的乳頭餵奶。要讓寶寶停止吮吸，務必要小心操作，將手指在寶寶的嘴巴裡滑動，讓寶寶鬆開乳頭。
- 若寶寶一吸上乳頭就很痛，從寶寶嘴中拔出乳頭，再試一次。

- A fast deep latch will put your baby's jaws behind the nipple and tender areas.

If latching on still painful, talk to a lactation specialist.

Plugged Duct

A plugged duct is a tender or painful lump in the breast. If left untreated, it may lead to an infection. Plugs often occur from changes in the baby's feeding pattern or pressure on the breast. Check your breast for pressure points that occur from a bra that is too tight or from bunched clothing on the breast.

If You Have a Plugged Duct:

- Apply moist heat to the breast 15 to 20 minutes before each feeding.
- Massage the breast from the area behind the discomfort toward the nipple.
- Change positions lining-up the baby's chin and jaw toward the plug.
- Let the baby nurse first on the affected breast. The stronger suck will help relieve the plug.

Breast Infection

A breast infection occurs from a blocked duct or from bacteria that has entered the breast, often through a cracked nipple. Even though the breast tissue is inflamed, the baby will not become ill from feeding on the infected breast.

Signs of breast infection may include:

- A headache, aching joints, fever or chills
- A hard, red and painful breast
- A fussy or unwilling to nurse baby when using the infected breast

- 如果寶寶的上下顎一下子將乳頭包得很深，可避開乳頭部位的觸痛區。

如果銜乳仍然疼痛，請諮詢哺乳專家。

乳管堵塞

乳管堵塞，會在乳房內形成有觸痛或疼痛感的腫塊。如果不加以治療，可導致感染。寶寶的吃奶姿勢或對乳房的壓力發生變化時，往往會導致乳管堵塞。檢查過緊的乳罩或束身衣在乳房上形成的壓力點。

如果乳管堵塞：

- 每次餵奶前，熱敷乳房 15-20 分鐘。
- 按摩乳房，自不適區外開始，向乳頭部位按摩。
- 改變餵奶姿勢，讓寶寶的下巴和顎部對準乳管堵塞部位。
- 讓寶寶先吃乳管堵塞一側的乳房。開始的吮吸較有力，有助緩解堵塞。

乳房感染

乳管堵塞或細菌進入乳房（往往是透過乳頭的裂口進入）會導致乳房感染。即使乳房發炎，寶寶也不會因為吃發炎乳房的奶而生病。

乳房發炎的跡象可包括：

- 頭痛、關節疼痛、發燒或畏寒
- 乳房堅硬、發紅和疼痛
- 用發炎的乳房餵寶寶時，寶寶煩躁不安或不肯吃奶

Call your doctor right away if you think you may have a breast infection.

- Your doctor may order medicine to treat the infection. Take the medicine for the full time ordered. Do not stop taking your medicine, even if you feel better, without first talking to your doctor.
- Continue to breastfeed your baby often to drain the infected breast. If your breast is too painful to breastfeed, you may need to use a breast pump until you are able to breastfeed your baby again.
- Rest often and drink a lot of fluids.

Talk to a doctor, nurse or lactation specialist if you have any questions or concerns.

若您認為自己可能發生了乳房感染，請立即打電話給醫生。

- 醫生可能會開消炎藥。嚴格遵醫囑用藥。即使感覺好轉，事先未諮詢醫生，不得擅自停止用藥。
- 繼續給寶寶餵奶，增加餵奶次數，讓寶寶吸乾發炎的乳房。如果乳房過於疼痛，不能餵奶，則可能需要使用吸奶器，直至可以恢復餵奶。
- 多休息，大量飲用液體。

如有任何疑問或擔心，請諮詢醫生、護士或哺乳專家。