



Breast care

Stopping your breastmilk supply



To stop making breastmilk immediately after birth

If you have decided not to breastfeed your baby from birth, it is normal for your breasts to feel warm, firm and tender two to five days after birth.

As your breasts become uncomfortable, express just enough breastmilk to relieve the fullness to keep your breasts comfortable. You can express by hand or with a pump, reducing the frequency and time of expressing gradually.

Any breastmilk you express can be fed to your baby unless you have been advised medically not to do so.

The length and time for your milk to dry up will depend on your supply, this should occur over two to three weeks for most women.

Your doctor can prescribe Dostinex® (cabergoline) to suppress your breastmilk. It will need to be given within 24 hours of the birth. This medication is not usually recommended because of its side effects.

Most mothers are able to suppress lactation after birth by limiting the volume of milk removed, wearing a firm bra, using cold packs and mild medication for pain.



If you are concerned or feeling unwell, contact your doctor, Child and Family Health Nurse, midwife or Lactation Consultant.



To stop making breastmilk weeks or months after birth

Gradually reduce the number of breastfeeds/expressions. Do not stop suddenly as this may cause breast tenderness, lumps and redness. Once your breastfeeding stops, your natural fertility may return in four to eight weeks, if not before.

Any breastmilk you express can be fed to your baby unless you have been advised medically not to do so.

It is normal for your breasts to leak or express a little milk weeks or months after you stop breastfeeding/expressing.

We suggest you:

- Wear a firm (not tight) supportive bra/crop top without underwire.
- Wear nursing/breast pads to absorb any leaking milk and to keep you comfortable
- Drink if you are thirsty. Drinking less will not help reduce your milk supply.
- Use cold gel packs on your breasts for pain relief. Wrap the packs in a cloth, do not apply directly to the skin of your breasts. Apply for 10 to 15 minutes on and off whenever needed.
- Handle your breasts very gently as they can bruise easily.
- Use pain relief medication such as paracetamol or ibuprofen to help reduce discomfort, if you normally take these medications.
- Check your breasts for tenderness, lumps and redness.

Contact Information

Infant Feeding Consultant, Nepean Hospital

Telephone: (02) 4734 2292

Feeding Clinics located at your Community Health Centre

- + Hawkesbury (02) 4560 5714
- + Lithgow (02) 4751 0100
- + Katoomba (02) 4751 0100
- + Springwood (02) 4751 0100
- + St Marys (02) 9833 6800
- + Doonside (02) 8670 3300
- + Old Toongabbie (02) 9682 3133

Lactation Consultants

Ask your Child and Family Health Nurse or search for LANCZ on the internet

Australian Breastfeeding Association

Telephone: 1800 686 268



Health
Nepean Blue Mountains
Local Health District

PO Box 63
Penrith NSW 2751
Telephone: (02) 4734 2000
Fax: (02) 4734 3737

Web: www.nbmlhd.health.nsw.gov.au
Email: NBMLHD-mail@health.nsw.gov.au
Facebook: www.facebook.com/NBMLHD
Twitter: @NBMLHD
YouTube: Nepean Blue Mountains Local Health District