

80 **ENGORGEMENT – NOT BREASTFEEDING**

When your milk comes in you may notice your breasts become larger, heavier, swollen and tender, whether or not you breastfeed. If you have decided not to breastfeed your breast may be engorged and hard until you no longer produce milk. This discomfort may last a few days. Wearing a tight sports bra will help. You may use an ice pack for short periods of time to help ease the pain as well as taking Tylenol or Advil. *There is **NO** prescription medication available to decrease or stop milk production.*

**Call Oklahoma Breastfeeding Hotline 24hr/7days at 1-877-271-6455**

SJMC Lactation Nurses 918-744-2681 8 am to 5 pm Mon - Fri