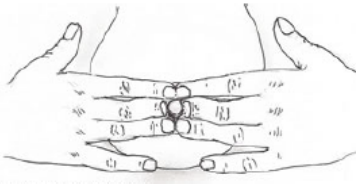


**My breasts are so full and my baby can't latch! What do I do?**

*Option 1:*

**Reverse pressure softening** — Reverse pressure softening can help to move some of the swelling away from the nipple so that the infant is able to latch on the breast more easily. Lying down while performing reverse pressure softening can enhance the technique's effectiveness.



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**Two handed, one-step method**  
 Fingernails short, fingertips curved; each one touching the side of nipple.



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**Two handed, two-step method**  
 Using 2 or 3 straight fingers on each side, first knuckles touching nipple. Move ¼ turn. Repeat above & below nipple.



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**Two thumbs, two-step method**  
 (Step 1). Using straight thumbs, base of thumbnail even with side of nipple.



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(Step 2).  
 Move ¼ turn.  
 Repeat above & below nipple.

*Option 2:*

**Breast pump** — It is also possible to use a breast pump to relieve engorgement, *although you should not pump for more than about two to five minutes*, as this could stimulate even more milk production. Pumps are often inefficient at removing milk during early engorgement. It is important to use the correct size flange if a breast pump is used. The flange is the piece that is held against the breast and draws the nipple in to pump milk. Using a flange that is too small can injure the nipple and cause pain. In addition, using a flange that is too small may decrease milk supply because it does not allow for adequate milk to be removed.