

Table 2

Care Ideas for Lactation Suppression and Engorgement Following Loss¹

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- Care ideas that are widely accepted:
 - Ice packs, cold compresses
 - Anti-inflammatory medications, such as ibuprofen
 - Milk expression : pumping or hand expression, expressing just to comfort, not to drain the breasts completely
 - A supportive bra
- Alternative care ideas that have proven useful for some include:²
 - Lymphatic drainage techniques
 - Acupuncture and Traditional Chinese Medicine
 - Herbal treatment, in particular, therapeutic doses of sage, parsley, and peppermint
 - Compresses of cabbage leaf or jasmine flowers/diluted jasmine absolute oil
 - Short term high-dose vitamin B6
 - Enzymatic supplements, such as bromelain and/or bromelain/trypsin complex
 - Therapeutic ultrasound treatments
 - Homeopathy: Bryonia, Lac Caninum, Apis Mellifica, Belladonna, Phytolacca, etc

¹Many healing traditions have care options for weaning and lactation suppression. Please consult a qualified practitioner for in-depth support regarding the care options presented above.

²While these treatment methods are generally considered safe, please do consult your healthcare provider to ensure the treatments are compatible with your unique healthcare needs.