

Table 4 Lactation Suppression Care Plan for Mothers

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If you are not yet lactating, consider wearing a supportive bra and monitoring your breast changes.

If you are already lactating, or are beginning to notice increased breast fullness and desire to suppress lactation, begin the suppression process.

Begin anti-inflammatory support and comfort measures (for example, ibuprofen, herbals/alternative care, icing, etc. as needed or directed). Begin gentle milk expression via hand expression or electric breast pump, expressing just enough milk to comfortably soften your breasts. Watch for any warning signs of plugged ducts, mastitis, fever or breast pain.

As your breast comfort level increases, begin to decrease the frequency and amount of milk expressed. Some mothers wish to consider donating their expressed breast milk. Talk to your healthcare provider about this option.

As your breast comfort allows, continue to gradually decrease milk expression sessions, anti-inflammatory, and breast comfort treatments. Continue to seek lactation care and grief support as needed.