

How To Dry Up Your Milk Supply (Perinatal)

1. Wear a well-fitting bra with no underwire until your breasts are comfortable. Do not bind your breasts.
2. Wear breast pads until your breasts stop leaking. It is common for some women to leak for several weeks.
3. Drink when you are thirsty. There is no need to decrease the amount you drink.
4. You may try one or both of the following if your breasts are uncomfortable:
 - a) Lie on your back to elevate your breasts. Place a thin towel over your breasts. Apply ice packs made of crushed ice in plastic bags to your breasts. Frozen bags of vegetables also work well.
 - b) Place cold, clean, green cabbage leaves over your breasts, lining your bra. Change the leaves as they become limp and wilted.
5. Discuss with your health care provider the use of over the counter medications to reduce pain and swelling.
6. If you want to express/pump your breastmilk and donate your breastmilk to the Human Milk Bank of North America (HMBANA), please contact the Rogers Hixon Ontario Human Milk Bank at www.milkbankontario.ca or 416-586-4800 x 3053.
7. If you have any questions or concerns call your local Public Health Unit to speak with a public health nurse or lactation consultant.

References:

- 1) Australian Breastfeeding Association. (2016). *Lactation support for the Bereaved Mother*. Retrieved from <https://www.breastfeeding.asn.au/bfinfo/lactation-suppression>
- 2) Mohrbacher N. (2010). *Breastfeeding Answers Made Simple: A Guide for Helping Mothers*. Amarillo, TX: Hale Publishing, L.P. Chapter 5, p. 192.
- 3) Wambach, K., & Riordan, J. (2016) *Breastfeeding and Human Lactation Fifth Edition*. Boston, MA: Jones and Bartlett Learning.

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Baby-Friendly Initiative