

## 脹奶 衛生教育指導

### POST DELIVERY BREAST CARE INSTRUCTIONS

#### 如何減輕產後生理脹奶

How to minimize after delivery breast engorgement:

✦ 脹奶約三至五天出現，一至二天後狀況改善。

Breast engorgement start on 3-5 days after delivery, it improved after 1-2 days.

✦ 症狀 Manifestations:

- 乳房持續性脹痛感。 Feeling of breast fullness
- 乳汁不易排出。 Breast milk not easily discharge
- 可能發燒攝氏 38.5 度左右或以上。

Might have fever of around 38.5°C or above

- 會四肢無力、頭暈、胸悶、呼吸不暢。

Arms and legs weakness, dizziness, chest tightness, shortness of breath

✦ 腋下（副乳部份）出現硬塊。 Swelling or lump under the arm.

✦ 在產後愈早餵母乳或作乳房護理便可改善。 After delivery, early breast feeding or breast nursing care can markedly improved

#### 乳頭破裂之處理

Fissures of nipple and its management:

✦ 患側暫停餵奶，直至結痂脫落。 Temporarily stop breast-feeding until desquamation of scar.

✦ 保持乳汁清潔及乾淨。 Maintain breast discharge clean and dry.

✦ 將乳汁以手擠出。 Squeeze out breast milk by hand.

✦ 將乳汁塗在乳頭上，因乳汁中含油脂，可保護乳頭，但勿塗

抹其它乳液。

Use breast discharge to rub and cover nipple because it can lipids which can protect the nipple; you can also use moisturizing lotion.

✦視情形曝露乳頭於空氣，促進乳頭癒合

On proper occasion, avoid covering nipples; it can fasten the healing process.

✦如何預防乳腺炎 How to prevent breast inflammation:

✦餵奶前後要洗手，餵奶後宜清潔保養乳頭。

Before feeding, wash your hands. After feeding, maintain breast hygiene.

✦漸增寶寶吸母乳的次數、時間。

Slowly increased feeding frequency and duration.

✦餵奶後，寶寶的嘴要貼近乳房以免拉扯乳頭。

After feeding, the baby's mouth should affix to the breast to avoid pulling on the nipple.

✦餵奶後仍覺得脹，可將多餘乳汁擠出以維持乳管通暢。

After feeding, if still with breast fullness, can use hands to squeeze out residual milk in order to maintain duct patency.

✦採不同的餵奶姿勢如躺著餵、夾在腋下（橄欖球抱姿）。

Use different feeding position like lying down, under arm (olive nut position).

✦發現乳腺管阻塞時或乳房有硬塊時，可以熱敷、按摩受阻塞的輸乳竇。 If there's duct obstruction or breast lump, you can use warm compress, massage the blocked ductal sinus.

✦穿戴合適的胸罩以支托乳房。

Wear appropriate brassiere to support breast.

✦ 每日有充份的休息及良好的營養。

Must maintain adequate rest and appropriate nutrition daily

✦ 乳房有破皮、傷口時，請暫停直接哺餵，將乳汁擠至奶瓶並以乳汁塗敷傷口，再以電話向產房護理人員詢問。

If there' s abrasion or wound, temporarily stop feeding, use hands to squeeze out milk into milk bottle and rub over wound. Contact obstetrical nurse for further instructions.

✦ 如有發炎症狀：乳房變硬、紅腫、脹痛、壓痛、高燒、頭痛、脈搏變快、全身不適等症狀時，立即返診。

If noted with inflammatory manifestations like hardening of breast, redness, swelling, distentional discomfort, tenderness, fever, headache, palpitation, general discomfort. Consult hospital.

**產房 24 小時聯絡電話：9556925**

24 hours obstetric service number # 9556925