



Overproduction / Over-Active Let Down

Occasionally the breast will produce more milk than the baby requires; this is especially true during the first several weeks of lactation but should not be confused with initial engorgement. Overproduction is a problem if the mom is still feeling engorged or the baby is gulping or choking at the breast after 2 weeks of age. Overproduction during the first 4-12 days post delivery should be treated by engorgement recommendations not by recommendations to control flow or production after two weeks. Milk production that is reduced too early in lactation can cause loss of milk supply and premature weaning.

Symptoms:

- Weight gain above the expected norm
- Gulping and/or choking at breast
- Infant pulling on and off the breast
- Breast refusal
- Frequent nursing – every 1 to 2 hours
- Liquid green stools
- Gassy or “colicky” baby
- Constant leaking of breast milk
- Full achy feeling in breasts between feedings and at start of feedings
- Increased spitting up

Recommendations:

- Before nursing, express, by hand or pump, enough milk to relieve initial flow. Amount will vary, but can be as much as ½ to 1 ounce.
- Position baby in Australian hold whenever possible. Australian hold is performed by leaning back in a 20-30 degree angle with baby lying across the chest facing down on breast.
- For overproduction, nurse from one breast only at each feeding. This will help control milk production and decrease leaking.
- If uncomfortable, pump second side to relieve fullness to comfort level and store milk for future use. **Do not pump to empty breast**, as this will stimulate increased production.
- Switch breasts at each feeding. Continue this pattern until you are comfortable, then resume normal breastfeeding patterns.
- Avoid extra nipple stimulation: i.e., breast shells, clothing that causes rubbing or chafing.
- Follow recommendations for 3 days. If no noticeable improvement is obtained, call the Lactation Department at 847-618-5225 for an evaluation of your nursing session.