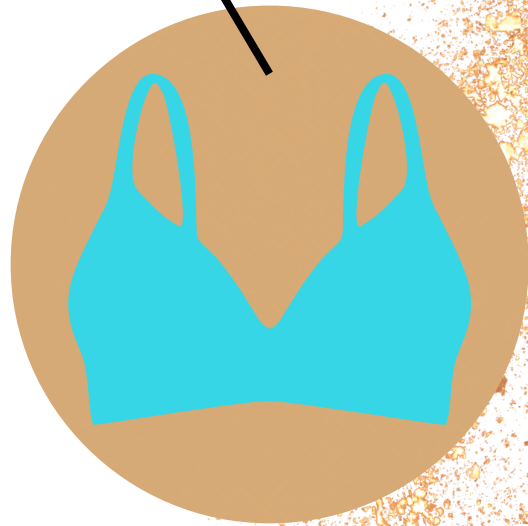


Wear a supportive bra without underwires



Feed baby

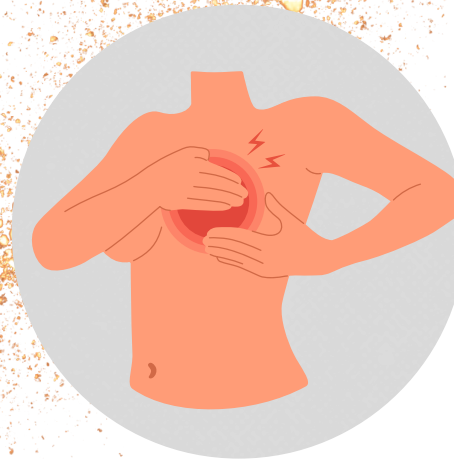
Or

Express as normal



**ENGORGEMENT ?
CLOGGED DUCT ?
MASTITIS ?**

Light massage into collarbone and armpit to move extra fluid out



Apply a cool compress

