

Table 2

## Care Ideas for Lactation Suppression and Engorgement Following Loss<sup>1</sup>

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- Care ideas that are widely accepted:
  - Ice packs, cold compresses
  - Anti-inflammatory medications, such as ibuprofen
  - Milk expression : pumping or hand expression, expressing just to comfort, not to drain the breasts completely
  - A supportive bra
- Alternative care ideas that have proven useful for some include:<sup>2</sup>
  - Lymphatic drainage techniques
  - Acupuncture and Traditional Chinese Medicine
  - Herbal treatment, in particular, therapeutic doses of sage, parsley, and peppermint
  - Compresses of cabbage leaf or jasmine flowers/diluted jasmine absolute oil
  - Short term high-dose vitamin B6
    - Enzymatic supplements, such as bromelain and/or bromelain/trypsin complex
  - Therapeutic ultrasound treatments
  - Homeopathy: Bryonia, Lac Caninum, Apis Mellifica, Belladonna, Phytolacca, etc

<sup>1</sup>Many healing traditions have care options for weaning and lactation suppression. Please consult a qualified practitioner for in-depth support regarding the care options presented above.

<sup>2</sup>While these treatment methods are generally considered safe, please do consult your healthcare provider to ensure the treatments are compatible with your unique healthcare needs.