

# PRENATAL PREPARATION AND BREAST CHANGES IN PREGNANCY

## COLOSTRUM: THE FIRST MILK

Colostrum, your first milk, begins in the fourth month of pregnancy. Women commonly begin leaking in the last trimester of pregnancy, but it could happen as early as the second trimester. Others may not leak at all; this does not predict future milk supply.

Nipple rings or piercings may need to be removed early in the pregnancy as the area becomes tender. Leaking commonly occurs from the piercing site so you need to keep the area clean. You may need to wear breast pads, changing the breast pads as they become saturated.

## SPECIAL SITUATIONS FOR MILK PRODUCTION

Some previous health issues may interfere with full milk production, such as:

- Breast surgery or biopsy
- Major trauma to a breast, including burns or blunt force
- Cancer and radiation treatment for breast or brain tissue

If you had any of these issues, talk to your physician or midwife. The presence of incisions or scar tissue requires further evaluation. You still may be able to breastfeed but will need prenatal counseling and postpartum follow-up with a lactation consultant, nurse-midwife, or physician.

## HORMONAL RESPONSE DURING PREGNANCY

Pregnancy hormones cause changes in breast tissue:

- Estrogen causes your milk ducts to grow
- Progesterone increases the size of the alveoli and the lobes
- Prolactin contributes to the growth of breast tissue

## NORMAL CHANGES IN YOUR BREASTS

- Breasts grow larger
- Breast skin appears thinner and the veins become darker
- Breasts are tender in the early weeks of your first trimester
- The areola becomes darker
- Nipples may leak colostrum
- Raised bumps of skin encircling the areola become more prominent. These oil-producing glands help to keep your skin healthy and the areola elastic.

## BREASTFEEDING CLASSES

For class information visit:

[fhn.org/obstetrics-classes.asp](http://fhn.org/obstetrics-classes.asp)

or scan the QR code.



### WISE TIPS FROM FHN



Take advantage of the variety of classes offered by FHN and the Stephenson County Health Department. It is well worth your time! You will receive good information from expert sources and you'll be better prepared for labor, delivery and beyond.

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