

Weaning - How to Stop Making Milk

Your body makes milk when you breastfeed or pump. As you breastfeed or pump less your body will slow down and stop making milk. You may feel uncomfortable at first. After a few days it should get better. It may take several days or weeks for your breasts to completely stop making milk.

Slow Method (preferred):

- Wear a snug, comfortable bra until you notice that breast fullness and pain go away
- Decrease the number of times you pump in a day. Drop one pumping session per day every 1-2 days. If you notice painful lumps in your breast, you may need to go more slowly
- Decrease your pumping time. Pump 2-3 minutes less. Cut your pumping time by a few minutes every 1-2 days. If you notice painful lumps in your breast, you may need to go more slowly
- Use ice packs covered with a thin cloth on your breast. Do this for 5-15 minutes several times a day
- Use cold, green cabbage leaves. Place one leaf on each breast. Change leaves every 2 hours until breast fullness is gone
- Take a pain reliever as needed for pain

Fast Method:

- Wear a snug, comfortable bra 24 hours a day until breast fullness and pain go away.
- Use ice packs covered with a thin cloth on your breast. Do this for 5-15 minutes several times a day.
- Use cold, green cabbage leaves. Place one leaf on each breast. Change leaves every 2 hours until breast fullness is gone
- Take a pain reliever as needed for pain
- You may need to pump or hand express a little milk to relieve fullness and pain. This will make you more comfortable but will slow the process

Please call your healthcare provider if you have a red area on your breast with fever, chills and body aches as these could be signs of a breast infection.

If you have any questions, please call the Breastfeeding and Pumping Helpline number (816) 346-1309.

Disclaimer: The content contained herein is meant to promote the general understanding of the health topic(s) described in this publication and is for informational purposes only. Such information does not serve as a substitute for a healthcare professional's clinical training, experience, or judgment. Individuals and their families should not use such information as a substitute for professional medical, therapeutic, or healthcare advice and counseling. NO WARRANTY WHATSOEVER, WHETHER EXPRESS OR IMPLIED BY LAW, IS MADE WITH RESPECT TO THE CONTENT.