

Demetria Clark

Doula Services

802-885-6303

48 Commonwealth Ave.
Springfield VT 05156

Breast Changes in Pregnancy

What changes can I expect?

Your breasts go through a number of changes during pregnancy. These changes include:

- Growth and enlargement. Some women notice a significant amount of growth and others notice slight growth, it all depends on your body.
- Tender and hypersensitivity. Some women claim their breasts hurt and like additional support. Some women experience tingling and swelling. For many women, tenderness in the breasts is one of the first signs of pregnancy. It is caused by increased amounts of female hormones in your body.
- Darkening of nipples and areolas (the skin around your nipples), due to hormones that affect pigmentation of the skin
- Darkened veins along your breasts (due to increased blood supply to your breasts).
- Your breasts may start leaking a yellowish, thick substance known as colostrums.
- Nipples stick out more; the areolas and nipples will grow larger
- Small glands on the surface of the areolas called Montgomery's tubercles become raised bumps.
- Itchiness and stretch marks. As your breasts grow and the skin stretches, you may feel itchiness or notice stretch marks.

Support Wear

You may find that you need additional support. A good maternity bra can provide some relief. It will also support your back muscles. Our bodies not used to the extra breast weight can suffer from sore back and shoulders. These bras usually include extra rows of hooks so you can adjust the size as your body changes. Cotton bras are more comfortable than synthetic ones. Some of maternity bras are also nursing bras. *Bra buying tips on page 2.*



Bra Buying Tips

What to look for in a bra:

- Good support
- Deep band beneath the cups
- Wide shoulder straps.
- Wide back band that is wide from the center of the back all the way around to the cup.
- Adjustable closure (back-fastening bras give you more flexibility to adjust than front-fastening bras)
- Avoid under wire bras. The wire can poke and irritate already sensitive breasts.
- You can also look into camisoles with support and sports bras.

Washing Breasts and Bras

Breasts

When showering and bathing you don't have to use soap, it is actually suggested that the breasts are rinsed and not actively soaped up and washed.

Avoid soap on your areola and nipple, as this tends to dry out the skin.

Bras

Wash bras often. I suggest clients purchase a few. It is important to was if you have any leakage or leakage and a yeast infection. If you have a yeast issue wash with vinegar in the wash water. A bra can trap the yeast and spread it day to day.

Tips for Easing Breast Discomforts

Massage Breasts with warm olive oil or apricot kernel oil. Make sure the oil is too warm.

Warm compresses— Place a cloth in warm water and drape over the effected are.

Night-time support. A maternity bra or a pregnancy sleep bra (a soft, nonrestrictive

cotton bra) may help give your breasts added support and make you more comfortable during the night.

Breast pads. Wear disposable or washable breast pads if you are leaking colostrum. Allow your breasts to air-dry a few times each day and after showering.

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