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• **BREASTFEEDING.**

Breast milk is the ideal nutrition for the newborn baby, it provide 100% of the daily caloric requirement until 6 months and 35% from 6-12 months. To succeed in breastfeeding her baby the mother's **motivation** is the key. A highly motivated mother rapidly obtains a loving and harmonious interaction with her infant. A poorly motivated mother turns breastfeeding into a constant frustration, and an anxious interaction with her infant is the end result.

Breast milk is also ideal because of its immunologic value, it provides natural immunity to the baby trough the passage of important antibodies and other substances that confer protection against environmental germs.

All mothers have the natural ability to breastfeed, with very few exceptions; in fact, breastfeeding success is not dependent on breast size.

1) **GENERAL RECOMENDATIONS:**

- Maternal intake must be 2300-2500 calories/day + 1-2 liters of water/day, whole milk intake should be restricted to 1 or 2 glasses/day.
- To increase the bioavailability of important vitamins and minerals in breast milk, the mother should continue taking her daily prenatal vitamins to enrich the quality of her breast milk with Vitamin D, folic acid, and iron.
- Breastfeed the baby every 2-3 hours, 10-20 minutes each breast.
- Breastfed babies normally have a bowel movement after each session, and they should wet 7-10 diapers/day.
- Avoid certain condiments, spices and gastric irritants, such as pepper, hot sauces, garlic, onions, chocolates, nuts, shellfish, caffeine (tea, coffee, chocolate, sodas).

- Use only water for breast cleansing, do not apply other products. In fact, apply breast milk directly to the nipple and let air dry after each session.
- Breast milk may be refrigerated up to 24 hours.
- Frequently, breastfeeding may be related to newborn JAUNDICE as a natural process; occasionally, jaundice may be severe and in those situations the pediatrician may elect to hold breastfeeding for 2-3 days until improvement of the baby is evident.
- Vitamin supplements may be given to the baby around 4-6 months of age to meet the daily requirement of Vitamins D, K and C. In addition, fluoride may also be supplemented after 6 months of age if local water supply fluoridation is deficient.
- Consult the pediatrician prior to taking any medications.

2) MEDICAL MANAGEMENT OF FREQUENT PROBLEMS:

a) Breast engorgement from excess breast milk:

- Apply circular massage using warm compresses for 10 minutes.
- Empty the breast every 3 hours.
- Use oral analgesics as needed.

b) Nipple soreness or fissuring:

- Use different breastfeeding position for each session.
- Apply breast milk directly to affected area, or use petrolatum based ointments, such as A+D Ointment or Aquaphor.
- Hold Breastfeeding x 24 - 48 hours.

c) Galactocele or Mastitis:

These are medical conditions that require consultation to the OB/GYN specialist.