

隆胸术（假体）后喂哺母乳

Breastfeeding after Breast Augmentation Surgery (Implants) (Chinese – Mandarin, Cantonese, and Other Dialects)

我可否喂母乳？ Can I breastfeed?

隆胸手术后喂哺母乳是有可能的，但要看手术的类型与术前乳房的原本状态而定。

大多数的案例显示放置假体后喂哺母乳仍是可行的，不过还是有一些例外。

Breastfeeding after breast augmentation surgery is possible depending on the type of surgery and the original state of the breasts prior to surgery. In most cases it is still possible to breastfeed after having implants but there are some exceptions.

什么是一些潜在的问题？ What are some of the potential problems?

乳头敏感：若您曾动过隆胸术，以硅(矽)胶或生理盐水假体来隆胸，您乳头的敏感性可能会增高或降低。

Nipple Sensitivity: If your breasts have been surgically enlarged with silicone or saline implants, your nipples may be more or less sensitive than normal.

超常胀奶：一旦您生下孩子而且您的奶水开始流出，您可能会有过度胀奶的情形发生，这会造成更剧烈的疼痛、发烧和寒颤。

Exaggerated Engorgement: Once you've delivered a baby and your milk has come in, you may have exaggerated breast engorgement which can cause more intense pain, fever, and chills.

母乳制造量减少的风险：大多数的母亲在隆胸术后能制造一些母乳。有些母亲若无额外给予补充品就无法提供适量的母乳来喂饱她们的婴儿。您的儿科医生与授乳顾问可以帮您决定一个最适合您婴儿的哺乳计划。

Risk for Decreased Milk Production: Most mothers are able to produce some milk after augmentation surgery. Some mothers do not have an adequate milk supply to fully nourish their baby without additional supplementation. Your pediatrician and lactation consultant can help you determine a feeding plan that is best for your baby.

我的手术类型是否会影响到我喂母乳的能力？

Does the type of surgery I had affect my ability to breastfeed?

若您的输乳管系统尚完整的话，您喂母乳的机率会提高。假体通常是放置在乳腺后，或胸肌下。切口若是在乳房皱襞下或经过腋窝处，则较不太可能造成喂哺困难。切口若在乳晕周围，则会增加喂哺问题的风险。

Your chances of breastfeeding improve if your milk duct system is intact. Implants are typically placed behind the milk glands or positioned underneath the chest muscle. Incisions made under the fold of the breast or through the armpit are less likely to cause difficulty. Incisions made around the areola can increase the risk for problems.

神经对哺乳而言是极其重要的，因为神经会激发脑部释放两种影响母乳制造的激素，亦即催乳素及催产素。若在手术过程中，乳晕周围的神经被切断或受损，母乳制造量低的风险就提高。如果有神经受损的话，要在您尝试母乳喂养时才能充分了解受损的程度。

Nerves are vital to breastfeeding since they trigger the brain to release prolactin and oxytocin, two hormones that affect milk production. If the nerves around the areola were cut or damaged during surgery, you have an increased risk for low milk production. You won't know the full extent of nerve damage, if any, until you try to breastfeed.

假体中的硅（矽）会在喂哺母乳时造成任何伤害吗？

Will the silicone in my implants cause any harm while breastfeeding?

尚无证据显示硅（矽）胶假体中的硅会渗入母乳里。硅（矽）广泛地存在于我们的环境中，而硅（矽）滴剂通用于治疗新生儿的胃胀气或腹绞痛。

There is no evidence that silicone from silicone implants leaks into breast milk. Silicone is widely present in the environment and silicone drops are commonly used to treat infants for stomach gas, or colic.

乳房的大小或形状是否会影响到我喂母乳的能力？

Does the size or shape of my breasts affect my ability to breastfeed?

腺组织不足是乳汁制造量减少的重要危险因子。假若您隆胸是因为乳房发育不良，您的乳汁制造量可能会低于您孩子的需求量。

Insufficient glandular tissue is a significant risk factor for reduced milk production. If you had your breasts augmented because of underdeveloped (hypoplastic) breasts, your milk production may be less than what your baby needs.

发育不良的乳房形状狭窄、缺乏应有的丰满，而且尖端可能像是肿胀的。发育不良的乳房在怀孕期间不会变大，或仅有很少的变化；隆胸前，双乳可能看起来分得很开、不对称、或呈管状形。假若所描述的是您隆胸前乳房原来的状态，您有较高的风险会有较低的乳汁制造量。

Hypoplastic breasts are very narrow, lack normal fullness, and may seem swollen at the tip. Hypoplastic breasts do not grow during pregnancy, or grow very little and they may appear widely spaced, asymmetrical or tubular-shaped before augmentation. If this describes the original state of your breasts prior to augmentation, you are at increased risk for low milk production.

我如何知道我的孩子是否摄取足够的母乳？

How will I know that my baby is getting enough at the breast?

大多数的新生儿刚出生即能有非常有效的母乳喂养，然后能睡上几个钟头。当他们再醒过来后，吃母乳的婴儿会吃得频繁，这是正常的。在出生 24 小时之后您的孩子将至少每 2 - 3 小时需要喂食一次，这是预期中的。

Most newborns have a very effective feeding at the breast immediately after delivery and then sleep for several hours. As they begin waking up again, it is normal for a breastfed baby to eat frequently. After the first 24 hours, it is expected that your baby will need to eat at least every 2-3 hours.

适量喂食的迹象： 借由观察您孩子吸奶的动作，您便可以知道初乳或母乳是否从乳腺管流出。若孩子喝到奶，您便会看到他/她缓慢且有节奏的吸吮，伴随着下颌的深长动作。当您在产后的头几天分泌的是浓稠的初乳时，听到孩子吞嚥的声音也许不容易，不过，喂食后，他们应该看起来有满足感，且有适量的湿尿片与排便的尿片。

Signs of an adequate feeding: You can determine if colostrum or breast milk is coming through the milk ducts by observing your baby on the breast. If your baby is getting milk, you will notice slow and rhythmic sucking with deep jaw movements. During the first few days when you are producing thick colostrum, it can be difficult to hear your baby swallow, but they should look satisfied after a feeding with adequate wet and dirty diapers.

尿片数目： 产后大约 3 至 5 天，您的初乳会开始转换成母乳。于是喂母乳时，您应该可以开始听到孩子吞嚥的声音。若您的孩子喝到足够的母乳，您将会注意到尿片的使用量增加了 -- **每天 3 片或以上的排便尿片和 6 片或以上的湿尿片。** 您孩子的大便也应该开始改变，从浓稠

的黑色胎便转成含颗粒的黄色大便。

Diaper counts: Approximately 3 to 5 days after delivery, your colostrum starts transitioning to breast milk. You should start to hear your baby swallow while breastfeeding. If your baby is getting enough milk at the breast, you will notice an increase in diapers with **3 or more soiled** diapers and **6 or more wet** diapers per day. Your baby's stools should also begin changing from the thick, black meconium stools to seedy, yellow stools.

体重减轻: 在出生后的 2 - 4 天内, 许多婴儿的体重比出生时的体重下降 7 到 10%。在母乳开始来后, 你孩子的体重应会开始增加。过了初期的体重减轻后, 您孩子的体重将会提供母乳制造一个持续不断的指示。

Weight loss: Many babies lose 7 to 10% of their birth weight in the first 2-4 days of life. As your milk starts coming in, your baby should start gaining weight. After the initial weight loss, your baby's weight will offer an ongoing indication of your milk production.

我的孩子是否需要补充配方奶?

Will my baby need to be supplemented with formula?

这应由您的儿科医生作出决定, 因此让他/她知道您所作的手术是非常重要的, 以便他/她能仔细注意您孩子的体重。

This decision should be made by your pediatrician, so it's very important to let them know about your surgery so they can keep a close eye on your baby's weight.

若您只能制造孩子所需求的部分母乳, 您就必须补充额外的配方奶。但请记住, 您的孩子能受惠于您所制造的任何母乳量。您也可以向授乳顾问询问有关增加母乳制造的选择方式。

If you are only able to produce a portion of the breast milk your baby needs, you will have to supplement with additional formula. But remember, your baby will benefit from any amount of breast milk you produce. You can talk to your lactation consultant about options for increasing milk production as well.

补充资源: Additional resources:

乳房与乳头术后喂哺母乳的信息和支持:

Breastfeeding after Breast and Nipple Surgeries, Information and Support:

www.bfar.org

www.lowmilksupply.org

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