



Breastfeeding After Breast Reduction Surgery

(Chinese – Mandarin, Cantonese, and Other Dialects)

缩胸术后行乳房授乳

术后我可否以乳房授乳？

Can I Breastfeed?

有可能，但要依你的手术类别而定。若医生细心保留了乳腺与神经，则应无问题。若切口系围绕着乳晕，乳头也切除了的话，你行乳房授乳出现问题的可能性较高。

It's likely, but it depends on the kind of surgery you had. If the surgeon was careful to preserve the ducts and nerves you may do fine. If the incision was made around the areola, and the nipple removed, you are at greater risk for problems.

若围绕乳晕的神经在手术中未被切除或受损，你应能行完全或部份乳房授乳。由于神经具有能引起脑部释出两种影响乳汁分泌的激素之功能，亦即催乳素及缩宫素，因此神经对乳房授乳而言是极其重要的。若你的乳腺系统未受损的话，你乳房授乳的机率也提高。若神经受损的话，要在你尝试授乳时才能知道神经受损程度如何。

If the nerves around the areola were not cut or damaged during surgery, you may be able to nurse fully or partially. Nerves are vital to breastfeeding since they trigger the brain to release prolactin and oxytocin, two hormones that affect milk production. Your chances of breastfeeding also improve if your milk duct system is intact. You won't know the full extent of nerve damage, if any, until you try to nurse.

产后忠告： Postpartum advice:

一旦婴儿显现兴趣（授乳提示），应即开始授乳。

Breastfeed as soon as baby shows interest (feeding cues)

无限制的授乳：重要的是一旦婴儿显现饥饿即予喂食，直到他自动地转离乳房为止。

Unrestricted feedings: It is important that you feed your baby when he indicates hunger, and to feed until he comes off the breast of his own accord.

每次喂乳时应双边授乳。至少在头几天，婴儿通常会吸吮双乳。

Both breasts should be offered at each feeding, and in the first few days at least, babies usually take both.

频繁授乳对你的乳房是极佳的刺激，让你很快地就可以评估授乳情况。

Frequent feeds are the excellent stimulus for your breasts, and will quickly enable an evaluation of the situation.

除非因医疗需要，否则出生 24 - 48 小时内避免使用婴儿奶粉或橡皮奶嘴。

Avoid formula and pacifiers in first 24-48 hours unless there is a medical need.

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将你的手术情况告知小儿科医生，他将需要密切注意你孩子体重增加的状况，以确定孩子喝到足够的奶量。

Let your pediatrician know about your surgery; he'll need to keep a close eye on your baby's weight gain to make sure he's getting enough to eat.

婴儿是否摄取足够的初乳/母乳？

Is the baby getting enough colostrum/milk?

通常婴儿不会摄取大量的初乳（生命的第一天里的每一次授乳的初乳量为 5 到 10 毫升），但是他的行为将会告诉你他是相当地满足的。对吃母乳的婴儿来说，频繁授乳（2 - 3 小时）是为正常，尤其在出生 24 小时之后。

Normally the baby does not get large quantities of colostrum (5 to 10 ml per feeding first day of life), but his behavior will tell you that he is reasonably contented. It is normal for breastfed babies to need frequent feeds (2-3 hourly) especially after the first 24 hours.

初乳/母乳是否正流经乳腺管并从乳头流出？这可经由挤压乳房与观察婴儿在你乳房上吸吮的情况来作评估。若吸吮缓慢且带有节奏，下颚动作深，可闻吞咽声，这表示婴儿已吃到母乳。你的孩子通常也会在他吸足初乳或母乳后感到满足。

Is colostrum/milk coming through the ducts, and out the nipple? This can be assessed by expressing your breasts, and by observing the baby on the breast. If the sucking is slow and rhythmic, with deep jaw movements, and swallows heard, then the baby is getting milk. Your baby will also usually be contented after a feed when he is getting enough colostrum or breastmilk.

一旦过渡期母乳开始出现（产后 3 至 5 天），婴儿就应会得到越来越大量的母乳。此时，若他得到足够的母乳的话，他的粪便应由黑色的胎粪变为 3 次或更多次富含水份、黄色的母乳粪，他且应有 5 到 6 或更多回湿沉沉的尿片。

Once transitional milk starts coming in (at 3 to 5 days postpartum), your baby should get increasingly larger quantities of breastmilk. At this time, his stools should change from the first blackish meconium stools to 3 or more, runny, yellow breastmilk stools and he should have 5 to 6 or more heavy wet diapers, if he is getting enough milk.

当奶水开始源源而来，你的乳房开始变硬，你可能有些胀奶的情况。当婴儿吸过奶后，若乳房内有一些无法化开的硬块，这可能表示腺组织的某些区域与乳头管未能连通。这不用担心 - 乳房的这些区域会逐渐地停止造奶并在几天内好起来。

When milk starts coming in, your breasts will become firm, and you may have some engorgement. If there are some hard lumps that do not soften when the baby has fed, this may indicate some areas of the glandular tissue are not connected to the nipple ducts. This should not be of concern - these areas of the breast will gradually stop making milk and settle down in a few days.

经初始体重下降后，你孩子的体重就将是乳房功能的有力指标。在开始的 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。

After the initial weight loss, your baby's weight will give a strong indication about how your breasts are working. Many babies lose 7 to 10% of their birth weight in the first 2-4 days. After your milk has started coming in, your baby should start gaining weight.

显而易见的是，良好且频繁地授以婴儿母乳（2 - 3 小时一次）也是刺激乳房的方法。若体重无法增加，就应仔细检查母乳授乳技巧与频率。如果这些都是完全正确，我们可以下结论：乳汁输送不足。**将你的手术情况告知小儿科医生，他将需要密切注意你孩子体重增加的状况，以确定孩子喝到足够的奶量。**

Obviously the baby should be breastfeeding well and frequently enough to stimulate the breasts, (every 2 to 3 hours). If there is lack of weight gain, breastfeeding techniques and frequency should be reviewed carefully. If these are definitely correct, we can conclude that milk transfer is insufficient. **Let your pediatrician know about your surgery; he'll need to keep a close eye on your baby's weight gain to make sure he's getting enough to eat.**

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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