

## Special Situations FAQ

**Q: Can I breastfeed if my baby is born by Cesarean section?**

**A:** Yes. If you know you will be having a C-section, learn how to position your baby while you are still pregnant. Remind your obstetrician and the hospital staff before the birth that you want to breastfeed as soon as possible after the birth. Have the OB nurses help you position the baby. Work with the hospital Lactation Consultant.

**Q: Can I breastfeed if my baby is born prematurely?**

**A:** Yes. Your breastmilk is the best food for your baby. A mother's milk is the perfect food for her baby. The hospital staff can help you learn to express milk if needed.  
(Breastfeeding premature infants)

**Q: If my baby gets jaundice, do I have to stop breastfeeding?**

**A:** Not necessarily. Work with your baby's doctor, home visiting nurse, and lactation consultant. Most likely, you need to breastfeed more often so baby is having more dirty diapers.  
(More information on Jaundice)

**Q: If my baby gets thrush, do I have to stop breastfeeding?**

**A:** No. Thrush is a yeast infection – you can usually see clumpy white patches in baby's mouth, and your nipples may be very tender and pink. Work with your baby's doctor; both your baby's mouth and your nipples need to be treated, otherwise you will give the thrush will be passed back and forth between you and your baby.

**Q: What if my nipples get sore?**

**A:** Some nipple tenderness is common in the first couple of weeks. Holding the baby close and getting most of the areola in baby's mouth is the best way to prevent having sore nipples (see Positioning and Latch). Breastfeed on the least sore side first, and breastfeed frequently. Let your nipples air-dry. Have someone experienced with breastfeeding (like a lactation consultant) watch you breastfeed; they can often help you with the problem.

**Q: If I get a cold or flu, do I have to stop breastfeeding?**

**A:** No. Chances are, your baby has already been exposed to the cold and flu germs. Your breastmilk will have antibodies to help your baby stay well. Keep on breastfeeding and take care of yourself. Rest and get help with the baby. (Breast feeding during an illness)

**Q: If I have to take medicine, do I have to stop breastfeeding?**

**A:** Breastfeeding moms can safely take many medications. Discuss the medication and your breastfeeding with your doctor.

**Q: What if I have twins or triplets?**

**A:** Many moms successfully breastfeed twins, triplets — even quads!!! In many cases, your body will make as much milk as needed. Moms of twins find it easiest to breastfeed both babies at the same time. Triplet moms sometimes stagger feedings so two babies nurse while another sleeps. (Getting help with housekeeping and baby care is really helpful!)  
(Breastfeeding multiple infants and tandem breastfeeding)

**Q: What if my baby has a cleft lip or cleft palate?**

**A:** Your breastmilk is very important for a cleft lip or palate baby, since they have a higher chance for getting sick. The size and position of the cleft will determine the best way to position the baby and any tools you might need. A Lactation Consultant can be an important helper.

**Q: Can I breastfeed if I've had breast surgery?**

**A:** It depends on the type of surgery you have had. Problems are more likely to happen if a lot of the glands inside of the breast were removed (as in reduction surgery) or if the nipple and areola were cut. Women with breast implants (augmentation) are often able to breastfeed without any problem. During your pregnancy, talk with your obstetrician and the surgeon who did the breast surgery to determine the impact on your mammary glands. Working with a lactation consultant during pregnancy and once the baby is born can help you work out any difficulties that might arise. (Breastfeeding with implants and after surgery)