

Breast Care

— For — Expectant Mothers

Massaging your breasts can help with blocked ducts, stretch marks, and cracked nipples.



Gentle stretching activities can tone the upper body and reduce breast pain.

A comfortable maternity bra can help as the breasts stretch during pregnancy and may prevent sagging.



Inverted or flat nipples may be corrected by wearing breast shells after checking with a doctor.

Use a cotton cloth or disposable nursing pad to absorb leaked colostrum.

