

Tips for Bottle Feeding After Mastectomy/Reconstruction

Compiled by Pink Hope Founder Krystal



What you will need to bring to hospital

- **At least 8 Bottles** - I found the glass pigeon bottles great.
- **Bottle Warmer** - Avent food and bottle warmer is amazing, automatic and warms it in just over a minute.
- **Formula** - don't stock up on one type of formula until you know it is suitable for your baby (some babies are intolerant to different ingredients found in certain formulas) I found this formula was wonderful and didn't constipate Bonnie - Karicare Gold Immunocare - from Birth.
- **A Bottle Cleaner Brush** - the hospital only supplies one for everyone... ewwww
- Make sure the hospital has all the necessary **sterilising equipment** - they normally use the Milton system and I find it wonderful. Very easy and not time consuming.



Prior to Hospital

- Ask to speak to a midwife or lactation specialist - explain your situation and don't be afraid to ask for help, also explain you may need some help with your first preparation of bottles to get it right.
- Toward the end of your labour or during your caesarean get your husband or relative to make up a couple of bottles (Bonnie had one 40 minutes after she was born and we were prepared).
- Practice the preparation of bottles a couple of weeks before the birth of your baby.
- Test the warmer so you know prior to birth exactly what temperature you need it at.



Remember

- The midwives will forget and ask you how your breasts are – be prepared for this if you are still a bit emotional about the subject.
- Be positive. You are a healthy mother and being here for your baby is far more important than breast feeding.
- Don't feel like you are being judged for bottle feeding, no one knows your situation and they don't need too.
- And most importantly you and your partner have just given life to a beautiful little person – they don't really care if you give them boob or bottle as long as they are loved.

Good Luck new mum's and I hope this helps!