



# Care Plan for Weaning from the Breast Pump

## Care Plan Goals:

- Decrease or end milk production to adjust to your baby's developmental needs.

## Weaning from Pumping:

- **Days 1–3:** Pump 1 hour later than usual, about 4–5 hours, and pump 5–10 minutes less than usual. Expect some breast engorgement but pump before your breasts become too tight and painful. Move to the next step only after engorgement no longer occurs. This is usually after 3–5 days when your breasts have had time to adjust and feel comfortable.
- **Days 4–6:** Pump another hour later than usual, about every 6 hours, and pump 5–10 minutes less than usual. Wait until engorgement no longer occurs before moving to the next step.
- **Days 7–10:** Pump another 1–2 hours later, about every 7–8 hours for 5–10 minutes less. Wait until engorgement subsides and move to the next step.
- **Days 10–14:** Pump if needed, but do not completely empty your breasts. Pump only to the point that relieves your discomfort or until your milk letdowns then immediately turn off the pump. Let the milk flow into the collection bottles without the help of the pump.
- Speed or slow weaning schedule based on your comfort, but do not stop suddenly, as it may lead to plugged ducts or mastitis.
- Apply cold packs to breasts for any discomfort.
- If approved by your doctor, take ibuprofen (Motrin or Advil) for discomfort.
- Watch for signs of plugged ducts or mastitis. (See *Care Plan for Plugged Milk Ducts and Mastitis*)
- Make sure baby is breastfeeding effectively. (See *Signs of Effective Breastfeeding*)
- If you have any questions, call the TriHealth Breastfeeding Helpline (513 862 7867 option 3).