

Guidelines For Use

Cool Cabbage Compresses

To treat engorgement (swollen breasts)

Caution should be used and treatment stopped as soon as desired results are obtained. The cause of the engorgement should be identified and corrected.

1. Obtain a green cabbage.
2. Separate leaves, discard any outer leaves that are not in good condition.
3. Thoroughly wash leaves in cold water.
4. Thoroughly dry leaves.
5. Place leaves in a sealable plastic bag.
6. Refrigerate until leaves are cold. If you wish to rush the cooling process you can put the cabbage in the freezer for about 15 minutes.
7. When cabbage is cold, remove enough leaves from plastic bag to make a firm compress around the engorged breasts and under the armpit.
8. Leaves should be worn for 20 to 30 minutes 3 to 4 times per day maximum.
9. Baby should be put to the breast as soon as the nipple is graspable. And continue to be put to the breast every 1-1/2 to 2 hours until engorgement is relieved. If baby is unable to breastfeed, mother should manually express or use a good quality pump every 1-1/2 to 2 hours.
10. Cool cabbage compresses can be very effective and should not be overused. Relief may be seen in as little as 20 minutes or it may take several 30 minute treatments. It is important to discontinue use as soon as desired results are achieved.

To suppress lactation (stop milk supply permanently)

1. Obtain a green cabbage.
2. Separate leaves, discard any outer leaves that are not in good condition.
3. Thoroughly wash leaves in cold water.
4. Thoroughly dry leaves.
5. Place leaves in a sealable plastic bag.
6. Refrigerate until leaves are cold. If you wish to rush the cooling process you can put the cabbage in the freezer for about 15 minutes.
7. When cabbage is cold, remove enough leaves from the plastic bag to make a firm compress around the engorged breasts and under the armpits.
8. Change compresses as needed or about every 2 hours.
9. Cool cabbage compresses can be worn continuously until mother is comfortable.

NOTICE: Currently, there is no scientific research available on the use of cabbage leaves and lactating woman. No obvious contraindications have been reported. Cool cabbage compresses should not be used by someone with known allergies/sensitivities to cabbage.

Guidelines are based on available information (February 1994).



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