



BON SECOURS  
ST. FRANCIS HEALTH SYSTEM



## Engorgement: Use of Cabbage Leaves

- Discard the outer leaves from the cabbage.
- Remove the inner leaves. Rinse and dry them. They can be kept in the refrigerator.
- Crush the leaves slightly with your hands.
- Cover the breasts with the leaves (under your arms if needed). Put your bra on over the leaves.
- Change the leaves every 30 minutes or sooner if they become wilted.
- Check your breasts often. As soon as you feel the milk begin to drip, or if your breasts begin to feel “different,” remove the leaves.
- Reapply cabbage as needed. You can use icy compresses over the cabbage.
- Use only the green leaves. The white leaves (deep inside) do not work.
- As soon as your breasts are soft enough to nurse, you may stop using the cabbage leaves.