

Breastfeeding after anesthesia or sedation

When you wake up from anesthesia or sedation, your body has broken down most of the medication, so the medication you received before the anesthesia or sedation is no longer in your body.

Research has shown that therefore only a small amount of medication ends up in breast milk. It is therefore safe to feed breast milk. It is not necessary to express breast milk, except when you're experiencing breast engorgement or discomfort. You may prevent engorgement from appearing by expressing breast milk before your procedure.

Please let us know if you are breastfeeding, before your procedure. The anesthesiologist or staff member will take this into account for anesthesia or sedation and will give you the right advice.

Painkillers which are safely to use:

- Paracetamol
- Ibuprofen
- Diclofenac

Painkillers which you can only use in consultation with your doctor:

- Naproxen (due to its long-lasting effect)
- Morphine preparations such as tramadol

Painkillers that you should avoid:

- Codeine
- Oxycodone, Oxycontin and Oxynorm

After major surgery

Major surgery is often followed by heavy medication for a longer period of time. It may be necessary to skip some moments of breastfeeding, due to your medication. You can discuss this with the anaesthesiologist. We recommend that you bring your own pump to the hospital in case you want to express breast milk.