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LACTATION SUPPRESSION

COOL CABBAGE COMPRESSES

Cabbage has properties that are anti-inflammatory, anti-edematous (reduces swelling) and anti-infectious. Cabbage is an inexpensive, effective homeopathic treatment for lactation suppression or engorgement. There have been no known cases of adverse reactions.

MATERIALS NEEDED

1. One large head of green cabbage
2. Cutting knife
3. Water to wash cabbage leaves
4. Colander (spaghetti strainer)
5. One dishtowel

PREPARATION OF THE CABBAGE

1. Cut the cabbage in half.
2. Remove the leaves by layers and wash them thoroughly.
3. Drain the leaves in a colander, cover with a dishtowel and store in the refrigerator.
4. Cabbage leaves should be crumbled or crushed by rolling them out with a rolling pin or soda can.

TREATMENT

Place the cabbage leaves inside your bra for seven days. Change the leaves several times a day. For the first couple of days, pump off just enough milk to make yourself comfortable. Each time you pump,

do it for a shorter period of time and increase the amount of time between pumping. Eventually you will not be pumping at all, but continue the compresses for the recommended week.

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