

Common Conditions that May Affect Milk Supply or Breastfeeding

We suggest you follow the handout of guidelines for [establishing and maintaining milk supply](#). However, there are common conditions that occur that may affect your milk supply or breastfeeding.

We recommend seeking help from a qualified lactation specialist if you or your baby are having any of the following difficulties:

Baby

- Birthweight less than 6 pounds, especially if less than 5 pounds 8 ounces
- Cleft lip or palate
- Jaundice
- Prematurity (born before 39 weeks gestation)
- Restricted tongue movement
- Twins, triplets, or higher-order multiples
- Use of pacifiers

Mother

- Breast surgery
- Induced lactation
- Maternal thyroid disorders
- Maternal diabetes
- Minimal breast development
- Mastitis
- Polycystic ovarian syndrome (PCOS)
- Poor latch resulting in sore or damaged nipples
- Raynaud's
- Separation of mother and baby (e.g. NICU)
- Use of nipple shields