# Breastfeeding After Anesthesia: Giving the Greenlight

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## MYTH

Lactating moms need to "pump and dump" after anesthesia

## FACT

Patients should resume breastfeeding as soon as possible after surgery

UNC HEALTH

https://www.asahq.org/standards-and-guidelines/statement-on-resuming-breastfeeding-after-anesthesia

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# Pre-Education Survey Results (n=112)

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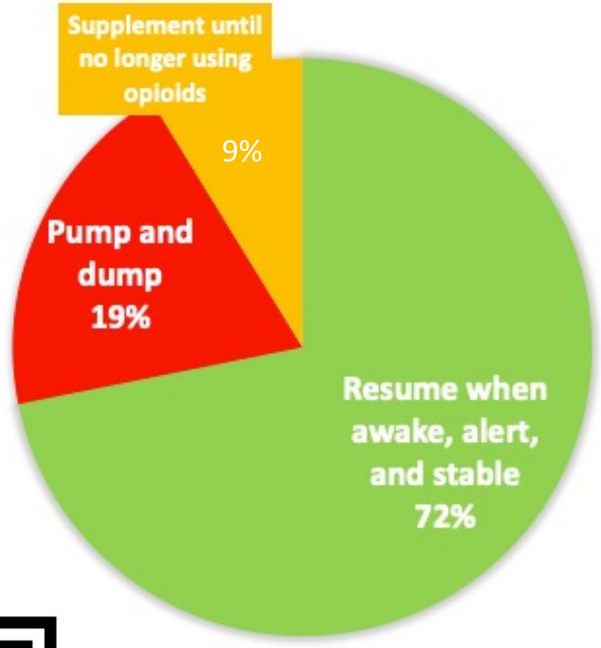
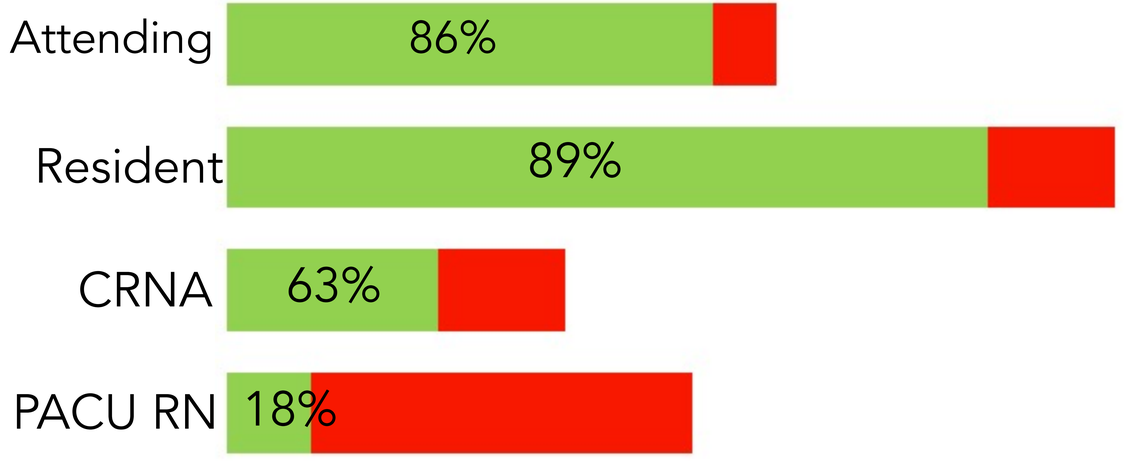
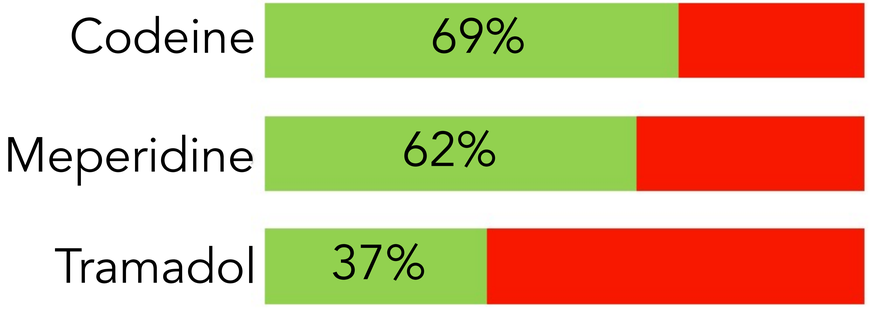
When should you resume breastfeeding?




Percent of Correct Responses by Provider Class




Percent of Correct Responses for Contraindicated Medications



# Wrap-up

1. Improved knowledge of the guidelines
   - 97% correctly identified when to resume breastfeeding compared to 71%
   - > 80% correctly responded for contraindicated medications compared to <70%
2. More confidence in providing recommendations
   - 5-point Likert Scale "I feel confident in providing recommendations"
     - 4.16±0.79 compared to 2.84±1.23 ($p<0.05$)

1. Low response rate on follow-up survey
   - 37 responses on post-survey compared to 112 responses on pre-survey

1. Send the pre-survey, educational infographic, and post-survey as one communication
2. Post the ASA Breastfeeding after anesthesia infographic in the PACU

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