



Lactation and Infant Feeding Support

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[www.nourishlactationnh.com](http://www.nourishlactationnh.com)

Client: Test Parent (Test Baby) (0004)

Oct 07, 2024

#### Appointment Details

Parent Name <b>Test Parent (Test Baby)</b>	Email <b>sara@nourishlactationnh.com</b>	Phone <b>(646) 653-1642</b>	
Child Name <b>Test Child</b>	Gender <b>he</b>	DOB <b>8/30/2024</b>	Age <b>6 weeks</b>
Date <b>10/14/2024</b>	Appointment Time <b>1200-1300</b>	Practitioners Present <input checked="" type="checkbox"/> <b>Sara Alanis RN IBCLC IFS</b>	
Insurance Coverage <b>The Lactation Network</b>	Appointment Type <input checked="" type="checkbox"/> <b>office visit</b>	Appointment Number <b>follow up #1</b>	

#### Situation / Subjective

##### Chief Complaint

**Follow up office visit to reassess feeding function and maternal comfort following initiation of infant body work. Historical latching difficulty and nipple pain on right breast.**

##### Last Visit Impression

**Breastfeeding is generally going well. Infant is gaining as desired and milk supply is abundant. Difficulty with latch to right breast is related to infant body tension. Discussed importance of body work.**

#### Updates

##### Breastfeeding Pattern

**every 2-3 hours during the day, every 3-4 hours overnight, on demand, for about 15 minutes, usually on one breast per feeding, clusters in the evening**

##### Supplements / Alternative Feedings

**once daily bottle learning initiated following initial appointment, utilizing pigeon bottle with ss flow nipple, and a baby led feeding approach, going well**

##### Diaper Output

**8+, 6+, yellow seedy, never any concern**

##### Pumping

**once per day in the morning for 15 minutes, obtaining about 3oz per pump after feeding, using spectra s1 with 24mm flanges, fitting today**

##### Other

**baby has had two chiropractic visits with dr test at test clinic. mother noticed immediate reduction in discomfort and greater ease of latching following first visit. plan is for twice weekly visits for four weeks, and then re-evaluate.**

##### Education Provided

**feeding on demand, normal sleeping patterns, cluster feeding, when to increase bottle nipple flow rate**

Weight Assessment

Birth Weight <b>8lbs 10oz</b>	Lowest Weight <b>8lbs 4oz</b>	Notes
Initial Appointment Weight <b>4706 (10lbs 6oz)</b>	Date <b>10/6/2024</b>	Notes
First Follow Up Weight <b>4904 (10lbs 13oz)</b>	Date <b>10/14/2024</b>	Trend <b>~1oz/day</b>
Second Follow Up Weight	Date	Trend
Third Follow Up Weight	Date	Trend
Fourth Follow Up Weight	Date	Trend
Fifth Follow Up Weight	Date	Trend
Sixth Follow Up Weight	Date	Trend

Notes  
**next ped visit at two months**

Feeding Assessment, Breast

Response To Breast  
**eager, positioned well in cross cradle on both breasts, reflexive latching technique utilized**

Lip Flange, Top <b>neutral</b>	Lip Flange, Bottom <b>out</b>
Audible Swallows, Left <b>n/a</b>	Audible Swallows, Right <b>1:1</b>
Noises <b>swallows</b>	Posture <b>comfortable</b>

Movement  
**latch obtained on first attempt and then maintained for the duration of feeding, no compensatory feeding strategies observed**

Pre Weight <b>4924</b>	Post Weight <b>5024</b>	
Intake Grams <b>100ml</b>	Ounces <b>3.3oz</b>	
Fed On <b>right</b>	Time <b>10 minutes</b>	Session Quality <b>sandard</b>

Feeding Notes  
**baby content following full feeding from one breast today. mother reporting increased confidence with latching, and was able to easily feed during family outing yesterday.**

Physical Assessment

- Upper Labial Frenulum
- Left Buccal
- Right Buccal

Palate  
Lingual Frenulum  
Lingual Appearance  
Oral Tone  
Other

Lingual Movement  
Suck

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Body Structure & Mobility  
**significantly reduced tension to right neck following at home body work and chiropractic care; infant is able to tip and turn with near complete range of motion**

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Breast Assessment

Breasts  
**full**

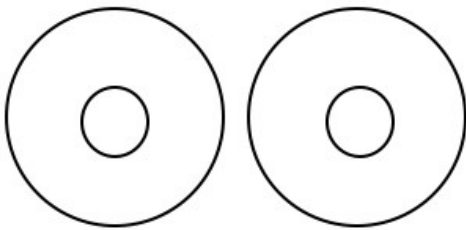
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Nipples Before  **everted**                      After  **unchanged**

Pain **0/10**                      Breast Notes

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- crack (1)     - blister (2)     - laceration (3)     - maceration (4)     - scab (5)     - bleb (6)     - irritation (7)     - clog (8)  
 - mastitis (9)



**no concerns**

Pump Flange Fitting

Pump Type **spectra**                      Current Flange Size **24**

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Flanges Tried  
**maymom 15, 16, 17mm on left - maymom 15, 16mm on right**

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Best Fit Flanges  
**maymom 15mm pano**

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Other Suggestions & Education

**trial lubrication inside the flange tunnel- coconut oil or olive oil**

Notes & Links

**amazon link here**

Impression

**Significantly improved infant body tension has led to increased efficacy and comfort in breastfeeding. Bottle learning is going well. Pump flange fitting completed.**

Recommendation / Plan of Care

Continue to breastfeed on demand. Continue with the excellent positioning and latching techniques that you are already utilizing. Continue with chiropractic care until the provider discharges test baby from care. If anything else comes up that I can help with please let me know!

Education Provided  Verbal  
 Demonstration  Written

Attachments

Suggested Referrals

Follow Up Plan  
**as desired**

Next Appointment

e-signature

Oct 07, 2024

Sara Alanis, RN IBCLC IFS

*Sara Ann Alanis RN IBCLC IFS*

Signed by Sara Alanis on Oct 07, 2024 at 07:14 PM from IP 73.119.157.\*\*\*