

Mastitis

Mastitis is a breast inflammation.

Symptoms

- Breast pain/soreness
- Flu-like achiness
- Fever

Contact your doctor to discuss your symptoms and possible treatment options.

Causes

- Poor latch
- Baby not feeding well
- Weak immune system
Mom is stressed or run down
- Pressure on the breast
Tight bra
Wearing breast shells
Mom sleeping on her stomach
Tight baby carrier

Comfort Measures

- Ibuprofen
Ask your doctor
- Rest
- Drink plenty of fluids
- Apply heat prior to nursing or expressing
- Hot shower or bath
- Loosen tight bras or clothes
- Vary nursing position

P_revention

- Follow comfort measures above
- Breastfeed on demand
- Decrease stress

It is important to ask for help from friends and family members so that you can rest and recover properly.

Source: Mohrbacher, Nancy, IBCLC, *The Breastfeeding Answer Book*.
La Leche League International, 2005.



SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS & CHILDREN

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