

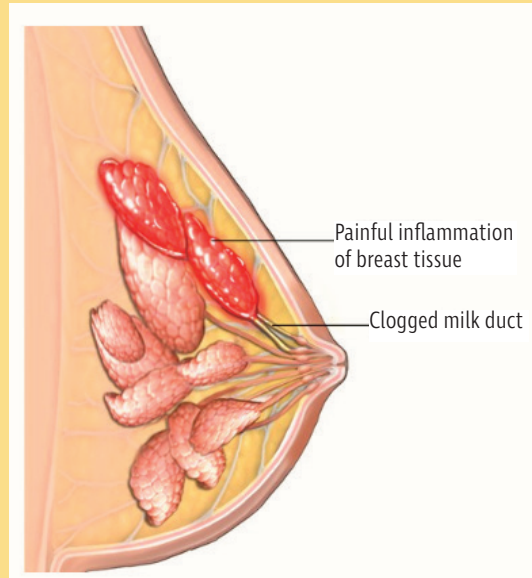
Mastitis

What Is Mastitis?

Mastitis is an inflamed area of the breast, possibly caused by infection or a clogged milk duct. It is usually in one breast, and rarely in both.

Signs you may have mastitis include:

- o Painful breast swelling.
- o Redness or red streaks on breast.
- o Affected area feels hot to the touch.
- o Flu-like symptoms (chills, fever, aches, fatigue).



Source: <http://parentingscience.today/treat-mastitis-natural-home-remedies/>

What Can I Do to Help?

Always call your doctor if you suspect you have mastitis. Ask what medications you can take for pain or swelling.

- Continue to breastfeed from both breasts 8-12 times per day.
- Hand express or use a breast pump to remove your milk if the baby cannot nurse.
- Apply warmth to your breast before you nurse or express milk.
- Gently massage the tender area while breastfeeding or removing milk.
- Change infant feeding position to drain all parts of breast. Make sure baby has a deep latch.
- Apply a cold compress to your breast between feedings to reduce pain and swelling.
- Remember to take care of yourself. Drink water, eat healthy, and rest as much as you can.

Your milk may look different, but it will not hurt your baby.

Avoid the following to reduce your risk for mastitis:

- Long periods of time without removing milk.
- Clothing or bras that are too tight.
- Items that might stop milk flow like diaper bags, backpacks, purses, or baby carriers with tight straps.

Call your doctor if you develop:

- A fever.
- Increased or constant pain.
- Flu-like symptoms.

Additional information:

- If you have any questions or concerns, call your local WIC clinic.



- Call Ohio's 24-hour Breastfeeding Hotline at 888-588-3423.
- Find a lactation consultant or find help at www.ohiobreastfeedingalliance.org/breast-feedinghelp.html
- www.kellymom.com

