



Mastitis

What is mastitis?

Based on your symptoms and physical exam, we have diagnosed you with Mastitis. This is an infection in your breast. Bacteria cause mastitis. In most cases, the bacteria that cause the infection came from your baby's mouth, so your baby cannot get sick from continuing to breastfeed.

Treatment for mastitis

To treat this infection, we have prescribed an antibiotic. Please finish the pills we prescribed, even if your pain and fever gets better before you are done. This medicine is safe to use while you are breastfeeding.

To recover, moms need to ***rest, to drink plenty of fluids, and to keep nursing***. If you stop breastfeeding, it will make it harder for your body to fight the infection. Ask friends and family to come help with household tasks so you can sleep whenever the baby sleeps.

Treatment for a blocked duct

The tender, lumpy area in your breast is probably a blocked duct. This is a part of the breast that isn't emptying well when the baby feeds or when you pump. To help this area empty, position your baby so that his chin or nose is pointing toward the blocked area. It may also help to soak your breast in warm water before and after feeding, and to massage the area during or after feeding or pumping to help move the milk past the blocked area. If the lumpy area doesn't go away after 1-2 days, contact the Warmline.

What pain medications are safe during breastfeeding?

To help relieve your pain, it's safe to take Acetaminophen (Tylenol) 650-1000 mg every 4 to 6 hours (but no more than 4000 mg – or 8 extra-strength pills – per day) or Ibuprofen (Motrin) 400-600 mg every 6 hours.

When you should start to feel better

If you are getting worse after starting the antibiotics, or if you are not feeling *much* better after 2 days, call your health provider or come to the emergency room. Call the Lactation Warmline at 984-974-8078 or 866-428-5608 if you have any additional concerns.