

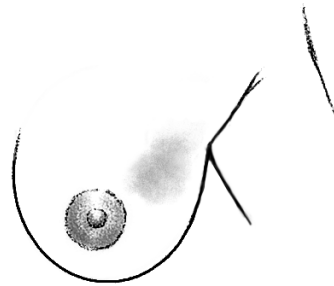


Mastitis

Mastitis is an infection in the breast.

You may see these signs

- hot, red, painful area on the breast
- muscle aches
- headache
- fever or chills
- fatigue



How to prevent

- wash your hands before feeding
- ensure your baby has a good latch
- feed one breast until soft before offering the other breast
- gently massage any plugged ducts or breast lumps (see Plugged Ducts handout)
- try not to miss breastfeedings
- get help if you have sore or cracked nipples
- take care of yourself; rest, drink and eat well
- wear a comfortable, well fitting nursing bra
- if weaning, do it slowly



What to do

If you have signs of mastitis see your health care provider within 24 hours. Your health care provider may prescribe antibiotic medicine

You can continue breastfeeding

- place a moist, warm cloth on the breast for a few minutes, or take a warm shower before feeding your baby
- feed on the sore breast first
- let your baby feed often or pump to soften the breast
- breastfeed in different positions. Try to point your baby's chin towards the painful area or lump when breastfeeding
- while your baby is feeding, gently massage the breast, using your fingers to massage from the outside of the breast towards the nipple

To relieve pain

- ibuprofen or acetaminophen is safe. Read product directions before using
- cold packs may be soothing. Try applying a cold cloth or ice pack
- wear loose clothing and try not to put pressure on your breasts

Take care of yourself

- rest, eat and drink well

How long before this gets better?

- you should feel better within 48 hours of starting antibiotic medicine. If not, return to your health care provider

**Vancouver Coastal Health is committed to helping women successfully breastfeed.
Please call your local Public Health Unit for additional information.**

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**Other information on parenting are available at your
local Community Health Office/Centre or online at <http://vch.eduhealth.ca>**

You can get further information about breastfeeding from:

Public Health Nurse or Community Dietitian

at Vancouver Coastal Health www.vch.ca

Baby's Best Chance www.healthyfamiliesbc.ca/parenting

VCH Parenting Website <http://parenting.vch.ca/>

HealthLinkBC 8-1-1

Translation services are available in 130 languages www.healthlinkbc.ca

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