



MASTITIS



When does mastitis occur?

When the inflammation grows too large, the duct becomes blocked and milk starts to swell behind it.



What causes inflammation to grow?

Physical Trauma:

- Firm massage
- Pressure from hands
- Uncomfortable feeding (eg. latching issues)
- Pumping trauma

Hyperlactation or increased milk building in the breast:

- Missed or changed feeding routines
- Breast connective tissue tension
- Sick baby (unable to feed as efficiently)
- External pressure on the ducts (eg. bra or seam or carrier wrap the is too tight)
- Stress (change in oxytocin or our “love hormone”)
- Engorgement



THE BREASTFEEDING PERSON:

What you need to know

- Maintain your normal breastfeeding schedule.
- Sometimes the mastitis can cause the breastmilk to be salty and can linger for a week post-inflammation. Breast refusal is normal and will pass.
- Don't over pump or overfeed on the mastitis breast, only use as you normally would and never aim to drain.
- Mastitis breast produces less milk and it may take a week for the supply to return after the symptoms have subsided.
- Use an anti-inflammatory, or heat or ice - whatever provides comfort (ice pack or warm shower). If heat causes pain, cease.
- Paracetamol
- Use self-therapy techniques as described overleaf.
- Rest!

DO I NEED ANTIBIOTICS?

The cause of mastitis is inflammation and not a bacterial infection, therefore, antibiotics are not indicated. You can be assured that following the recommendations provided on this information sheet, will guide the treatment for your mastitis. If you feel you still need antibiotics, please speak with your GP. Indications they are appropriate include severe symptoms from the onset (eg. vomiting, diarrhoea or fainting), or if there is no improvement more than 24 hours following treatment.

REMEMBER:

Mastitis is scary, painful and can make you feel really sick. There are lots of opinions and advice out there about mastitis and it can be scary and anxiety inducing.

Remember, you have got the tools and information to treat the mastitis. Trust your health professional, yourself and most importantly your body, and know that you will get through this.



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TECHNIQUES TO USE AT HOME:



TEASING OUT THE COTTON BALL:

- Using flat fingertips, lightly spread or tease the lump like a cotton ball to the space of less resistance.
- Imagine you are teasing out a cotton ball but not tearing it apart.
- A lubricant or heat to soften the lump can be used.
- Complete this approximately 4x a day



PATting THE CAT:

- Using flat fingertips or side of the finger, sweep in a small are around the nipple toward the armpit and the breastbone.
- Complete this approximately 4x a day
- This can be performed just before feeding to help with latch.



THE BABIES WRIST TECHNIQUE FOR BLOCKED DUCTS:

- Using a light pincer grip, grab the skin around the hardened area near the blockage. Vibrate towards the armpit and sternum.
- The grip is like picking up a baby's wrist - really light! We are trying to affect the layer just under the skin.



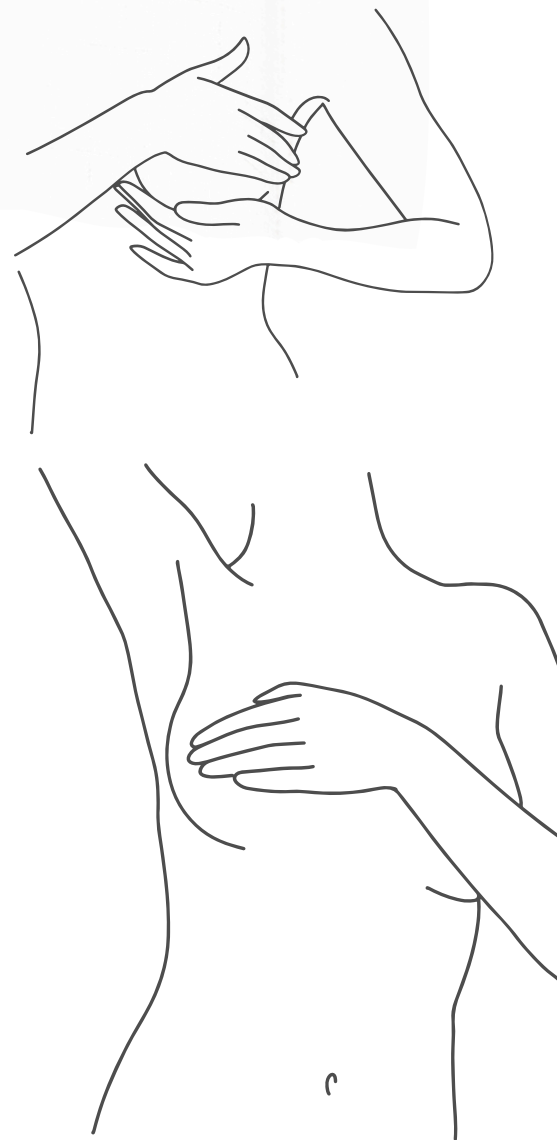
CLOCK STRETCHES:

- First, identify the centre of the clock as your nipple and recognise that the border of the breast reaches from the breastbone to the armpit.
- Cup the breast and move the tissue towards the 12 o'clock position. Continue to stretch in every direction of the clock.



BREAST TWISTS:

- First, identify the centre of the clock as your nipple and recognise that the border of the breast reaches from the breastbone to the armpit.
- Cup the breast and move the tissue towards the 12 o'clock position. Continue to stretch in every direction of the clock.



IMPORTANT:

- **If noticing change in symptoms**, keep going! You're getting there!!
- **If no change** - book in with us as soon as possible or keep your prior existing appointment.
- **Symptoms worsening** - book in with your doctor.