

## Fast Facts

### Mastitis

- Breast tissue becomes inflamed, typically the result of an infection
- Most often affects breastfeeding women since milk can get trapped resulting in illness
- Can come from restricting milk flow (like wearing a tightfitting bra or putting pressure on your breast by wearing a seat belt or carrying a heavy bag), not using a proper nursing technique, being tired/stressed, having sore/cracked nipples, having poor nutrition, history of being a smoker or have had it in the past
- Can happen in women who aren't breastfeeding and men

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Breast tenderness</li> <li>-A breast that is warm to the touch</li> <li>-Breast swelling</li> <li>-Thickening of breast tissue (can feel like a lump)</li> <li>-Pain/burning sensation (especially when breastfeeding)</li> <li>-Skin redness (typically in a wedge-shaped pattern)</li> <li>-Fever of 101°F or higher</li> <li>-Generalized feeling of unwell</li> </ul>	<ul style="list-style-type: none"> <li>-Antibiotics</li> <li>-Over-the-counter pain relievers</li> <li>-Continue to breastfeed</li> <li><i>Avoid overfilling of milk in your affected breast:</i></li> <li>-Pay attention to how your infant latches on</li> <li>-Start each feeding with affected side</li> <li>-Express a small amount of milk by hand before each feeding</li> <li>-Massage from the affected area down toward the nipple when feeding or pumping</li> <li>-Use warm, moist heat to the area beforehand and cool compresses afterwards</li> <li>-Wear a supportive bra</li> <li>-Rest as much as possible</li> </ul>	<ul style="list-style-type: none"> <li>-Talk with a lactation consultant</li> <li><i>Fully drain the milk from your breasts while breastfeeding:</i></li> <li>-Allow your baby to completely empty one breast before switching to the other</li> <li>-Make sure your baby latches on properly</li> <li>-Alternate which breast you start each feeding with</li> <li>-Change the position you use to breastfeed from one feeding to the next</li> <li> </li> <li>-Don't smoke</li> </ul>

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