

## Mastitis

Mastitis is when you have a blocked milk duct, the milk banks up and causes an infection. Your breast may be red, swollen, hot and painful, you may feel shivery and achy all over your body like you have the flu.

# Treatment

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- See your Doctor, you may need antibiotics
- Continue to breastfeed, do not stop breastfeeding
- You can breastfeed when you have mastitis and are taking antibiotics
- Your breast milk may taste salty, if your baby is refusing to attach to the breast, express with an electric pump
- Keep your breasts as empty as possible, breastfeed regularly
- Take your bra off to breastfeed
- Use a warm cloth a few minutes before you feed to help the let down
- Ensure your baby is attached deeply to the breast
- Breathe deeply and relax your shoulders
- Change breastfeeding positions to help drain the breast well
- Massage your breast as your baby is feeding
- Use a cold pack on the affected area when you have finished feeding
- Rest, drink lots of water and eat well



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