

Mastitis



Mastitis is an inflammation or soreness in the breast.

Signs and Symptoms

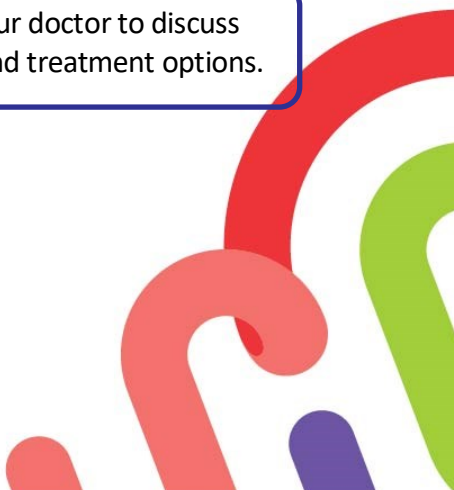
- Tender lump in breast
- Flu-like symptoms
 - Fever
 - Achiness
 - Nausea

Causes

- Poor latch
- Baby not feeding well
- Weakened immune system
- Stress
- Pressure on the breast

Contact your doctor to discuss symptoms and treatment options.

YOU
GOT
THIS.



Comfort Measures

- Continue nursing on the affected side
- Apply heat prior to nursing or expressing
- Nurse or pump frequently
- With your fingers, massage in firm, circular motions starting from behind the lump and moving toward the nipple
- Hot shower or bath
- Choose different nursing positions
- Rest
- Drink plenty of fluids

Prevention

- Follow comfort measures above
- Breastfeed on demand
- Decrease stress

Video

- <https://www.youtube.com/watch?v=mVKqi2-lylc>

Visit www.womenshealth.gov/breastfeeding for more information.



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