

# MASTITIS

## Treatment and Prevention

### Quick Reference:

Mastitis requires a quick response:

- **GET IN BED.** Get skin to skin with your baby. Breastfeed all day, especially on the affected side.
- **DRINK WATER.** It is important that you are extra hydrated.
- **GET HELP** for caring for older children.
- **Apply cold compresses** between feedings for pain relief.

Antibiotics are the recommended treatment. Natural remedies include:

- Echinacea tincture: 4 x/day
- Grapefruit Seed Extract: 2x/day (watch baby for diaper rash)
- 2,000 mg vit C: 3x/day
- Compress: Dandelion Root and Parsley (Boil in water, cool, and apply hot compress)
- Ibuprofen for pain

## What causes mastitis?

Milk can become backed up in the ducts of the breast. A tender spot or lump in the breast that is not accompanied by a fever is a plugged duct, but has the potential to turn into mastitis. Mastitis is characterized by a tender spot in the breast that is often painful and hot to the touch accompanied by a fever and flu-like symptoms.

If your baby refuses the breast it is important to pump the infected breast. If mastitis is not treated in a timely manner, the infection can begin to work its way outward into the breast tissue; this is an abscess and you will need medical treatment for this.

## Preventing Mastitis

Mastitis seems to come on when your routine is disturbed and you haven't been able to breastfeed your baby at regular intervals. It can also happen if you have been doing too much. Mastitis can be prevented by getting plenty of rest regularly, paying attention to signs your body is giving you that you need to slow down. Breastfeeding your baby on demand can also help prevent milk backing up in your ducts. WishGarden Herbs makes a product called "Happy Ducts" that is great to have on hand.

## More Tips

### *Soap Comb*

Take a wide tooth comb into a warm soothing bath. Scrape the teeth of the comb over a bar of soap and massage the infected breast as if you were untangling your milk ducts. This can help move a clog.

### *More information:*

<https://kellymom.com/bf/can-i-breastfeed/herbs/natural-treatments/#mastitis>