

MASTITIS

Mastitis is a breast infection which is normally the result of a clogged duct or an infection carried from baby to mum via cracked or sore nipples. Normal symptoms are headaches, intense pains, a sore lump, tender breasts, redness, fever, cracked nipples, flu-like symptoms and generally feeling unwell. If you think you have Mastitis, you must contact your GP straight away. Antibiotics will be prescribed and you should notice your fever dropping within 24 hours with the soreness calming down after 36 hours.

If you have Mastitis, you must:

- Go to bed and stay there - you need lots of rest. Apply a heat pad with one of the following methods - a hot water bottle, a hot wet towel or a warm bath/shower
- Despite what you may be told - do not apply ice packs!
- Nurse frequently to keep the milk flowing and to avoid engorgement
- Drink lots of fluids
- Occasionally baby may not nurse well from an infected breast. This is because the milk can taste salty from the infection, if this is the case and your baby is refusing or fussing, offer the uninfected breast and express the infected

t. 01252 351 076 or 07771 660 121

www.deearnas-maternity-agency.co.uk