Mastitis

If your breast feels very full, swollen, warm, and painful, then you may have an infection called mastitis.

Symptoms

- Stand in front of a mirror to look at your breasts. Do you see or feel a hard lump that is painful and warm when you touch it?
- Is there a change in the color of your skin near the painful spot? The spot may be under your nipple where it’s hard to see. You may see a spot or streaks of redness.
- Are you tired? Do you have a fever or chills?
- Does your body ache?

Treatment

- Apply ice packs to the sore area of your breast. Limit this to 15 minutes in an hour.
- Talk to your doctor about alternating acetaminophen for pain and ibuprofen for inflammation.
- Gently massage your breasts from the nipple toward your armpit.
- Call your doctor for temperature over 101°F/ 38.4°C or if you are not better in 24 hours. If you are prescribed an antibiotic, take it until it is all gone.

Drink at least 8 glasses of water a day.
You’re not feeling well. Rest as much as you can!
Breastfeed and pump as usual.

Prevent Mastitis
- Place your seatbelt between your breasts
- Avoid any straps across your breasts
- Avoid tight clothing across your breasts
- Drink plenty of fluids
- Only pump to meet your baby’s needs

Arkansas WIC Breastfeeding Helpline
1-800-445-6175

This institution is an equal opportunity provider.