

## When to Seek Urgent Help

Contact a doctor or urgent service if you experience:

- High fever that does not settle
- Rapidly worsening redness or swelling
- Pus or unusual nipple discharge
- Signs of abscess (severe pain, swelling, fever)

## Feeding Support

Feeding issues often contribute to mastitis.

Support can help improve latch, milk transfer and comfort:

- Persistent pain
- Frequent blocked ducts
- Oversupply or fast let-down
- Concerns about baby's latch or tongue function

# The Gentle Latch



INFANT FEEDING AND  
TONGUE TIE SERVICE

## Mastitis

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# What Is Mastitis?



Mastitis is inflammation of the breast, often caused by milk stasis (milk not draining effectively). It may or may not involve infection. It can come on suddenly and make you feel very unwell but early treatment helps recovery and continued breastfeeding.

## Common Symptoms

- Breast pain, swelling or firmness
- A tender, hot or red area on the breast
- Flu-like symptoms (fever, aches, chills)
- Fatigue or feeling generally unwell
- A blocked or firm area that doesn't soften after feeds

## What Can You Do at Home

- Feed frequently – aim for effective milk removal
- Start feeds on the affected side (if comfortable)
- Use breast compressions during feeding
- Gentle massage only around the edges of the firm area (avoid deep, hard massage)
- Warmth before feeding
- Cool compress after feeding to reduce inflammation
- Rest and hydration – your body needs energy to heal

## Pain Relief

- Ibuprofen helps reduce inflammation (if safe for you)
- Paracetamol can reduce pain and fever

Always follow dosage guidance or check with a healthcare professional.

## What to Avoid

- Hard or deep breast massage (this can worsen inflammation)
- Long gaps between feeds
- Excessive pumping (may increase oversupply)

## When Antibiotics May Be Needed

You may need antibiotics if:

- Symptoms last longer than 24–48 hours
- You have a fever
- Your symptoms worsen
- You see red streaking or spreading redness

You can continue breastfeeding while taking prescribed antibiotics.

## Preventing Mastitis

- Ensure a deep and comfortable latch
- Vary feeding positions
- Avoid tight bras or pressure on the breasts
- Feed or pump regularly if separated from your baby
- Respond to early feeding cues

