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MASTITIS INFORMATION SHEET

As a new mother, you may experience some degree of breast discomfort early on in breastfeeding. This may be sore nipples or the full feeling that comes with engorgement. Mastitis is an infection in the milk duct. It is very common and ***does not mean you need to stop breastfeeding. It is safe to continue to nurse while on antibiotics; and in fact, this will help you get better faster.***

With mastitis you may:

- 1) Have a sore, red area on either breast
- 2) May or may not have fever at first
- 3) Feel like you have the flu
- 4) Have pain with nursing after previously nursing without pain

Treatment:

- Hot, moist cloth to affected breast
- Increase nursing on affected breast
- Increase fluids
- Increase rest
- Tylenol for breast pain
- Antibiotics after evaluation

If fever develops or you start to feel achy or experience chills, you will need to be seen in the office for evaluation. ***It is very important to continue to treat your breast with the moist heat, increase nursing or emptying of breast and increase fluids while you are on antibiotics.***

Please call us if you are not improving within 24 hours of starting antibiotics.