

MASTITIS

If a blocked duct persists or cracked nipple becomes inflamed you may have a breast infection known as mastitis. It is not the breast milk that becomes infected but the tissue around the duct or nipple. Mastitis symptoms are breast pain, redness or streaking on the breast, fever, flu-like symptoms. Mastitis is commonly treated with medication prescribed by your physician, ***call your doctor if you are having one or more of these symptoms.***

You should continue to:

- Wear a sleep bra at night, but make sure it isn't too tight

- Apply warm compresses or stand in shower to initiate let-down

- Nurse frequently

- Take Tylenol or Advil

- Apply cold compresses after nursing to relieve the swelling and sooth the discomfort

Call Oklahoma Breastfeeding Hotline 24hr/7days at 1-877-271-6455

SJMC Lactation Nurses 918-744-2681 8 am to 5 pm Mon - Fri