

Mastitis: Infection of the Breast

You have an infection of the breast called mastitis. The infection should improve soon with antibiotics and other suggestions below.

How should I care for myself?

- Continue to breastfeed frequently. It is safe to allow the baby to nurse while you are recovering from this breast infection. It is very important to empty the breast. Allowing your breast to become engorged will slow recovery time.
- Get lots of rest. Ask for help from relatives and friends with household tasks. Concentrate your energy on caring for the baby and getting well.
- Warm compresses to the sore breast may speed the healing process and relieve discomfort. Do them for 5 minutes before a feeding at least 4 times each day.

What are my medication instructions?

Your health care provider has prescribed: _____

- Take the antibiotic, as directed until completely gone. It is safe for breastfed babies.
- Take Tylenol® or ibuprofen according to package instructions to control pain, aching and fever.

When should I call my health care provider?

- If you do not see an improvement of the infection within 24 hours after starting the antibiotic call your health care provider, or Triage (734) 764-8134

- If your nipples are sore or if you are having other difficulties or questions about breastfeeding call the Lactation Consultant (734) 232-7885.

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