

Mastitis is an inflammation of the breast, which can lead to an infection. Symptoms include areas of your breast feeling painful, red and swollen. You may also experience flu-like symptoms such as chills, fever or aches. If you think you have these symptoms, contact a healthcare professional straight away.

To avoid or treat mastitis:

1



Keep feeding 'on demand'. Keeping your milk flowing will help to unblock the milk-duct and ease the pain.

2



Massage any hard lumps in your breast towards the nipple while you're breastfeeding to help unblock any milk-ducts. Applying a warm flannel to the breast or massaging your breast while in a warm shower may also help.

3



Try different feeding positions to empty different parts of your breast.

4



Get lots of rest and drink plenty of water.

5



Contact your healthcare professional. They'll be able to check your baby is in the right position when feeding, suggest ways to relieve the pain and prescribe an antibiotic that's safe to take while breastfeeding, if you have an infection.

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