

## Mastitis

Mastitis is an infection of the breast tissue around the milk ducts. If you have mastitis, you may have a tender, red area of the breast with fever, chills, headache and achiness all over. These are a few things you may try to help you feel better within 24 hours:

- Sleep when your baby is sleeping for the whole day—rest is essential!
- Apply moist heat to the affected breast for 3 to 5 minutes before each feeding.
- Nurse often (every 2 hours at least). Offer the affected breast first.
- Use a new position (cradle, football, side-lying, cross-cradle) at each feeding to allow proper emptying of the ducts.
- Drink fluids to satisfy your thirst—fever will make you more thirsty.
- Contact your health care provider because you will need to take antibiotics.

Remember: Mastitis is an infection of the breast tissue, not the milk; therefore, your milk is safe for your baby to drink.

