

Aeroflow Breastpumps

Mastitis

Mastitis is inflammation of the milk ducts and surrounding breast tissue. It affects up to 10% of breastfeeding mothers in the United States. It may affect up to 30% of breastfeeding mothers worldwide.¹

What Is Mastitis?

Mastitis is painful inflammation in your breast tissue that can lead to a bacterial infection. This means your breasts may be swollen, tender or warm to touch. Your breasts may become engorged. You may also experience:

- Breast pain or burning sensation that worsens when your baby nurses
- Hard lumps on your breast
- Red marks on your breast
- Flu-like symptoms, including fever and chills if infection occurs

Types of Mastitis

There are different types of mastitis:

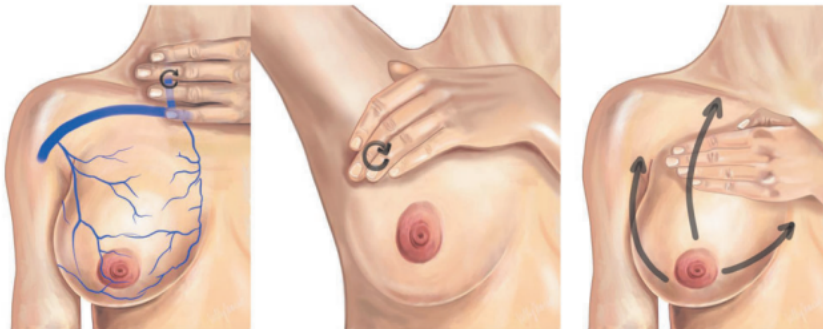
- *Inflammatory Mastitis*- Develops when clogged ducts linger or worsen and the inflammation progresses.²
 - Can occur without an infection
 - Safe for baby to continue breastfeeding
 - Can be resolved at home
- *Bacterial Mastitis*- Develops when clogged ducts and inflammatory mastitis progress to an infection where antibiotics are often needed to treat.³
 - Not contagious
 - Safe for baby to continue breastfeeding
 - May need treatment from your provider
- *Recurrent Mastitis*- Mastitis symptoms such as fever, breast redness, breast swelling, and/or breast pain occur every two to four weeks.

How To Manage Mastitis

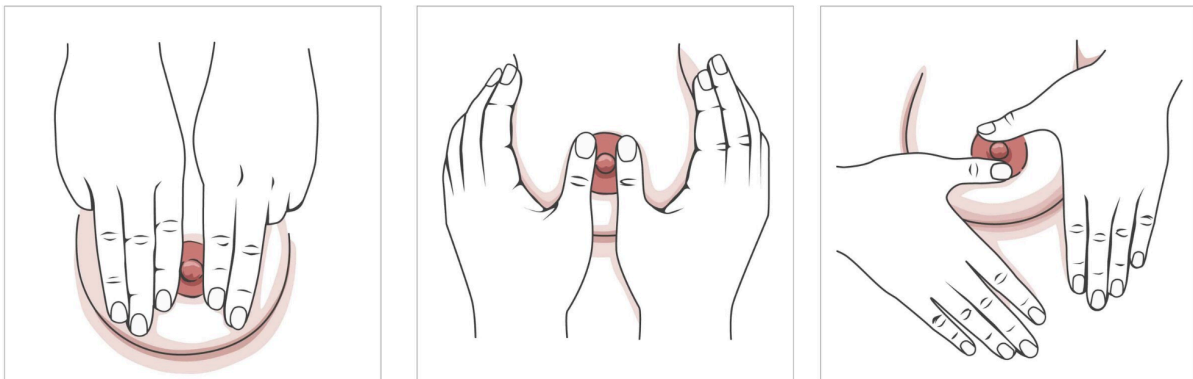
There are different steps to take depending on what type of mastitis you may have. It is important for you to talk to your healthcare provider and/or an International Board Certified

Lactation Consultant (IBCLC) for an evaluation and help. There are steps you can take at home to help clear up the symptoms before they get worse:

- Ice: Use an ice pack or a frozen bag of vegetables to reduce swelling while laying on your back so the swelling drains into your lymph nodes. You should not apply heat.
- Pain relievers: Using over-the-counter nonsteroidal anti-inflammatory drugs (NSAIDS) like ibuprofen or naproxen can reduce swelling and pain.
- Lymphatic drainage: Lymphatic drainage involves gentle, light “petting of a cat” pressure of your breast toward your lymph nodes above your collar bones and in your armpit. It reduces swelling by moving fluid. This isn’t as strong of pressure as a massage.⁴



- Reverse pressure softening (RPS): This type of massage reduces swelling in your areola and nipple by moving the fluid away from it. It allows your baby to latch more easily to a full breast. To perform RPS, place two fingertips around the base of your nipple. Apply pressure, then drag your fingers away from your nipple. Do this at several angles around your nipple.⁵



- Wear a supportive bra: A supportive bra isn’t tight-fitting and doesn’t put more pressure on your breasts.

If your symptoms do not improve within 24-48 hours, it is recommended to contact your healthcare provider to assess the need for further treatment.

How To Prevent Mastitis

A good rule of thumb is to only pump what's needed for your baby or feed on demand at the breast. If your baby is feeding from your breast, don't pump afterward to "empty" it. It may be helpful to talk to a lactation consultant or attend a breastfeeding class to learn what a good latch looks like and feels like. It is also recommended to avoid wearing a tight or restrictive bra and drink plenty of fluids!⁶

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Ultimate Breastfeeding Prep
- Lactation Q&A

To register for these classes, log into your portal or click [here](#).

Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>

References:

1. <https://my.clevelandclinic.org/health/diseases/15613-mastitis>
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6. <https://www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/breastfeeding/preventing-mastitis>