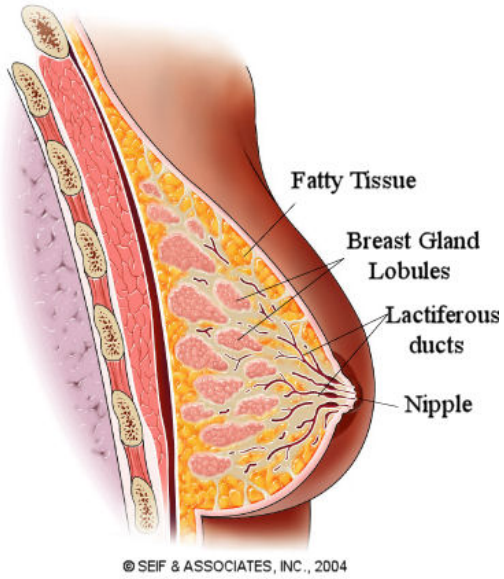
Mastitis (Breast Infection)

Mastitis is an infection that is results in pain, swelling, redness and warmth of the breast. Germs cause mastitis and can enter the skin through:

- Breastfeeding.
- Nipple piercing.
- Cracks in the skin of the breast.



HOME CARE

- Your doctor may prescribe an antibiotic to kill the infection. Take all medicines as told by your doctor.
- Keep your nipples clean and dry if you breast feed. Your doctor may have you stop nursing until the breast infection has gone away.
- Do not use one breast to nurse your baby. Switch breasts when you breast feed. Use different positions to breast feed.
- Avoid letting your breasts get overly filled with milk (*engorged*). Use a breast pump to empty your breasts.
- Do not wear tight-fitting bras. Wear a good support bra.
- A lactation consultant can give you helpful tips on breast feeding.

SEEK MEDICAL CARE IF:

- Your breast drains a yellow or tan liquid.
- The pain, swelling or redness in your breast is getting worse.
- You have a fever at or above 102° F (38.9° C).

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 12/06/2010
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