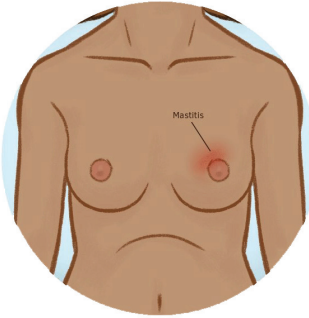


# MASTITIS

If your breast feels very full, swollen, warm, and painful, then you may have an infection called mastitis.

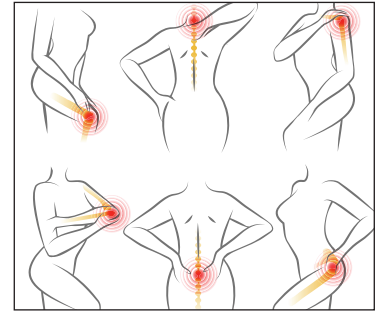
## Symptoms



Stand in front of a mirror to look at your breasts. Do you see or feel a hard lump that is painful and warm when you touch it? Is there a change in the color of your skin near the painful spot? The spot may be under your nipple where it's hard to see. You may see a spot or streaks of redness.



Are you tired? Do you have a fever or chills?



Does your body ache?

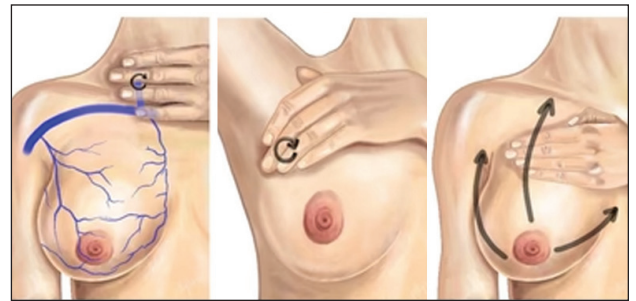
## Treatment



Apply ice packs to the sore area of your breast. Limit this to 15 minutes in an hour.



Talk to your doctor about alternating acetaminophen for pain and ibuprofen for inflammation.



Gently massage your breasts from the nipple toward your armpit.



Breastfeed and pump as usual.



Drink at least 8 glasses of water a day.



You're not feeling well. Rest as much as you can!



Call your doctor for temperature over 101F/ 38.4 C or if you are not better in 24 hours. If you are prescribed an antibiotic, take it until it is all gone.



Arkansas WIC Breastfeeding Helpline  
**1-800-445-6175**

