

physio



personal care
for personal health

she

Breastfeeding problems & Mastitis

Blocked ducts

What is it?

Mastitis is inflammation of the breast tissue, including and surrounding the milk ducts. Problems with breastfeeding can arise at anytime. Typically, it happens with growth spurts. It may happen when introducing solids, and weaning. Sometimes, there is no obvious reason.

Usual presentation

Symptoms include redness, swelling, local heat, discomfort or pain and reduced milk volumes at each feed. Baby can be a fussy feeder for a few days while this is going on.

You may feel unwell and experience “flu-like” symptoms.

How can SHE help?

Ultrasound and LASER reduce inflammation and improve the symptoms within the next 1-2 feeds usually.

SHE will show you the correct way to gently massage your inflamed breast.

It is very helpful to have ultrasound or laser as soon as you suspect mastitis – regardless of whether you begin antibiotics.

What can I do before I see the women’s health physio?

Have plenty of rest and adequate fluids. Relieve your symptoms with simple analgesia and anti-inflammatory medications.

Do NOT massage your breasts strongly.

Use gentle warmth and cool packs to help with discomfort.

When to make an appointment

If the symptoms of mastitis have not resolved following a breast feed.

Please ring or text SHE early in the day – so that you can be seen that day.

Antibiotics: Ultrasound and LASER can be used with antibiotics and it speeds recovery.

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