

Mastitis

Mastitis is inflammation of the breasts that can lead to infection. It usually happens in people who are breastfeeding, but it can occur at other times. Symptoms include breast swelling, pain, warmth and redness. Sometimes it may be accompanied by a fever and chills or tiredness. These symptoms can occur with a blocked milk tube or duct.



When to Get Help

See your primary care provider or call 811 (711 for deaf or hard of hearing) if:

- The pain, redness or swelling does not improve in one or two days.
- The symptoms do not completely clear in 2 weeks.
- You have questions or need more information.

Go to the nearest Emergency Department or Urgent Care if:

- You develop a fever, chills, flu-like symptoms or feel weaker, light-headed, dizzy or getting sicker.
- The pain, redness or swelling are increasing.

To Learn More:

- Ask your health care provider or local public health breastfeeding support services.
- HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca

Recommended Follow-Up

☐ Follow up in ___ days.

Name of Provider

Reason

Date/Time

Location

Contact Info

☐ _____

☐ _____

Causes

- Clogged milk ducts that do not empty fully during breastfeeding.
- Bacteria entering the breast usually from the skin surface but they can come from the blood.

Treatment

- Antibiotics by mouth if not severe for 7 to 10 days.
- Typically:
 - Cephalexin 500 mg 4 times a day **OR**
 - Clindamycin 300-450 mg 4 times a day if penicillin allergic or methicillin resistant staph aureus (MRSA) suspected **OR**
 - Cotrimoxazole 1 DS tablet twice a day if penicillin allergy or MRSA
- Pain Medications:
 - Acetaminophen 1000 mg up to 4 times a day
 - Ibuprofen 400 mg three times a day with food (upsets stomach) **OR** Naproxen 500 mg twice a day
- Continuing to breastfeed or pump to keep milk from backing up in the ducts and remove bacteria.
- Applying cool cloth to the area (20-30 minutes) and gentle massaging the area from outside towards the nipple to help clear any blockage.
- Drink plenty of fluids (more than usual) and eat as best you can (more frequently) to help your body fight the infection
- Your pharmacist is an excellent source of useful information

Prevention

- Ensure that the baby is latching properly when breastfeeding
- Fully emptying breasts during breastfeeding or pumping
- Wear a well-fitted and non-restrictive bra

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Find this information sheet on the ECBC website:

https://emergencycarebc.ca/clinical_resource/patient-information-sheet/mastitis/

Additional Information

- To learn more about Mastitis, visit:
<https://www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/breastfeeding/mastitis-while-breastfeeding>

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