

Mastitis



ALCHEMY
IN MOTION

What is it?

Mastitis occurs when breast tissue becomes inflamed and sore. Mastitis can be infective and non-infective in nature.

Causes

There are two primary causes:

- Milk stasis - when the breast isn't emptied effectively or when the breast becomes engorged due to extended time between feeds
- Nipple trauma - when the nipple becomes damaged and cracked bacteria can enter the breast and create an infection

Symptoms

- Redness, heat, hard, shiny area of the breast
- Marked tenderness or pain
- Full body fevers, aches, chills or pain

Self Treatment Strategies

- Self breast massage
- Vibration therapy
- Gentle compression + altered clothing use
- Hot / Cold therapy

Physiotherapy Treatment

- Gentle breast massage - stimulates the drainage of the affected area
- Therapeutic ultrasound - can assist with inflammation & pain while helping the break up the blocked / sticky area
- Lymphatic drainage - to stimulate the lymphatic system to drain the affected side
- Musculoskeletal massage and mobilisation - neck, shoulders and thoracic spine
- Parasympathetic relaxation techniques
- Kinesiotaping - assists
- Breastfeeding positioning and attachment advice as indicated
- Breast emptying strategies - hand expressing & use of pump

Other Treatment Options

- Anti-inflammatory medications - consult your doctor or pharmacist for advice
- Antibiotics - The pathogens in infective mastitis are penicillin resistant so it is important that you are prescribed the right TYPE of antibiotic.
 - Flucloxacillin and dicloxacillin are the most commonly prescribed AB
- Lactation Consultant

References: See website

Who to see



Alice Mackenzie