

# CARE OF BLOCKED DUCTS AND MASTITIS

THESE ARE LIKELY TO FIRST PRESENT AS A TENDER RED AREA ON ONE BREAST. EARLY MANAGEMENT IS VITAL.

## B

Breastfeed normally (no more and no less than usual)

- avoid massage
- avoid stimulating the breast more than is necessary to feed baby - don't over-feed or over-pump

## A

Anti-inflammatories AND analgesia

- ibuprofen (Nurofen)
- Paracetamol
- Use regularly and as directed

## I

Ice

- wrap ice or other frozen item in a cloth and apply to the affected area
- apply every hour or more often if desired
- avoid using direct heat

## L

Lymphatic drainage

- using a very light touch, stroke the breast from the nipple towards the outside of the breast in all directions
- use a similar pressure to what you would use to stroke a cat

THIS WILL HELP IN MOST CASES MOST OF THE TIME. IF SYMPTOMS ARE NOT BETTER IN 24-48 HOURS OR IF MĀMĀ/PARENT FEELS UNWELL, SHE/THEY SHOULD SEE A HEALTH PROFESSIONAL