



Mastitis Prevention and Natural Treatments

Prevention is worth one thousand treatments! Here are a few ways to reduce the chances of developing mastitis.

1. Consider a Lactation massager or self-massage to the breast during feeds/pumping, concentrating on lumpy areas.
2. Contrast hydrotherapy: apply warm compresses and massage any lumpy areas. Take hot showers and do the same. *Optional:* Alternate with cool cabbage leaves and leave on for 5-10 minutes at a time.
3. Avoid constricting bras, especially those with underwires.
4. Use Silverettes to prevent and treat dry, cracked nipples.
5. Aim for complete emptying of each breast and keep track to alternate breasts as equally as possible.
6. Intervene at the first signs of developing mastitis:
 - Redness
 - Swelling or lumpiness
 - Discomfort
 - Difficulty emptying completely
 - Unusual discharge
 - Reduced milk flow from the affected breast
 - Fever or flu-like symptoms

If you end up with any signs or symptoms of developing Mastitis, continue the above recommendations and consider these natural interventions.



- Belladonna 200c for sudden onset, red, hot, hard, throbbing painful breasts, with possible engorgement &/or fever.
- Byronia 200c for hard, hot, swollen, painful breasts, pain worse on the slightest movement, paired with emotional irritability/ crankiness &/or headache. May feel better with pressure/compression or being held.
- Phytolacca 200c for inflamed, lumpy breasts due to blocked ducts, pain during nursing, cracked nipples, discharge, pain radiating out from the nipples to other parts of the body, pain may be shooting in nature. May feel better with warm applications. May notice a purple hue.
- Above are the most common remedies. See end of handout for a table of more remedies which may be indicated for specific cases (credit to Magnolia Lactation Consulting: magnolialactation.com).
- Cabbage leaves: contain glucosinolates, inflammatory mediators, antioxidants, and amino acids which soothe the inflammation, allow for the immune system to access the tissues better, and help with milk flow. Chill the leaves in the refrigerator and crush lightly immediately before use. Apply to breast (can place between bra and breast as a nursing pad) for 20-40 minutes at a time, 2-3x/day until symptoms resolve.

RED FLAGS (SEEK IMMEDIATE MEDICAL ATTENTION):

- Symptoms do not improve or resolve after 1-2 days
- Worsening symptoms after treatment/interventions
- Red streaks in breast
- High fever
- Cracked nipples that show signs of infection
- Pus or blood in milk



OTHER HOMEOPATHIC REMEDIES TO CONSIDER (MAGNOLIALACTATION.COM)	
SYMPTOMS:	REMEDY:
Baby: vomits milk after feeding, agitated and refuse the breast the next time it is offered	Antimonium Crudum
Engorged breasts that are hard, hot, inflamed, painful. Red streaks, throbbing pain, overabundance of milk.	Belladonna
Breasts are painful during nursing, aching after nursing. Pain in the opposite breast while baby is latched on. Immediately after nursing both breasts are aching.	Borax Veneta
Breasts are engorged, hard, hot, inflamed. Breasts are pale, pain is "stitching" (as opposed to red and throbbing, see Belladonna). Over-supply of milk. The slightest movement causes pain. Sometimes there is fever and depression.	Bryonia Alba
Over-supply of milk; breasts feel large and uncomfortable.	Calcarea Carbonica
Breast lumps present mostly in right breast, not necessarily painful.	Conium Maculatum
Low milk supply; experiencing chills.	Dulcamara
Painful breast abscess.	Mercurius Solubilis
Baby: nasal congestion, especially at night, interfering with nursing. Especially for babies who are sensitive to mother's diet.	Nux Vomica
Breasts are inflamed, lumps present. Abscesses. Nipples are cracked and sore. Nursing is painful – pain radiates from nipple into the rest of the breast and body. *This remedy can take 12-24 hours to take effect	Phytolacca
Over-supply. Emotional: weepy, depressed.	Pulsatilla Nigiricans
Breasts inflamed, painful, lumpy. Nipples cracked and inverted. Abscesses. Pain in breasts is sharp and worse while nursing. Worse in left breast. Also, may have an aching back.	Silica
Breasts: red, inflamed. Abscess. Breasts may be itchy.	Sulphur
Milk supply problems: low supply or oversupply. Can help during the first few days when milk supply seems low and there is no obvious reason.	Urtica Urens