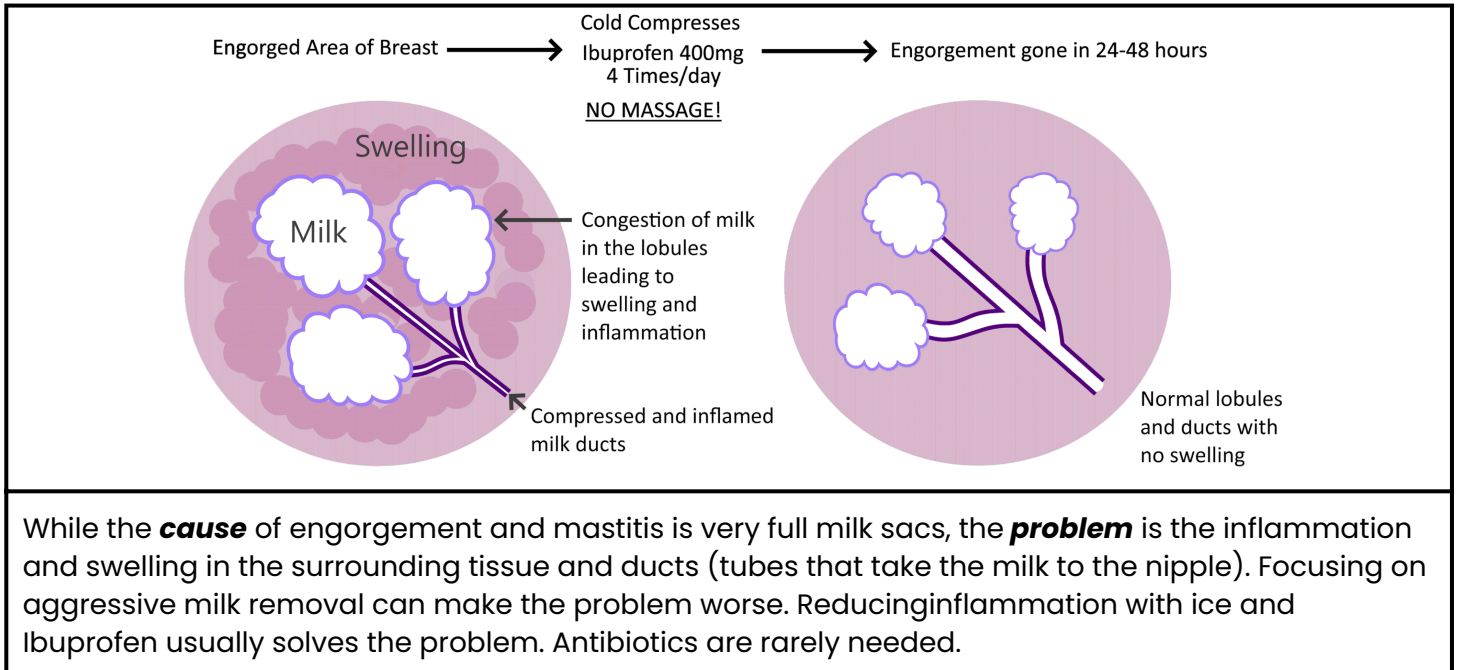


ENGORGEMENT and MASTITIS



✓ DO

- **Ice** For 20 min after feeding/pumping
- **Ibuprofen** 400 mg – 4 times /day with food (Unless you can't take it)
- **Keep Breastfeeding or Removing Milk Gently**
- **Reduce Overproduction** Remove only what the baby needs

Why - The above steps reduce swelling and inflammation and should solve the problem.

✗ DON'T

- No massage or heat
- Don't try to remove more milk than the baby needs
- Don't go longer than 5-6 hours without milk removal
- Don't panic if milk flow is slowed. Once the inflammation and swelling settles down, the ducts will widen and milk will flow again.

Why Not – Removing more milk than needed can increase milk production; making the problem worse. Hard massage can damage the breast. There are no plugs that need to be removed. Heat increases inflammation..

Lecithin

Optional Add On

- **2400mg –3 times/day** when engorged
- **1200mg daily** for prevention

Why - Lecithin takes large globules of fat and breaks them into smaller globules, making it easier for the milk to flow in the inflamed and compressed ducts.

When to Go for Help

- You feel really ill and feverish
- You're not getting better in 48-72 hours
- Large lump not going away with feeds
- You need help to reduce overproduction