

PATIENT INSTRUCTIONS POST PROCEDURE: ASPIRATION OR DRAIN PLACEMENT

BOOK FOLLOW UP APPOINTMENT

Please call your breastfeeding medicine clinic to make a follow-up appointment. Notify the staff you have had a procedure for a breast abscess and a follow-up will typically be booked within 3-5 days. If they don't answer the phone, please leave one message. They should call you back within 24 hours.

If you were not referred/seen by a breastfeeding medicine specialist for this pregnancy, please call Well Fed Clinic West for a follow-up.

Well Fed Clinic West Market Mall Professional Centre
4935 40 Ave NW #308
P- 403-303-3727

FEEDING/PUMPING • Keep feeding on both sides. Your milk is safe and will not harm your baby, even with antibiotics and infection • Avoid long breaks between feeding or pumping (no more than one 5 hour break in 24 hours) • Don't try to empty the breasts • Take out only the amount of milk that baby needs (if you are making too much milk, please talk to breastfeeding clinic about how to decrease it slowly) • Sometimes your milk flow will slow when you have a breast infection. Do not add more pumping sessions to try to increase your milk until after your breast has healed. We will help you with this.	DRAIN CARE • Empty the bag or change the gauze as often as needed • The drain will usually be removed at your follow up appointment 3-5 days after placement ASPIRATION CARE • Change bandage if wet/soiled Once incision has stopped leaking/bleeding, take off bandage
MEDICATIONS • Antibiotics ◦ Continue the antibiotics you have been prescribed • Pain ◦ Ibuprofen 400 mg every 6 hours unless you have a medical reason not to take it like asthma, bleeding ulcers or kidney disease. ◦ Acetaminophen 1000 mg every 6 hours	OTHER DO's and DON'Ts • NO heat • NO massage • DO use cold compresses for 15-20 min after each breastfeeding or pumping session • DO use lowest pump pressure that removes milk • DO bring your pump to the follow up session if you use one.

⚠ Call the clinic before your appointment if:

- Fever >38°C using thermometer or you feel really sick
- Breast pain getting worse
- More redness/warmth of skin
- If this happens when the clinic is closed, go to Urgent Care or Emergency