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## ***Remedies for Mastitis***

The following is a list of alternative remedies used to treat mastitis. It's best to start treating mastitis early to get a head start on it. Sometimes antibiotics are needed for persistent mastitis, but most cases of mastitis will clear up with at-home remedies.

### ***Nurse that Baby!***

Keeping the milk flowing through both of your breasts, but especially the affected breast, is really important. Your baby will not get sick from the mastitis, and still needs to eat. Nursing with mastitis can be painful for many women, but it's really important. If you are not able to nurse at all on the affected side, pump and/or hand express the milk on that side every 3 hours until you are able to nurse on that side.

Using cold compresses on breasts to reduce inflammation between feeds can help a lot, although warm compresses are fine too if they feel better to you than cold (listen to your body).

Taking a warm shower can help the milk and lymph flow more easily through your breasts, and often feels good too.

### ***Rest, Fluids, and More Rest***

Sometimes mastitis is the body's way of telling you to *slow down*. Just as with any time that you are ill, or your body is fighting an infection, it's very important to take good care of your immune system. Take your baby to bed with you and plan on curling up for a 24-hour rest marathon! Enlist the help of your friends and family to support you and your house so you don't have to do any cooking or cleaning or visiting, and can just focus on resting and healing up.

Take in lots of fluids to help your body flush the infection out- water, herbal teas, juice, soup broths, etc.

Ibuprofen can help to reduce pain, inflammation, and fever- take up to the recommended dose of 400mg every 4 hours as needed.

## ***Remedies***

**Vitamin C** helps to combat bacteria : 3000-5000mg/day when you are fighting an infection is good.

**Echinacea tincture** is safe to take while breastfeeding, and can boost your immune system : take 3-4 droppers full per day in a small amount of warm water.

**Oregon Grape Root tincture** is another good immune booster and bacteria fighter : take 3-4 droppers full per day in a small amount of warm water.

**Raw Garlic** is a great bacteria-buster, and boosts your immune system as well. Eat as much as you can, in food, salad dressings, or cut into smaller pieces and swallowed like pills. Aim for 4-5 cloves/day if you can.

**Castor Oil Compresses:** This is not for ingesting! Castor oil can be found at any health food store or pharmacy. Soak a dry cloth in castor oil, and warm it in the oven or the microwave until comfortably warm to the touch (not too hot!). Place it on the most affected area of your breast, and leave in place for 20 minutes. Repeat as desired.

## ***Homeopathics***

Homeopathic remedies are very dilute, and are safe during both pregnancy and breastfeeding. A few work really well in many cases of mastitis. When taking a homeopathic remedy, take 2-3 of the little capsules and allow them to dissolve under your tongue for at least 30 seconds (they taste sweet). Repeat every 30 minutes for six doses, daily until symptoms improving. Do not eat or drink anything for 5-15 minutes before and after taking the remedy.

**Phytolacca** – take for general mastitis symptoms, especially if breasts are lumpy, pain is radiating, and right breast is affected.

**Belladonna** – take for general mastitis symptoms, especially if fever is present and breast is red and feels hot.

**Hepar Sulphur** – take for mastitis if struggling with recurrent plugged ducts, and if experiencing extreme sensitivity (to baby nursing, to touch, to cold)

***\*If your mastitis symptoms are not improving after 24-48 hours of treatment, antibiotics should be considered.***