

Mastitis Protocol

There's a new protocol for mastitis! It has now been shown that massage and heat cause more inflammation and sepsis is more likely to develop. Below are the new recommendations:

- Cold compresses in between feeds or pump sessions
- Put the pump away if you don't need it! You should not add in extra pump sessions. Feed like normal
- Rotate tylenol and ibuprofen for pain and fever
- Rest and hydrate
- Raw garlic is a natural antibiotic. You can eat 1 to 2 bulbs a day
- If your fever is HIGH and you don't feel better within a couple of days, ask your provider for antibiotics
- If you're going to take antibiotics, you and your baby should also take a probiotic to avoid thrush/yeast

<https://www.eurekalert.org/news-releases/953165>