

Treatment for Engorgement, Clogged Ducts, and Mastitis

Academy of Breastfeeding Medicine
Clinical Protocol #36: The Mastitis
Spectrum, Revised 2022

BREAST REST

- NO Deep Tissue Massage
- Don't over feed or over pump
- Down regulate production if needed

Advil (800mg every 8 hours x 48 hours)
Ice (10 minutes every 30 minutes or ad lib)
Tylenol (1000 mg every 8 hours x 48 hours)

LYMPHATIC DRAINAGE

- Reduces swelling by assisting movement of lymph fluid, decreasing edema, softening fibrosis
- Technique
 - Very gentle touch/traction of skin - "like petting a cat" (lift skin to allow flow of lymphatic drainage/vascular decongestion)
 - Ten small circles at junction of IJ and subclavian vein
 - Ten small circles in axilla
 - Continue with light touch massage from nipple towards clavicle, axilla
- Start during pregnancy if experiencing painful rapid breast growth, and use as needed postpartum for engorgement



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