

Ahmavine Breast Infection Treatment

Breast infections during breastfeeding should never be taken lightly. Mastitis (breast infection) can be caused by severe reasons. Breast infections can start in early weeks, or months later.

~ Reasons for Infections~

Cracks and fissures (tiny tears) on the nipples from a bad latch by baby, Women doing TOO much, TOO soon, traveling too soon, poor immune system, not resting/ sleeping enough in the first 8 weeks postpartum, engorgement beyond normal that is not reducing, women who are not eating and drinking enough, and weaning babies/toddlers quickly.

!!Signs and Symptoms of Beginning Infection!!

Rapid onset of sore, painful or achy feeling on certain parts of your breast, hot or red area on breast, feeling like you have the “flu”, headaches, fever and fatigue.

~Treatment~

Cold Pack (frozen pea bag) on affected area: 15 minutes on, 15 minutes off for 4 hours.

Cold suppresses infection and is best but occasional heat may bring relief (e.g. hot water in the shower will relieve pressure and allow milk to flow).

Take 500mg of Vitamin C every 1–2 hours and Echinacea 20 drops or 3 capsules every 4 hours.

Garlic in diet or Garlic capsules every 4 hours.

Take Ibuprofen 800mg every 4–6 hours for inflammation and pain.

Wear a good supportive snug bra with no underwire or go topless.

Eat warm foods and drink LOTS of water.

Keep nursing! A breast infection is NOT an indication to stop nursing, and it's important to keep the milk moving so pump if necessary, and change positions while nursing to stimulate different duct areas.

GO TO BED and wear socks to keep your feet warm.

And:

Changing your body's PH level– this will help resist infections.

First and second hours– mix 2 Tablespoons of apple cider vinegar into 1 cup of water and drink. Third and Fourth hours– drink 1 cup of water. Fifth hour– repeat 2 Tablespoons of apple cider vinegar in 1 cup of water and drink. Sixth hour– drink 1 cup water.

!Signs and Symptoms of Serious Infection!

Signs of beginning breast infection as listed above, temperature over 99.9, rapid heart rate, feeling chilled, cold or sweaty, experiencing severe pain in breast area, hard breasts or hot to the touch, headache, no appetite or thirst, nausea or vomiting.

~Treatment~

Call your midwife! After you have done all of the above treatments add the following:

Herbal treatment: Poke Root–5 drops 4 times daily, Bryonia–10 drops 4 times daily for 48 hours. Reduce both herbs to twice daily for 48 hours, on 5th day take 1 dose of each, then stop treatment.

OR

Homeopathic treatment- Phytolacca-2 pellets 4 times daily, and Bryonia-2 pellets 4 times daily for 48 hours. Reduce both remedies to twice daily for 48 hours, on 5th day take one dose of each, then stop treatment.

Some of the above treatments may go against many recommendations from breast feeding books and/or other medical practitioners. However these treatments really work and you can expect to start feeling better within 2-6 hours.

ALWAYS FOLLOW UP WITH YOUR MIDWIFE!!