



Breast Care

Rest

This is number one, to allow your body to recover and heal from this process. Physical or mental stress on the body can add to the inflammation returning. Prime reoccurrence is in the first 7 days after you believe it has settled

Stop wearing tight bras

A good test is to remove your bra and if it has left an imprint on your skin, it's too tight.

Massage

Pain free gentle massage through your muscle above the breast and breast mobilisation can help facilitate blood flow and lymphatic drainage

Stretches

Gentle arm stretches, opening up the front of your chest improve posture and could aid blood flow and lymphatic drainage.

Cold/heat Pack

Applying heat 10mins prior breastfeeding can aid milk flow. Some women find applying a cold pack to the area can give pain relief between feeds.

Warm showers

Direct the shower head onto your back or to the side of the breast

Positioning for feeds

Try to place baby's chin on the area of concern to help with massaging and draining the duct during feeding