

## Massage for Mastitis

### Massage technique

1. Take 5 deep breaths and hold each breath for 5 seconds.
2. Using the pad of your fingers massage your armpit using a firm circular motion for 1 minute on the affected side, moving to a different quadrant every 15 seconds.
3. Place your palm of your hand over your breast. Using long gentle strokes, sweep your palm over your whole breast including your nipple and areola. Complete 10-12 strokes. Massage your breast in the direction of your armpit. This can be done in sitting or lying.
4. To enable smooth gliding of your palm over your breast, keep a singlet on or place a sheet over your breast. Alternatively you can use a lubricant such as a massage oil or breast milk.
5. After you have completed your 10-12 strokes, press your palms together (prayer position), this activates the pectoral muscles and helps to remove the inflammation. As you press your palms together take 5-10 deep breaths.
6. Complete this massage technique after you feed your baby and as many times as you feel it is needed throughout the day..



\*At no time should the massage be painful, it should be pleasant and comfortable. If the technique is painful cease the massage.

### Breast Lifting

1. Cup both hands around and under your breast.
2. Slowly lift and lower your breast. Each time you lift your breast raise it on a slightly different angle towards your opposite armpit or towards the middle of your chest. This is where the lymph nodes are located and will help to reduce your inflammation and swelling.
3. Repeat 5-10 times.
4. This can be done as often as you like. You should have no pain or discomfort when you do this.

### Breast Rotating

1. Cup both hands around your breast,
2. Lift your breast and sustain a hold for 2-3 seconds.
3. Gently with both hands rotate the breast in alternate directions.