

PREVENTION AND TREATMENT FOR MASTITIS

For diagnosis of Mastitis, refer to Handout on Blocked Ducts and Mastitis

Cut 6-8 washed, raw potatoes (preferably lengthwise) into thin slices, approximately 1/8" to 1/4" thick. Place in a large bowl of water (room temp.) and leave out.

Apply wet potato slices to breast and affected areas. Leave in place for 15-20 min.

Remove and discard used slices. They should feel hot and softened.

Apply fresh slices from bowl. Repeat process two more times, totaling approximately 3 applications per hour. Take a 20-30 minute break and then repeat procedure.

Adapted from Bridget Lynch, Community Midwives of Toronto