Melbourne Mastitis Clinic

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DISCLAIMER: The service, content and other services and information presented by Melbourne Mastitis Clinic is general in nature and is intended as educational. It is in no way intended to replace medical advice or treatment.

If you are unwell, your symptoms progress &/or you're overwhelmed, always seek personal advice from your local GP or IBCLC.

Who are we?

Melbourne Mastitis Clinic is a group of osteopaths passionate about all things breastfeeding health. Our team is experienced in the treatment of mastitis, blocked ducts and engorgement.

Melbourne Mastitis Clinic is located within Boroondara Osteopathy, where our team has been treating breastfeeding & pumping parents for over 8 years.

That's right, we've treated 1000's of breastfeeding parents just like you! During lockdown we decided to take our passions to the next level and create a clinic specifically for people struggling with lactation issues.
Congrats on taking the first step towards understanding breast health for feeding bliss.

With this guide, we want to educate you on **what mastitis really is,** what **causes mastitis** and what **treatment** there is available at MMC. Let us guide you on the path to recovery and understanding of how clinical **breast massage and therapeutic ultrasound** can assist you in your journey.

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Common breastfeeding issues

Blocked ducts form due to an increase of inflammation in the actual duct structure itself. When the duct swells with inflammation it narrows the pathway for the milk to flow through. So milk pressure builds up behind the blockage which you would feel as a lump in the breast. At it's heart the issue in blocked ducts is inflammation therefore the treatment goal is to reduce inflammation.

Mastitis is inflammation of the breast tissue that can occur both with infection and without. However, a lot of cases are only inflammatory, and it's important to understand that this occurs OUTSIDE the milk duct & in the breast tissue. Either inflammation or infection will present as pain, swelling, redness, and/or flu like symptoms (fever, joint pain).

Engorgement is swelling within the breast tissue, lymph vessels & blood vessels. This is common when your milk comes in after birth. Swelling may make it difficult for milk to flow and for your baby to latch & drain the breast. Working on the swelling and helping the breast become more supple with massage may aid in taking pressure off the milk ducts.

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What is therapeutic ultrasound?

We use therapeutic ultrasound as a part of our treatment protocol at MMC. Ultrasound emits tiny sound waves into the tissue. This vibration jiggles the tissue & increases blood flow which can help reduce inflammation. AND we know inflammation is the cause of blocked ducts & mastitis!

What it **can** do

- Therapeutic ultrasound aims to reduce local inflammation. This is usefull in blocked ducts, mastitis and engorgement.
- Increases local blood flow which helps to provide the tissues with essential cells, nutrients and oxygen all needed in the healing process.
- Encourages congestion to breakdown allowing easier drainage of fluids.
- May provide some immediate pain relief.

What it **can't** do

- Address the cause of your issue. We often need to understand the WHY of a problem to stop recurrence.
- Completely solve mastitis, blocked ducts, or engorgement.
- Treat the surrounding tissues that can also cause fluid flow restrictions and contribute to mastitis.
- Be the ONLY treatment tool! It's great in conjunction with massage and other anti inflammatory approaches.

Read more about therapeutic ultrasound here:
https://boroondaraosteopathy.com.au/mastitis-ultrasound/

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Massage for mastitis

At Melbourne Mastitis Clinic, we use hands-on techniques and massage in the treatment of mastitis.

Massage is an underused strategy to assist in relieving mastitis symptoms. Unfortunately, we often see our patients trying to massage their breast with little to no improvement. This is because they haven't been taught a safe and effective strategy for breast massage. Too often google is spitting out '**OLD**' advice.

The treatment approach we use is one that we have developed ourselves over years, at the Melbourne Mastitis Clinic. Massage of mastitis should always be gentle as the breast tissue is very delicate in nature. Breast massage should be based on the actual problem and be focused on resolving the symptoms of fluid dynamics and drainage of not only milk, but blood flow and lymphatics.

You can find out more about our mastitis treatment here:

https://boroondaraosteopathy.com.au/mastitis-treatments/

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We have Virtual consults

That's right!

Melbourne Mastitis does in fact offer virtual consults.

The Melbourne Mastitis Clinic has treated so many people in our surrounding community that we know how important it is that breastfeeding parents can access experienced practitioners to work through their breast health problem. Unfortunately for many, what we do is a niche area of therapy that is usually difficult to find close to home.

That's exactly why we are offering **virtual mastitis consults** so you can discuss your breast healthcare with an experienced professional and receive demonstration of the techniques we've specifically developed for treating the breast specifically for breastfeeding mothers.

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Frequently asked questions

1.How long are your 'in-clinic' appointments?

Our appointment types are:
Initial consult 30mins
Initial consult 60mins
Subsequent 30mins
Subsequent 60mins
We recommend 30 minutes per affected breast.
So if you have problems on both sides our 60 minute session is most appropriate.

2. Can I bring my baby to the appointment?

Absolutely!
We are a family friendly clinic, we are there to give you support and we LOVE meeting your little one(s)!
If you are worried about an unsettled bub we always have staff ready to help out too.

3. Should I feed/pump before or after the appointment?

Our suggestion is do what makes you comfortable!
We always encourage sticking to your regular schedule. Whether you pump or feed beforehand it won't affect your treatment either way!

4. Does my partner need to attend the appointment too?

Partners are always welcome to come in to the appointments but it's not necessary.
Sometimes it can be really overwhelming dealing with mastitis so having a support person is beneficial.

5. What should I expect during my consultation?

Our practitioners are all skilled in the assessment of breast complaints and the application of therapeutic ultrasound and hands-on treatment.
All appointments start with a thorough history of your complaint followed by assessment and then an action plan including hands-on treatment will be discussed with you.

For more frequently asked questions, head to our website here:

https://boroondaraosteopathy.com.au/melbourne-mastitis-clinic/

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Mastitis checklist

What to look for

- A hard lump in the breast small or large.
- Redness over the affected and/or surrounding area.
- Swelling of the breast.
- Pain - can be intermittent, with movement or all the time.
- Fever, chills, flu-like aches and pains.

What you CAN do

- Use warm or cold compress to help ease pain and inflammation.
- Use medications like anti-inflammatories and pain-killers to ease symptoms.*
- Supplements like sunflower lecithin and probiotics have been shown to be useful in some cases.*
- Get some rest! Mastitis is an illness, you need time to recover.

*Always discuss with your health professional or pharmacist before starting new medications

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Mastitis checklist

What NOT to do

There are in fact a few items on the **DON'T** list.
These are the types of things we are always telling our patients to **AVOID.**

1 DO NOT massage the breast really deep and hard, or use massage tools and accessories that are harsh on the breast - there should be no pain or bruising!

DO NOT increase the amount you feed or pump. As above, you can't remove mastitis through the nipple, overly draining the breast can lead to worsening symptoms. 2

3 DO NOT try to squeeze the lump out of the breast. Mastitis is not in the milk and can't be emptied out.

DO NOT neglect the rest of your tissues. It can be easy to think the only part that needs treating is the lump but sometimes we need to think about the whole, not just the part.. 4

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what's next??

you are not alone!

25%

of breastfeeding parents will get mastitis.

education.

Want to know more?

It's WHY we built our clinic, so women like you had a choice to learn & understand their breast health!

health.

By understanding the breast from a bigger picture, you can treat the problem structures with strategic massage and prevention techniques.

It's about breast tissue rehabilitation.

treatment.

We use therapeutic ultrasound and massage strategies that can relieve pain and symptoms as fast as possible, and get you back to feeding your baby.

We also spend time teaching YOU these techniques so you can also work on this from the comfort of your home.

BOOK NOW! Call (03) 9859 5059 or head to our website here:
https://boroondaraosteopathy.com.au/melbourne-mastitis-clinic/

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Click here to book an appointment!

https://boroondara-osteopathy.cliniko.com/bookings#service