

To Avoid Mastitis – Use Dr. Spunt's Remedy for Blocked Milk Ducts:

Note Before: The point of this procedure is to COOK any bacteria lurking in your ducts and to help dislodge any blocks. Use when blocks or sore red patches develop in your breasts.

Materials Needed:

- ❖ A piece of *clean* pure wool large enough to cover breast (re: pure wool socks)
- ❖ A few drops of castor oil (optional)
- ❖ A plastic bag (size of bread bag)
- ❖ A heating pad
- ❖ A good movie or book
- ❖ Caregivers for baby so you can have at least one hour undisturbed

Procedure:

- ❖ Add castor oil (if using) to small bowl of warm water
- ❖ Soak wool until wet
- ❖ Wrap wool over breast making sure to cover any sore red patches
- ❖ Place plastic bag over wool covering breast
- ❖ Set heating pad to as hot a temperature as you can stand for long periods
- ❖ Place heating pad over plastic bag making sure it is in contact with sore areas
- ❖ Relax and watch an ENTIRE movie or read at least half of your book
- ❖ IMMEDIATELY after removing heat, feed baby on sore breast
- ❖ Take a break for a few hours
- ❖ Repeat until soreness is gone OR easing considerably

Important Notes:

- ❖ You can feed baby for up to two consecutive feeds on sore breast to try and dislodge block BUT make sure other side is not becoming engorged or it may develop blocked ducts!
- ❖ This remedy may help you avoid Mastitis. However, it's a good idea to monitor your temperature. A fever may indicate that Mastitis has begun and this will require further treatment. Report fever to your Midwife immediately.
- ❖ DO NOT WAIT to take care of blocked ducts. Mastitis is a serious condition that develops quickly. Take the necessary time to take good care of yourself.