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Poultice for Mastitis

Use comfrey leaves and calendula flowers in a poultice for mastitis.
(Also useful in a poultice is cold, raw potato applied directly to the breasts and then covered over; this can be reapplied when dry).

Make a Dried Herb Poultice

1. Grind dried herbs into a powder with a mortar and pestle.
2. Add enough warm water to make a paste. The paste should be thick enough to be applied to the affected area, but it shouldn't be stiff.
3. Spread the herbal mixture over a piece of gauze, cotton or muslin that is large enough for the affected area.
4. Clean the affected area before placing the poultice on it.
5. Wrap the poultice with a towel or plastic wrap and secure it into place.
6. Keep the poultice on for anywhere from 1 to 24 hours depending applying a fresh poultice as needed.

Read more: How to Make a Poultice | eHow.com
http://www.ehow.com/how_2087788_make-poultice.html#ixzz1l44vuH3L