

From: [REDACTED]
To: [Reproductive, Maternal and Paediatric](#)
Subject: Select Committee on Reproductive, Maternal and Paediatric Health Services Content:
Date: Monday, 16 September 2024 8:26:01 PM
Attachments: [_5a - HO Applications New ABM mastitis protocol 2022.pdf](#)

[REDACTED]

Dear Secretary,

I am writing to the Select Committee about my story involving traumatic postpartum care which resulted in breastfeeding trauma.

My name is [REDACTED] I live in Launceston, I have one son and he is 3 years old. I would like to address the awful care that I experienced in my postpartum here in Tasmania.

When I was early postpartum I was not informed of possible complications. I had a had a firm, hard and painful breast massage done by a child health nurse during a home visit to treat a suspected case of mastitis. I ended up with a large breast abscess and required surgery. I had to wear a drainage bag post surgery for weeks. Ended up with three months of nerve pain from the surgery. I wholeheartedly believe that this firm massage only aggravated the breast tissue and I now know that this is not the recommended treatment for inflamed irritated tissue.

This has made me feel devastated at my start of motherhood.

I have attached the updated evidence for mastitis and breast abscess treatment. See on page 37, FIG 21 a **gentle** lymphatic massage away from the nipple. The massage I received was excruciatingly firm and towards the nipple. Going completely against this latest research and protocol.

Thank you for listening!

Regards

[REDACTED]