

ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

A DIVISION OF WOMEN'S CARE CENTER OF MEMPHIS

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Conservative Measures for Management of Breast Pain

1. Abstain from caffeine-containing products as much as possible. Caffeine does not cause fibrocystic changes or cysts, but it may aggravate the pain.
2. Restrict your salt intake. Salt causes fluid retention, especially in the breasts.
3. Take two (2) Tylenol (Acetaminophen) or two (2) Advil (ibuprofen) every four hours while you have breast pain.
4. Wear a proper-fitting, supportive bra during the day and a sports-type bra at night while sleeping. This additional support may alleviate some of your breast pain.
5. Take 400 units of Vitamin E every day. This may help with your breast pain.
6. For women who are post-menopausal or those who have had a hysterectomy—take three (3) Grams of Evening Primrose Oil every day for 2 months.
 - a. If after 2 months you cannot tell this has helped, stop taking it.
 - b. If this seems to be effective you may continue taking for an additional four (4) months.
7. If the pain is severe and these measures have not decreased your discomfort, please call our office for an evaluation appointment.