



Breastfeeding Committee For
Saskatchewan

Breastfeeding Plugged Duct

IMPORTANT

- Feed baby often, at least every 2 hours.
- Apply warm cloths and massage the area before breastfeeding.

Call your doctor if you have a fever or flu-like symptoms along with a sore spot on the breast.

For further information contact:

Local Public Health Nurse

Lactation Consultant

*Local Health Care
Provider*

*Local breastfeeding support
group*

HealthLine
1-877-800-0002

What is a plugged duct?

- The breast contains many milk ducts that make milk. When one of these ducts is not being drained properly it may become plugged.

Possible signs and symptoms:

- mild pain in a spot or lump in your breast
- a lump that does not go away after breastfeeding
- comes on gradually
- there is little or no warmth in the area
- there might be a white spot on the nipple (the opening to the duct is plugged)
- your temperature may be slightly elevated (38°C)
- you feel generally well

What you can do:

- Before feeding baby:
 - apply warm moist cloth to the sore, lumpy area of the breast
 - gently massage the breast from behind the lump towards the nipple.
- Breastfeed often, at least every 2 hours, on the sore breast. Massage the breast from behind the lump while breastfeeding.
- Make sure baby is well latched and is sucking well at the breast. Use breast compression.
- Use different positions to nurse your baby.
- If baby is not emptying your breast, hand express or pump after feeding.
- Avoid tight or binding clothing. Wear a well fitting bra that does not have any pressure areas.

For more treatment options your health care provider may refer to the "Mastitis/Plugged Ducts Information for Health Professionals" handout.

*Adapted with permission from
Regina Qu'Appelle Health Region
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