



IMPORTANT

- Feed the baby often, at least every 2 hours if possible, on the affected side.
- Apply warm, moist cloths, massage prior to feeding, and use massage/compression on the affected area during the feeding.

Breastfeeding

Plugged Duct

What is a plugged duct?

- A firm, tender, slightly reddened area or lump in the breast may be 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 include:

- mild pain in a spot or a lump in your breast
- a lump that does not go away after breastfeeding
- gradually appears
- little or no warmth in the area
- may be accompanied by a white spot on the nipple (when the opening to the duct is plugged)
- slightly elevated temperature (about 38 degrees)

NOTE: You generally feel well.

What can you do?

- Before feeding the baby, apply warm, moist cloths to the tender area of the breast; gently massage the breast from behind the lump towards the nipple.
- Position the baby for feeding so his/her chin/nose “points” toward the area of blockage.
- Breastfeed often, if possible every 2 hours, on the sore breast.
- Ensure the baby is well latched; apply steady pressure (for example, with the heel of your hand or with fingertips) to the area of the blocked duct during feeding.
- If baby is not softening your breast well, hand express or pump after feeding for comfort.
- Avoid tight or binding clothing; wear a well fitting bra that does not put pressure onto the breast.
- Pain can be relieved by using an anti-inflammatory/analgesic as necessary.
- A blocked duct will usually improve within 24-48 hours
- If recurrent blocked ducts occur, or if there are recurrent white spots (blockages) on your nipple, see a health professional.

Adapted with permission from;
Breastfeeding Committee for Saskatchewan
Regina Qu'Appelle Health Region