



Plugged (Blocked) Ducts

A plugged duct is a build up of milk in a milk duct. It may come on suddenly or gradually.

You may see these signs

- a tender lump in your breast or armpit area
- red areas or red streaking on the breast
- your breast may feel warm
- you may see a white spot on the end of your nipple
- milk flow may be slow and baby may be fussy or tug and pull at the breast



How to prevent

Make sure breastfeeding is comfortable

- if you need help or have questions about your baby's latch call your public health nurse
- if your breasts are heavy use a small rolled towel underneath for support

Feed often

- feed on one breast until soft before offering the other breast
- massage breast during the feed
- avoid missing breastfeedings and abrupt weaning

Take care of yourself

- rest, drink and eat well

What to do

Keep breastfeeding your baby

- place a warm cloth or hot water bottle on your breast, or take a warm shower before feeding your baby
- start the feed on the affected breast. Let your baby feed for as long as he wants. You can also pump or hand express after breastfeeding for 5-10 minutes to help the plug to move



- breastfeed in different positions. Try to point your baby's chin towards the lump when breastfeeding
- massage your breast while your baby is feeding. Start from behind the lump and massage toward your nipple
- lecithin may help. Lecithin is a food supplement that may make the milk less "sticky". The usual dose is 1200mg four times a day. Ask your pharmacist for more information



To relieve pain

- ibuprofen or acetaminophen is safe. Read product directions before using
- cold packs may be soothing. Try applying cold cloths or ice packs
- wear loose clothing, a comfortable nursing bra, and avoid putting pressure on your breasts

How long before this gets better?

- the lump usually gets better in 1 – 2 days
- call your health care provider if the lump persists or your symptoms worsen

**Vancouver Coastal Health is committed to helping women successfully breastfeed.
Please call your local Public Health Unit for additional information.**

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**Other information on parenting are available
at your local Community Health Office/Centre
or online at <http://vch.eduhealth.ca>**

You can get further information about breastfeeding from:

Public Health Nurse or
Community Nutritionist at Vancouver Coastal Health.....www.vch.ca
Baby's Best Chance.....<http://www.health.gov.bc.ca/children/initiatives/bbc.html>
HealthLinkBC.....8-1-1
Translation services are available in 130 languages.....www.healthlinkbc.ca

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