

# Plugged Duct

If you notice a tender lump in one of your breasts, you may have a plugged duct. Plugged ducts are common when baby begins sleeping through the night but can happen for other reasons. If untreated, it can lead to a breast infection. The following tips will help remove it:



- ♥ **Apply a warm compress** for a few minutes and **gently massage** the affected area before nursing. **Continue massage during the feeding** to help move the plug toward the nipple.
- ♥ **Feed often** and offer the affected breast first.
- ♥ **Position your baby so his chin covers the area where the plugged duct is.** The baby's strong suck can help remove it.
- ♥ **Hand express or pump from the affected breast if you miss a feeding.** If you allow your breast to get uncomfortably full, it could lead to a breast infection.
- ♥ **Nurse long enough for your baby to soften the breasts.** If they do not become softer after feedings, pump some milk to soften them. Remember, to relieve engorgement, the breasts must be drained at feedings. If the baby is not nursing well, use a pump and get help with positioning and latch to improve feedings at the breast. Call WIC, a breastfeeding support group or lactation consultant. You can also search the web for advice in the meantime
- ♥ **Call your doctor if the lump doesn't resolve in 24 hours.**

The following tips can help prevent plugged ducts:

- Vary nursing position to ensure that all ducts get emptied.
- Do not allow breasts to become overly full or engorged.
- Avoid underwire bras, overly tight bra, baby carrier straps and sleeping on your stomach. These all put pressure on your milk ducts.

***Nursing isn't always an easy choice. You made the best choice!  
Plugged ducts can be resolved quickly!***



Breastfeeding Awareness and Support Program  
Healthy Baby Line  
1-800-986-BABY



Pennsylvania WIC Program  
1-800-WIC-WINS  
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