



BON SECOURS
ST. FRANCIS HEALTH SYSTEM



Plugged Ducts

Signs of a plugged or clogged duct in the breast are a tender spot, redness, or a sore in the breast without a fever.

- Nurse affected breast first
- Nurse often – every two hours for at least 15 minutes each side
- Massage lump toward nipple while feeding baby
- Change positions of baby at the breast
- Apply warm soaks to breast before feedings. Use warm moist compresses to remove any dried secretions blocking nipple pores
- Use cold compresses for 20 minutes after nursing
- Be sure nothing tight is on your breast including your bra, clothes or even your hand
- Get plenty of rest
- Drink plenty of fluids
- Use breast pump after baby nurses if the hardness did not go away during the feeding
- Watch for symptoms of mastitis
 - Fever
 - Hot spot on breast
 - Red streaks on breast
 - Flu-like symptoms

If the problem continues, call your doctor, lactation consultant, WIC office or hospital well baby nursery.

Lecithin 1 tablespoon/day may help or 1 capsule (1200 mg) 3-4 times daily.