

Plugged Ducts

A plugged duct is a firm tender spot someone on your breast. It may be fairly small or rather large, depending on the extremity of it. It can be a result of milk not being removed efficiently or having too much pressure on your breasts for too long of a period, such as a tight bra or backpack straps. Try to avoid underwire unless they are well-fitted.

How To Treat It

- Be sure to drain your breasts regularly and efficiently just as you would for mastitis.
- Try laying your baby down on a flat surface on his/her back on a folded blanket so that their head tilt back a little and lean over onto your elbows and nurse so that your breast dangles so that gravity can help drain your breasts.
- Nurse your baby with their chin pointed toward the duct (if possible; do not try holding your baby in dangerous positions, there are other things that you can do!).
 - Massage the breasts.
 - Electric massager can help break up the plug.
 - Use a heat pad or warm rice pack.
 - Increase immune system boosters.
- Avoid dairy, sugars, peanuts, chocolate, fats, caffeine, antiperspirants, and decaffeinated products.
 - Drink plenty of fluids
- Take 2 tablespoons of lecithin daily or 1,200mg capsule 3-4 times a day (this helps break up fat particles and is also found in egg whites). Consult your care provider before doing so.
- See a physiotherapist for a painless ultrasound treatment to break up the plug.

TAKE CARE OF YOURSELF
HAPPY MOMMA =HAPPY BABY

