

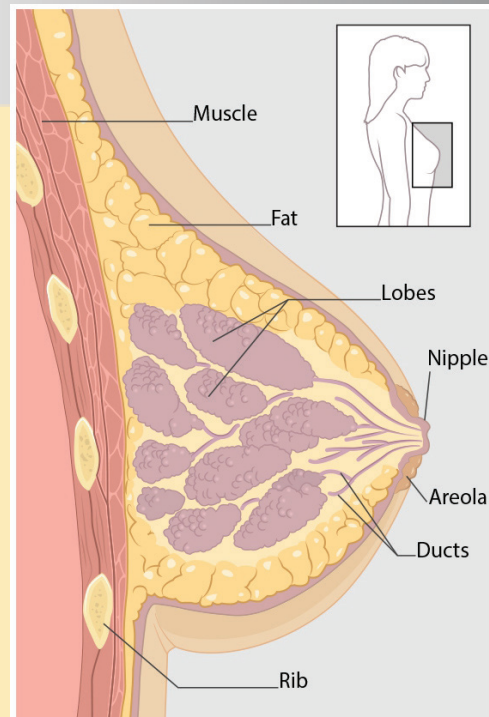
# Plugged Ducts

## What Is a Plugged Duct?

A duct is a tube that carries milk to the nipple. Sometimes the tube can get blocked from milk that is not emptied and create a plugged duct.

Signs you may have a plugged duct include:

- o A lump in or near your breast.
- o Warm, red, or tender area on breast.
- o White plug on the tip of your nipple.
- o Deep tugging in your breast while nursing.



Source: <https://www.cdc.gov/cancer/breast/site>

## What Can I Do to Help?

### Continue to breastfeed!

- Before nursing, apply warm compress to area of the breast near the plugged duct.
- Massage your breast before, during, and after the feeding. Start at the outer edges of your breast and move from the plugged duct toward your nipple. You may have to massage under your arm, depending on the location of the plugged duct.
- Begin feeding on the breast that has the plugged duct to get a good milk flow.
- Change infant feeding position to drain all parts of your breast. Point the baby's chin or nose toward the plugged duct.
- If the baby cannot nurse, hand express or use a breast pump to remove your milk.
- Remember to take care of yourself. Drink water, eat healthy, and rest as much as you can.

**A released plug can be thick or stringy, and may look brown, green, or yellow. Baby may spit it out or swallow it. It will not hurt your baby.**

### Avoid the following to reduce your risk for plugged ducts:

- Long periods of time without removing milk.
- Clothing or bras that are too tight.
- Items that might stop milk flow like diaper bags, backpacks, purses, or baby carriers with tight straps.

### Call your doctor if you develop:

- A fever.
- Increased or constant pain.
- Flu-like symptoms.

### Additional information:

- If you have any questions or concerns, call your local WIC clinic.



- Call Ohio's 24-hour Breastfeeding Hotline at 888-588-3423.
- Find a lactation consultant or find help at [www.ohiobreastfeedingalliance.org/breast-feedinghelp.html](http://www.ohiobreastfeedingalliance.org/breast-feedinghelp.html)
- [www.kellymom.com](http://www.kellymom.com)

