

Plugged Duct

A plugged duct is a tender lump caused by clogged milk flow.

Symptoms

- Hard lump/knot felt in the breast
- White bleb on surface of nipple
- Tenderness
- Reddening
- Gradual onset
- Usually on one breast

Causes

- Poor latch
- Baby not feeding well
- Pressure on the breast

Tight bra

Wearing breast shells

Mom sleeping on her stomach

Tight baby carrier

Comfort Measures

- Apply moist heat prior to nursing or expressing
- Finger massage lump in firm, circular motion
- Position baby's chin in line with plugged duct
- Breastfeed more to empty breasts
- Loosen tight bras or clothes

P_revention

- Breastfeed on demand
- Vary nursing positions
- Correct latch
- Avoid tight nursing bras, clothes, or baby carriers

Source: Mohrbacher, Nancy, IBCLC, *The Breastfeeding Answer Book*.
La Leche League International, 2005.



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