



Breastfeeding  
Committee  
for Saskatchewan

[www.thebcs.ca](http://www.thebcs.ca)

**Important:**

- Feed baby often, at least every 2 hours.
- Apply warm cloths and massage the area before and during breastfeeding.
- Talk to your health care provider about using an anti-inflammatory.

**For further information contact:**

Local Public Health Nurse

International Board Certified  
Lactation Consultant (IBCLC)

Local breastfeeding support  
Group

Saskatchewan HealthLine 811

## PLUGGED DUCT

### What is a plugged duct?

- The breast contains many milk ducts that make milk. When one of these ducts is not being drained properly it may become plugged.

### Possible signs and symptoms:

- A hard, often painful lump in your breast.
- A lump that does not go away after breastfeeding.
- Comes on gradually.
- There is little or no warmth in the area.
- Your temperature maybe slightly elevated (38 C).
- You feel generally well.

### What you can do:

- Rest.
- Before feeding baby:
  - Apply a warm moist cloth to the lump in your breast.
  - Gently massage the area that is sore.
- Breastfeed often, at least every 2 hours on the sore breast. Massage the lump while breastfeeding.
- Make sure baby is well latched and is sucking well at the breast.
- If your breasts do not feel soft after breastfeeding, hand express or pump.
- Avoid tight or binding clothing; even a baby carrier worn for a long period of time which causes pressure on the breast. Wear a well-fitting bra (one that does not have underwire).
- Take 2 tbsp. of lecithin daily or 1200 mg capsule 3-4 times a day.

**References:**

1. The Womanly Art of Breastfeeding  
La Leche League International 2010
2. Breastfeeding Answers Made Simple  
Nancy Mohrbacher, IBCLC, FILCA  
2010
3. [www.kellymom.com](http://www.kellymom.com)