**Plugged Milk Ducts**

**Causes:**

* Incomplete removal of breast milk from the breast or pressure from an outside source. (ie: tight fitting bra/underwire)
* If not removed, can lead to mastitis.

**Signs and symptoms:**

* Soreness in a loclized area of the breast, “knot-like”. Swelling, or lumpiness.

**Treatment:**

* Pumping the breast after feedings and start the feeds on the affected breast.
* Moist heat over the plug can help move it along toward the nipple.
* Massage the lump in small circular movements, kneading and pushing toward the nipple.
* Lecithin (a natural fat emulsifier): Recommended 1600 mg daily to alleviate and prevent.
* Eating foods that contain lecithin. ie: organ meats, red meats, and eggs

**Prevention:**

* Regular and frequent feedings, use of hand massage during feedings, changing position when feeding.
* Do not wear tight fitting or underwire bras.

**Signs and Symptoms of Mastitis:**

* **Redness/Pinkness, localized pain in one area of the breast, fever to flu-like symptoms. This should be treated with an antibiotic prescribed by your OB/GYN**

**Milk Blister or Milk Bleb**

* Clogged pore on the nipple that causes intense pain because the milk is not able to flow freely. Appears whitish or yellowish, maybe red right around the are. Can leaast to mastitis if not treated since it cuases milk stasis
* **Treatment:** Soak Nipple with warm moist compress or in a bowl of very warm water. Rub gently with a warm moist cloth to remove the pore covering. Have baby feeding and the suck will often dislodge the blug. Can take several days or even weeks. To heal.

**Cornerstone Lactation Services**

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