

# Plugged Ducts & Mastitis

## Plugged Ducts

If you notice a small lump the size of a pea in your breasts, it may be a plugged duct. This occurs when a portion of the breast does not get emptied completely during feedings.

### Remedy:

- Apply a warm compress to the area before feeding
- Massage the lump towards the nipple during a feeding
- It may take 2 or 3 feedings for it to completely empty. Position your baby's chin or nose towards the area of the lump. This is where the greatest emptying will occur.
- If you find a persistent lump that does not respond to these measures, please see your healthcare provider. It could be a different problem.



## Plugged Nipple Pore (Bleb)

This appears as a small white dot on the tip of the nipple and is usually very painful. It is one milk duct that has become plugged.

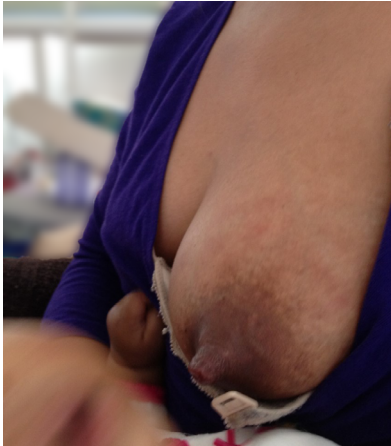


### Remedy:

- Warm soaks and gentle rubbing with a warm towel may be effective to release the milk.
- In persistent cases, you may need to see your health care provider for unroofing (taking the upper layer of skin off of the bleb)

# Mastitis

This occurs most frequently in mothers who have had a cracked or blistered nipple or who are undergoing a period of stress such as returning to work, participating in holiday activities, or experiencing a change in normal daily routine.



## Symptoms may include:

- High fever, starting suddenly
- Hot area
- Red streaks
- Pain and a lump in the breast
- Hard, wedge-shaped area
- Flu like symptoms and chills
- Extreme tiredness
- Discoloration of skin, may appear red in lighter skin tones

## Remedy

- Early, frequent breastfeeding
- Applying moist heat before feeding (shower or compress)
- Correct positioning and alignment to achieve deep latch
- Gentle massage and compression during a feed
- Hand express or pump for relief before or after feeding, if needed
- Ice pack after feeding



Your health care provider will prescribe an antibiotic. You must take a full 7-10 day course of medication. Do not stop taking it until the prescription is gone even though you start to feel better. Inadequately treated mastitis is more likely to return.



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