



## 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 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

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:

- ✓ Soften the plug with a warm compress
- ✓ Massage the nipple beginning near the plug and gradually work your way back following the duct, if you can feel it.
- ✓ In persistent cases, soak the nipple with olive oil on a cotton ball for several hours, then massage the nipple and gently scrape the skin surface while in the shower

### 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, reddened area
- Red streaks
- Pain and a lump in the breast
- Hard wedge shaped area
- Flu like symptoms chills
- Extreme tiredness



Remedy

- ✓ Apply warm compresses before feedings
- ✓ Gently massage the area
- ✓ Keep your breast empty by frequent nursing
- ✓ Continue to breastfeed, even on the affected side
- ✓ If your baby does not empty that side well, use a good quality breast pump after feedings
- ✓ Apply ice after feedings for 10 - 15 minutes for the first day or two.
- ✓ Rest in bed as much as you can
- ✓ Drink plenty of fluids.

Your physician, usually your obstetrician or family doctor, 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.