

Plugged Duct



A plugged duct is a tender lump formed when milk does not drain properly.

Symptoms

- Hard lump or knot felt in the breast
- Tenderness
- Reddening
- Gradual onset
- Usually on one breast

Causes

- Poor latch
- Baby not feeding well
- Pressure on the breast—tight bra
- Wearing breast shells
- Tight baby carrier



Comfort Measures

- Apply moist heat prior to nursing or expressing
- Finger massage lump in firm, circular motions starting from behind the lump and moving toward the nipple
- Position baby's chin in line with the lump when nursing
- Empty breasts more frequently
- Loosen tight bras or clothing

Prevention

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

Video

- <https://www.youtube.com/watch?v=mVKqi2-lylc>

Visit www.womenshealth.gov/breastfeeding for more information.

**THE LATCH
IS KEY.
WE CAN HELP.**

WIC is an equal opportunity provider.



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH



Form 444E • Idaho WIC Program • 02/2021

wic.dhw.idaho.gov