



WOMEN'S HEALTH ADVANTAGE

HOW TO TAKE CARE OF AND PREVENT PLUGGED DUCTS & ENGORGEMENT

What is a plugged duct?

A plugged milk duct occurs when breast milk collects and forms a thick plug. It can feel like a small lump and is painful to the touch.

What is engorgement?

Breast engorgement is swelling, tightness or an increase in the size of the breasts, which can be painful. It usually occurs in the early days of breastfeeding, between days 2–6, or if a feeding is missed.

Treatment:

Plugged ducts and engorgement are typically caused by inflammation or swelling in the breast that blocks the milk ducts from flowing. Both can be treated by decreasing swelling.

Tips to Manage Pain & Decrease Swelling

- Empty breasts regularly
- Ibuprofen 400-600mg every 4-6 hours
- Cold compresses between feedings
- Clean, cold cabbage leaves (only decreases swelling)
- Warm shower

Prevention

- If needed, take Sunflower Lecithin to help prevent clogs.

Call our office if you have any of the following:

- Fever
- Chills
- Flu-like symptoms
- Red streaking in breast
- Symptoms do not improve within 24-48 hours