



PLUGGED DUCTS

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Too much milk remaining in the breast may cause a plugged duct.

This can happen for a variety of reasons and may result in a sore spot on your breast that is red and slightly warm to the touch.

Treatment measures for a plugged duct include:

- Wearing loose clothing and a bra that doesn't bind.
- Getting plenty of rest.
- Nursing as often as baby will cooperate and/or pumping between feedings.
- Nursing baby 8-12 times every 24 hours.
- Applying moist or dry heat to the sore spot before nursing.
- Starting every nursing session on the breast with the sore spot.
- Positioning baby so his chin lines up with the sore spot.
- Massaging the sore spot during breastfeeding.

*This is general information and does not replace the advice of your physician or healthcare provider.
If you have a problem you cannot solve quickly, seek help right away.
Every baby is different, and your baby may not be average.
If in doubt, contact your physician or other healthcare provider.*