

Clogged Duct Management (Updated 12/20/22 based on new guidelines)

What you'll see:

- Area of "firmness" may feel like a small pebble/frozen pea
- Area of redness that corresponds
- Might see a "milk blister" on nipple

Feeding:

- Nurse/pump regularly & empty the breasts thoroughly. Don't neglect the other breast. This may hurt. Don't express any more than usual
- Try "dangle feeds" place baby on flat surface and hover over baby to feed. (Gravity will help relieve the clog)
- If exclusively pumping, try using "pumping pals" inserts for a more comfortable fit

Cold/Lymphatic Massage:

- Cold compress or gentle "lymphatic massage" pressure of "petting a cat." See below for image.

Soaks:

- If you have a Haakaa silicone hand pump, fill with warm salt water and suction to breast for 10-15min a few times a day – preferably after a warm compress/massage
- You can do this with a cup as well, but more difficult to maneuver and won't suction to express clog

Supplements

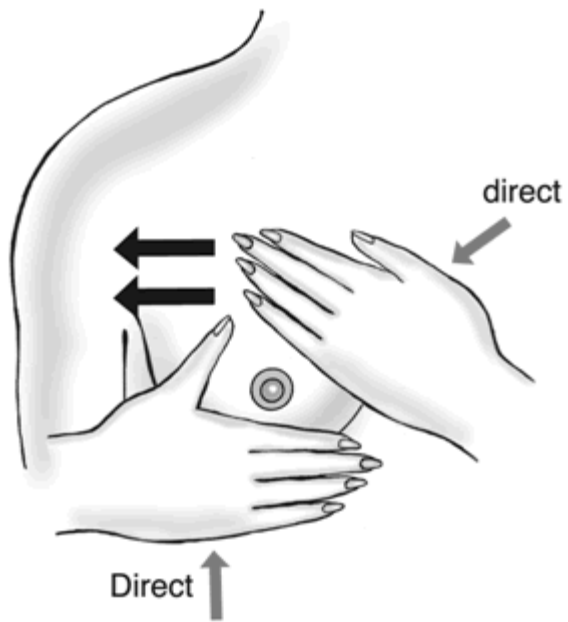
- Hydrate a lot, make sure you're eating enough
- Ibuprofen 400mg every 6 hours while you have symptoms
- **Sunflower** Lecithin 1-3 times a day. "Legendairy Milk" or "Now" brands on Amazon are good options

When to worry about mastitis:

- If you have fever/aching/flu like symptoms
- If red/firm area on breast is getting larger
- Call us and let us know, we will send an antibiotic

Good resources:

- Kellymom.com
- Your lactation consultant



Pull-release 7X - 20X

