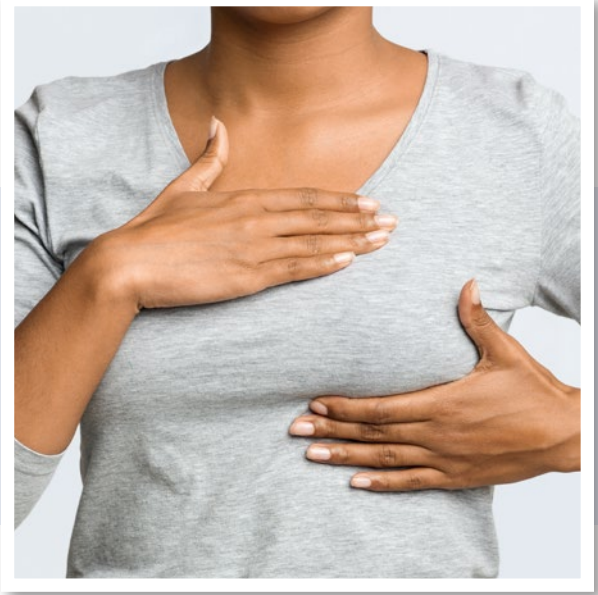


Plugged Ducts

Plugged or “clogged” milk ducts result when milk gets stuck in a particular area of the breast.



What are the signs and symptoms?

You will feel a firm spot, about the size of a golf ball, that may or may not be painful. You may notice a reduction in milk supply on the affected side.

What causes plugged ducts?

Missing regular breastfeeding or pumping sessions is a major cause of plugged ducts. An incorrect pump flange fit is another common cause of plugged ducts.

What might help?

- Feed your baby on demand or pump as normal, and do not aim to “empty” your breasts.
- Avoid deep breast massage, which can make things worse.
- Decrease inflammation and any pain by using cold packs and taking ibuprofen per your doctor’s instructions.

Continued →

Call your health care provider:

- If symptoms are not getting better within 24 hours.
- If pain is increasing over time.
- If your skin becomes red or hot to the touch.
- If you begin to feel unwell or are running a fever.

Find more tips at BreastmilkCounts.com.

For free 24/7 information and support, call the Texas Lactation Support Hotline at 855-550-6667 to speak with a lactation consultant.

WIC has resources, healthy foods and more. Apply here:



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