

HOW TO UNPLUG A *plugged duct*

GENERAL

- Nurse frequently (aim for every 2 hrs) and empty breasts thoroughly.
- Keep affected breast as empty as possible, but don't neglect the other.

BEFORE NURSING

WARM COMPRESS & MASSAGE

- Use heat (up to 10 min.) and gently massage to help improve milk drainage.
You can do this while nursing or before.

BREAST BATH OR HOT SHOWER

- Place your breasts in a bowl of hot water or hop in a hot shower and massage the plugged area toward your nipple.

LOOSE CLOTHING

- Loosen bra (avoid underwires) and avoid constrictive clothing.

WHILE NURSING

MASSAGE

- Massage gently, but firmly, toward the nipple.

VIBRATION

- Massage with a lactation massager or electric toothbrush to loosen the plug.

DANGLE FEED

- Position baby on their back, crouch over on all fours, dangle your breast, and let gravity and baby work together to dislodge the plug.

AFTER NURSING

COLD COMPRESS

- Use cold compresses (up to 10 min.) between feedings to ease pain and inflammation.