

CLOGGED MILK DUCTS

Did you know that clogged milk ducts are caused by inflammation in breast tissue that compresses the milk tubules. This leads to a backup, resulting in pain

Signs and Symptoms

- pain with or without moving
- redness
- lump in breast
- lump remains after feeding/pumping
- pain during let-down

Lymphatic Drainage

This technique uses extremely light pressure to help move inflammation and swelling away from a specific area. Short strokes are used above the clogged duct toward the armpit.

Hydrotherapy

Hydrotherapy is when you use hot or cold water for treatment. Use heat during nursing/pumping and cold immediately after.

Massage Therapy

A Massage Therapy session is super beneficial as it allows you to feel the correct pressure and technique by someone trained to treat this condition.

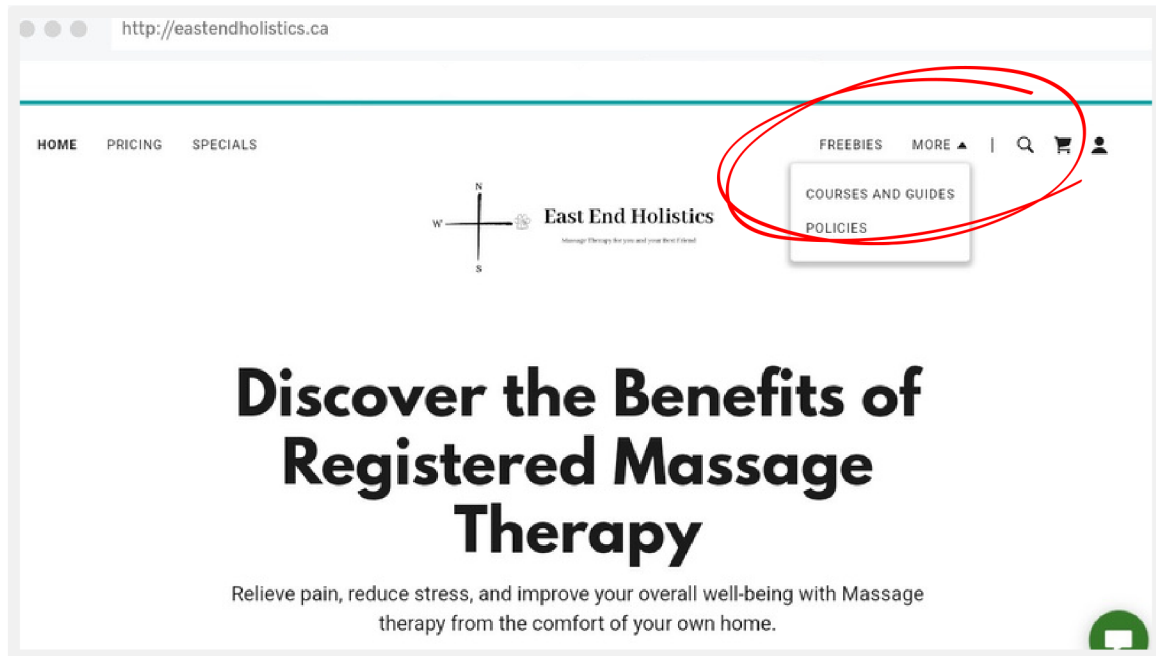
Causes and Prevention

- engorgement when your milk comes in
- engorgement from over pumping
- trauma to the area (ex. toddler elbows)
- nursing bras/bras that are too tight

If you are experiencing a supply issue, it's important to contact a lactation consultant.

If you experience any trauma to the breast, try to apply ice ASAP to keep inflammation down.





Want to find out more?

Click on the Courses and Guides Tab for more information.

Course Overview

- Anatomy and Physiology of Lactation
- Causes and Prevention of Clogged Ducts
- In depth instructions on Lymphatic Drainage techniques
- How and When to use Hydrotherapy

You won't be disappointed!