

# Engorgement and Mastitis

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## What is a plugged duct?

A duct becomes plugged when it can no longer drain into the nipple and release milk. Often there is more than one plugged duct at a time. A plugged duct(s) can feel like pea in the breast, or can be a large lump. The affected area can be warm and red.

## How is a plugged duct treated?

- Gentle massage of the breast
- Cold compresses to bring down inflammation
- Removing milk at regular intervals
- Nursing so that baby's chin is pointed towards the plugged duct.
- Dangle feeding

## How can I avoid plugged ducts and mastitis?

- Express or breastfeed frequently
- Massage breasts gently
- Avoid breast constriction such as a tight bras or underwire
- Some healthcare providers may suggested lecithin for those with chronic issues

## What is mastitis?

Mastitis is inflamed breast tissue. A bacterial infection can accompany mastitis, but not always. Symptoms may include breast pain, redness and warmth at affected area, body aches and fever.

## How is mastitis treated?

Breast massage, removing milk from breast at regular intervals and warm and cold compresses at the affected area are recommended. If inflammation persists for more than 24 hours, or parent feels unwell or has a fever, a healthcare provider should be contacted immediately. They may recommend a pain reliever or/ an antibiotic. Rest is very important.

## Helpful Resources

<https://bfmedneo.com>

Breast massage video

<https://www.bfmed.org>

Mastitis Protocol

