



*Deearna is a Global Newborn Educator, Maternity Nurse, Twins & Multiples Expert, Trouble-shooter, Feeding Consultant & Doula.*

## **BLOCKED DUCTS**

When breastfeeding, you may find a small reddened lump on your breast that is painful to touch. Blocked ducts are caused by milk becoming clogged so that it can no longer pass through. To treat this condition, try the following:

- Breastfeed more often and for longer periods with the sore breast first, so you can ensure it is drained more thoroughly.
- Change positions during the feed so that the pressure of your babies suckling will be applied to different ducts.
- After feeding from the affected breast – express, however only express if you feel your baby has not nursed long enough.
- Make sure you continue to nurse and do not use a nipple shield or stop feeding immediately, as this will worsen the situation.
- Apply a warm compress and then massage around the area.
- If the lump remains in your breast for longer than 36 hours, seek an examination with your GP.

*Contact us for a chat if you have any immediate concerns.*

**t. 01252 351 076 or 07771 660 121**

**[www.deearnas-maternity-agency.co.uk](http://www.deearnas-maternity-agency.co.uk)**