



PLUGGED DUCT TREATMENT

Lecithin is a food supplement that seems to help some mothers prevent blocked ducts. It works by breaking up fat globules into smaller pieces, which decreases the viscosity (stickiness) of the milk. It is safe and effective. It comes in two forms: soy and sunflower.

The dose is 1200 to 1600mg, up to four times a day. This will help to prevent plugged ducts.

It is also important to ensure that your breasts are being drained frequently and to use heat on the breast prior to feeding. During a feed, gently massage any ducts that feel plugged. You can also try submersing your breasts in warm water with epsom salts prior to breast feeding or pumping. Using the backside of an electric toothbrush can also help resolve a blocked duct.

This video is helpful to learn how to massage breasts effectively and also how to hand express milk:

<http://bfmedneo.com/our-services/breast-massage/>

If the plugged ducts are persistent you may require therapeutic ultrasound which is available at physical therapy clinics. In Calgary it is available at Interactive Health #403 – 400 Crowfoot Crescent NW, 403-547-2099. Also at Market Mall Physio #328 – 4935 40th Ave VW, 403-286-5529.

If you develop a hard red area on your breast with a fever you may need treatment with antibiotics and should seek medical treatment.