



## **Blocked Ducts**

### **What is a blocked duct?**

The tender, lumpy area in your breast is probably a blocked duct. This is a part of the breast that isn't emptying well when the baby feeds or when you pump.

### **Treatment for a blocked duct**

To help this area empty, position your baby so that his chin or nose is pointing toward the blocked area. It may also help to soak your breast in warm water before and after feeding, and to massage the area during or after feeding or pumping to help move the milk past the blocked area.

### **What pain medications are safe during breastfeeding?**

To help relieve your pain, it's safe to take Acetaminophen (Tylenol) 650-1000 mg every 4 to 6 hours (but no more than 4000 mg – or 8 extra-strength pills – per day) or Ibuprofen (Motrin) 400-600 mg every 6 hours.

### **When you should start to feel better**

If the lumpy area doesn't go away after 2-4 days, or if you have any additional concern, please call the Warmline at 984-974-8078 or 866-428-5608.