



Please reach out whenever you need
reassurance or support

The Gentle Latch



INFANT FEEDING AND
TONGUE TIE SERVICE

Blocked Duct Support Leaflet

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What is a Blocked Duct?

 A blocked duct occurs when milk flow is restricted in part of the breast.

It causes a firm, tender area that may feel sore or lumpy. Early care can prevent mastitis.

Signs of a Blocked Duct

- Firm or tender lump
- Localised pain
- A small wedge-shaped area of fullness
- Mild redness (not spreading)
- Symptoms often improve after feeding

What Helps Clear a Blocked Duct

- Feed frequently, starting on the affected side
- Use gentle breast compressions
- Light massage toward the armpit (avoid deep pressure)
- Warmth before feeding
- Cool compress afterwards
- Rest and good hydration

What to Avoid

- Deep or aggressive breast massage
- Skipping feeds
- Tight bras or pressure on the breast

When to Seek Help

If you have:

- Persistent blockage more than 48 hours
 - Fever or flu-like symptoms
 - Spreading redness
 - Recurrent blocked ducts
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