

Milk Blebs & Plugged Ducts

Milk Blebs

Milk Blebs are solidified milk that blocks the milk pores.

Management

It may open on its own during feeding, but if not try the following:

- Soak the nipple in warm water then gently rub it with a warm damp cloth or olive oil to soften the skin.
- Try to remove the skin by scraping it off with a clean finger nail or tweezers.
- If these measures don't work – open it with a sterile needle and express or breastfeed immediately afterwards, be sure to remove any thickened milk that has backed up in the duct. There may be a small strand or string of hardened milk come out.
- Finish with soap & water wash. Then apply antibiotic ointment afterwards to prevent infection.

IF IT REOCCURS, TRY:

- Lecithin supplements – 1 capsule (1200mg) 3-4 times per day. After 1-2 weeks with no blockage, reduce the dosage by 1 capsule.
- Gently massage the nipple with a fine defoliant in the shower each day.
- Massage the areola with grapefruit seed extract oil (a few drops of grapefruit seed extract in olive oil).
- Don't forget to investigate the underlying cause. If left untreated it may lead to plugged ducts or mastitis.

Milk Bleb



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Bleb The Baby

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Bleb The Baby:

American Journal of Obstetrics and Gynecology, 1927 **The Alkaloidal Clinic**, 1902 The Essential Baby Care Guide Rebecca Chicot, Diana Hill, Robert Winston, 2015-09-10 Having a baby is a fantastic event but it can be intense and challenging From the start there are so many vital things to understand and parents don't always know to whom or where to turn With a panel of experts including Professor Robert Winston The Royal College of Paediatrics and St John Ambulance offering up to date advice this book gives well researched medically backed up information to help parents make the right decisions for themselves and for their baby Looking at a range of subjects such as sleeping feeding and first aid each chapter is structured around common questions asked by parents Amongst many others the areas covered include breastfeeding how to maintain a bond between mother and baby if you choose to formula feed moving to solids health issues such as recognising a meningitis rash when to go to hospital immunisations and how they work how to soothe your baby when crying a guide to your baby's sleeping patterns a guide to your baby's social physical and cognitive development and finally advice on safety and infant first aid The Essential Baby Care Guide is the third in the series of reference books compiled by The Essential Parent Company and advised by Professor Robert Winston With tips lists of do's and don'ts and case studies this book gives you everything you need to know to look after your new baby in the first twelve months *Counseling the Nursing Mother: A Lactation Consultant's Guide* Judith Lauwers, Anna Swisher, 2020-07-01 Counseling the Nursing Mother A Lactation Consultant's Guide Seventh Edition presents topics within a counseling framework with practical suggestions and evidence based information interwoven throughout Additionally the Seventh Edition is an ideal study guide for International Board Certified Lactation Consultant IBCLC certification and practice **Counseling the Nursing Mother** Judith Lauwers, Anna Swisher, 2010-07-12 **Yale Medical Journal**, 1911 Includes the Proceedings of the Connecticut State Medical Society **Counseling Nursing Families: A Lactation Consultant's Guide** Judith Lauwers, Lactation Education Accreditation and Approval Review Committee (LEAARC), 2025-10-29 Counseling Nursing Families remains unique among lactation texts in its focus on counseling and communication skills It provides an appreciation of the significance of counseling techniques and how the lactation consultant's style and approach can enhance interactions with families and thus effectiveness Topics are presented within a counseling framework with a focus on diversity and inclusivity and practical suggestions and evidence based information interwoven throughout the text **Rotunda midwifery for nurses and midwives** Guy Theodore Wrench, 1908 **The American Journal of Nursing**, 1928 **The Journal of Cutaneous Diseases Including Syphilis ...**, 1914 **Baby: the mother's magazine (ed. by A.S. Ballin)**. Ada S. Ballin, 1890 *Archives of Dermatology and Syphilology*, 1923 **The Breastfeeding Atlas** Barbara Wilson-Clay, Kay Hoover, 2005 The Journal-lancet, 1917 **Indianapolis Medical Journal**, 1929 *Journal of Cutaneous Diseases Including Syphilis*, 1914 *Wabeke v. Bull*, 289 MICH 551 (1939), 1939 41 *Queen's Nurses' Magazine*, 1928 **Reports of Cases Argued and Determined in the**

Supreme Judicial Court of the Commonwealth of Massachusetts Massachusetts. Supreme Judicial Court, 1932
Pediatrics ,1899

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