

# Tear-Sheet Toolkit



## Dealing with Plugs and Blebs

### *Nursing ideas*

- Nurse as often as possible, keeping the affected breast as soft as possible.
- Lay your baby on his back on a folded blanket, head off the edge, face toward the ceiling. Lean over him on elbows and knees, and nurse with breast dangling.

### *Manual ideas*

- Use hand expression and gentle nipple manipulation to work the bleb out.
- After showering or soaking, gently rub surface of nipple to release the bleb.
- Using sterilized needle, gently lift and open skin over bleb; use sterile tweezers if needed/ Apply topical antibiotic several times a day, for several days.
- Apply pressure behind the nipple, along with gentle massage and manipulation.

### *Soaking ideas*

- Olive oil on a cotton ball over your nipple inside a bra.
- Vinegar on a breast pad.
- Epsom salts (2 teaspoons in a cup of warm water) four times per day.

### *Breast ideas*

- Stop wearing a bra, or stop wearing an underwire.
- See physiotherapist for ultrasound treatment of the breast.
- Use personal massager, electric razor, electric toothbrush, or lean against washer on spin cycle.
- Lay cabbage leaves over any area of engorgement.

### *Diet ideas*

- Increase fluids.
- Take two tablespoons of lecithin daily (available at health, drug, and vitamin stores).
- Avoid some or all dairy products, sugar, peanuts, chocolate, fats (especially saturated fats), caffeine, antiperspirants, and decaffeinated products.
- Increase immune system boosters like vitamins D and C.

### *Other ideas*

- Ask your doctor about taking an anti-inflammatory medicine.
- Stress? Anemia? Herpes simplex.
- Call an LLL Leader or breastfeeding helper. Why go it alone?