

While duct ectasia can be uncomfortable, it's usually a harmless condition that resolves on its own. As it goes away, few things you can do at home to help manage your symptoms, including:

- ✓ Applying a warm compress to the affected nipple
- ✓ Using soft breast pads inside of your bra to absorb any discharge
- ✓ Smoking cessation
- ✓ Try not to squeeze the affected nipple. This may encourage further fluid discharge.
- ✓ A well-fitting bra can also help keep a breast pad in place to absorb nipple discharge.

**MAKE AN APPOINTMENT  
WITH THE DOCTOR FOR  
EVALUATION IF YOU NOTICE  
CHANGES IN YOUR BREASTS**

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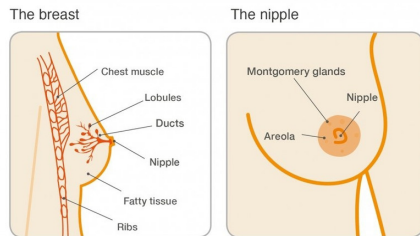
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# DUCT ECTASIA



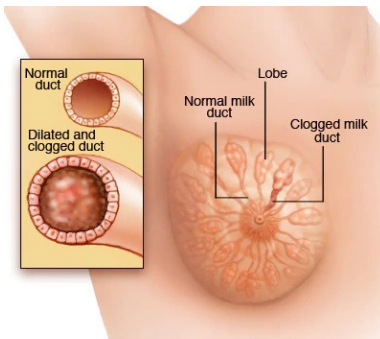
# OVERVIEW

The breast is made up of **lobules** (milk producing glands) and **ducts** (tubes that carry milk to the nipple), which are surrounded by fatty tissue and supporting tissue.



## WHAT IS DUCT ECTASIA?

Duct ectasia is a non-cancerous condition that occurs when a milk duct in the breast **widens** and its walls **thicken**. It may become blocked or clogged with a thick, sticky substance.

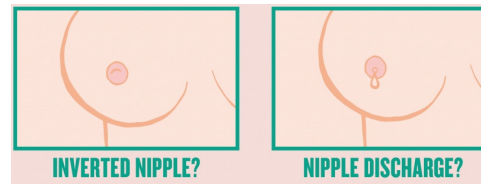


Duct Ectasia is usually caused by **aging**. It's more common in women who are getting close to menopause or going through menopause. However, some women can develop duct ectasia after menopause, too.

## SIGNS AND SYMPTOMS

Duct ectasia often doesn't manifest any signs or symptoms. If you do experience signs and symptoms, you may notice:

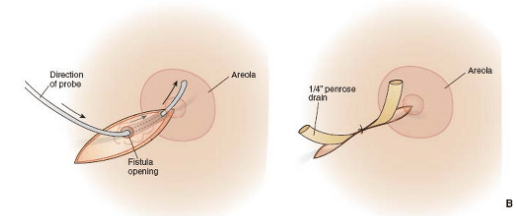
- **Nipple discharge** which is usually dirty white, greenish or black thick and viscous but may be diluted
- **Redness or tenderness** around the nipple
- A breast **lump or thickening** near the clogged duct
- A **nipple** that's turned inward (**inverted**)



HAVING AN INVERTED NIPPLE OR SMOKING CAN ALSO INCREASE YOUR RISK OF DEVELOPING DUCT ECTASIA

## TREATMENT

In most cases, Duct ectasia often clears up naturally without any treatment. However, if you continue to have symptoms which does not settle, you may need to have surgery:



### MICRODOCHECTOMY

Removal of only the affected nipple duct

### HADFIELD'S PROCEDURE

Removal of all major nipple ducts (Total Duct Excision)

The procedure is done under **general anaesthesia**. You can expect a small wound near the areola with stitches in it.

The operation will leave a small scar but this will fade in time.

You will be advised about which **pain relief** to take after the operation as your breast may be sore and bruised.