Milk Fistula

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A milk fistula is a tract between the skin and a lactiferous duct associated with surgical intervention for a breast abscess while a woman is lactating, resulting in milk draining through the skin of the breast. Development of a milk fistula is rare in the setting of aspiration or mini-incision and drainage and occurs more commonly in the setting of extensive surgical drainage with placement of large drains (which is rarely necessary). A milk fistula usually resolves spontaneously; if persistent, it usually resolves with cessation of lactation. The baby can be weaned from the involved breast and continue to nurse from the other breast; this requires assistance from a lactation specialist in most cases.



30 year old lactating female presented as a milk fistula, three weeks after the spontaneous rupture of breast abscess. Patient was managed conservatively by counselling regarding feeding practices, breast hygiene, and warm water compresses. After three weeks patient was put on milk suppressing agents, Cabergoline for one week and single dose of Injection Testosterone. It got resolved after 8 weeks of follow up.

Conflict of Interest: None

Written Informed Consent: Taken

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