

VASOSPASM or RAYNAUD'S SYNDROME of the NIPPLE

What is it?

- **Nipple pain** caused by blood vessels contracting (becoming smaller) after feeding or pumping
- Usually it is the result of repeated trauma from poor latch or pump parts causing damage
- Some people have Raynaud's in their fingers and toes and may be more likely to also have it with their nipples
- Results in burning sharp pain after feeding/pumping and **nipples can turn purple or white**
- Made worse by cold temperatures, stress, smoking, poor latch, poorly fitted pump parts, and some autoimmune diseases associated with Raynaud's disease

At Home Treatment:

- **Adjust latch** and/or change pump flange size
- Keep nipples **warm**
- Cover nipples immediately and apply heating pad after feeds
- **Stretching** pectoral muscles and/or pectoral massage (do not massage the breast)
- Warm olive oil massaged onto nipples post feeds
- **Omega 3 fatty acids**
- Vitamin B6 – 100mg twice a day
- Magnesium (gluconate or bisglycinate) – 250-300mg twice a day
- **Calcium** 200mg twice a day
- **Can take 4-6 weeks to improve**

Medical Treatment:

When at home treatment fails see your health care provider

- **Nifedipine (Adalat)** is a medication that can help, it is a blood pressure medication that relaxes blood vessels
- Usual dose is 30mg slow release once daily
- Usually prescribed for 2-6 weeks
- Side effects include dizziness, feeling faint, headache, heart palpitations, flushing, leg swelling – if these occur contact your health care provider as soon as possible