

VASOSPASM

Essential to determine the cause

- Phenomenon that occurs after feeding
- Blood is drawn from the nipple, making it white or purplish
- Burning or stabbing pain sensation
- Often related to other nipple pain problems such as poor latch, chapping, cracking or breast candidiasis
- Usually occurs when the nipple goes from being warm in the baby's mouth to the cooler ambient air

How to prevent it ?

- Apply dry heat such as a warm palm, arm or warm therapeutic compress
- Vitamin B6 seems to help although there are no studies showing how it works
- Drug treatments may help with nipple vasospasm

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