

# Nipple vasospasm

This fact sheet is designed to help you understand nipple vasospasm and to help you manage your symptoms. If you have further questions or you feel you are not managing the pain you can contact the services listed for further information or support.

## What is vasospasm?

Vasospasm occurs when blood vessels constrict (or tighten). Vasospasm may occur in any blood vessels in the body such as in the heart, brain or eyes. The fingers are most commonly affected. Some people notice that the ends of their fingers turn white in cold situations; also known as Raynaud's phenomenon, where fingers have a tendency to turn white in cold weather. Less commonly, blood vessels in the nipples are affected, causing pain during, immediately after, or between breastfeeds

## Who is likely to have vasospasm?

- Women with a family history of Raynaud's phenomenon
- Women who tend to have cold fingers or feet or have "poor circulation"
- Women with a low body mass index (i.e. thin people).

## What do you notice when you have nipple vasospasm?

- You may feel an intense nipple pain, which is worse when you are cold (or in a cold situation). Some women describe the pain as a burning and throbbing pain
- You may notice the nipple or the tip of the nipple blanches or turns white
- You may notice other colour changes of the nipple. The nipples may turn blue or purple or red before returning to their normal colour

## How long does nipple vasospasm last?

You may notice the signs and symptoms for a few seconds, minutes or even longer.

## How severe is nipple vasospasm?

Nipple vasospasm pain ranges from minor discomfort to severe pain. Some women may feel that the pain is so severe that they are unable to continue breastfeeding.

## How can you manage nipple vasospasm?

Avoiding or reducing known triggers will help reduce nipple vasospasm.

Triggers that may cause an episode of nipple vasospasm include:

- poor attachment (seek advice from your lactation consultant)
- nipple damage (e.g. cracked nipple) or an infection (e.g. nipple thrush)
- exposing your nipples to cold air
- some medications or chemicals may worsen nipple spasm, e.g. nicotine (smoking cigarettes).

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## How can you reduce the severity of episodes?

- Keep your nipples warm - this may help to relieve pain immediately
- Wear an extra layer of clothing
- Apply warmth to the nipple, such as a warm pack
- Use "**Breast-Warmers**", **Flectalon** (available from Simple Solutions International 1300 669 793)
- Avoid cold exposure (or sudden temperature changes)
- Do not "air" your nipples
- Warm your bathroom before undressing for showers, etc.

## Where to get further information

### Royal Women's Hospital

Locked Bag 300  
Grattan St & Flemington Rd  
Parkville VIC 3052  
Tel: (03) 8345 2000

### Breastfeeding Education & Support Services (BESS)

Tel: (03) 9344 3651

### Women's Health Information Centre (WHIC)

Tel: (03) 8345 3045  
1800 442 007 (rural callers)

### Maternal & Child Health Line (24 hours)

Tel: 13 22 29

### Reference

Anderson, J. E., Held, N. and Wright, K. (2004). "Raynaud's phenomenon of the nipple: a treatable cause of painful breastfeeding." *Pediatrics* 113(4): e360-364.