



SECOND NATURE LACTATION

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VASOSPASM PROTOCOL

WHAT IS VASOSPASM?

- NIPPLE BLANCHING
- PAIN (BURNING, THROBBING, SHOOTING, DEEP AND/OR NUMBING)
- NIPPLE FACE OFTEN APPEARS WHITE; THE NIPPLE MAY THEN TURN BLUE/PURPLE OR RED
- AUTOIMMUNE COMPONENT (HYPOTHYROIDISM, RHEUMATOID ARTHRITIS, LUPUS)
- ONCE IDENTIFIED, ANTICIPATE THAT THE FREQUENCY AND INTENSITY OF THE VASOSPASMS WILL SLOWLY DECREASE

PREVENTION:

- AIM FOR A GOOD LATCH EVERY TIME
- IDENTIFY THE UNDERLYING SOURCE/CAUSE OF THE NIPPLE TRAUMA
- USE THE CORRECT FLANGE SIZE, REDUCE FRICTION, APPROPRIATE SUCTION (NOT TOO HIGH)
- AVOID COLD EXPOSURE; COVER AND QUICKLY DRY NIPPLES IMMEDIATELY AFTER NURSING

*NIPPLE VASOSPASM MAY SOMETIMES FEEL LIKE A YEAST INFECTION OF THE NIPPLE OR BREAST. IF YOU ARE PRESCRIBED DIFLUCAN FOR THRUSH, BUT YOUR REAL PROBLEM IS VASOSPASM, THIS TREATMENT MAY MAKE YOUR VASOSPASM WORSE.

1ST LINE STRATEGIES

BABY RELATED CAUSE

- CORRECT UNDERLYING PROBLEM
- RULE OUT TONGUE OR LIP TIES, TORTICOLLIS, CHOMPY SUCKING SKILLS

MOTHER RELATED

- KEEP WARM, PREHEAT BATHROOM TO AVOID CHILL AFTER SHOWERING BATHING
- MASSAGE THE NIPPLE BACK TO SHAPE AFTER FEEDING OR PUMPING (HELPING BLOOD FLOW TO RETURN TO NIPPLE)
- COVER & DRY THE NIPPLE IMMEDIATELY AFTER FEEDING
- CHANGE WET NURSING BREAST PADS FREQUENTLY
- WOOL BREAST PADS CAN BE MORE EFFECTIVE THAN COTTON OR DISPOSABLES.

- AVOID USING THE COOLING GEL PADS FOR SORE NIPPLES
- AVOID OR LIMIT CAFFEINE, NICOTINE, ALCOHOL (THESE CAUSE BLOOD VESSELS TO CONSTRICT)
- REDUCE STRESS AS MUCH AS POSSIBLE
- REGULAR EXERCISE INCREASES BLOOD FLOW IN BODY
- DRINK PLENTY OF WATER AND STAY HYDRATED

PUMPING INDUCED PAIN (PUMPING SHOULDN'T BE PAINFUL)

- A GOOD FIT MEANS THE NIPPLE DOESN'T NOT RUB ALONG THE INSIDE OF THE FLANGE
- NO MORE THAN ½" OF THE AREOLA SHOULD BE DRAWN INTO THE NIPPLE TUNNEL
- USE THE HIGHEST COMFORTABLE SUCTION SETTING
- DECREASE SUCTION STRENGTH IF PUMPING TRIGGERS A VASOSPASM
- APPLY COCONUT OIL IN NIPPLE TUNNEL TO DECREASE FRICTION, IF RUBBING OCCURS
- KEEP WARM WHEN PUMPING; USE DRY HEAT SUCH AS HEATING PAD, AVOID MOIST HEAT
- AVOID USING CHILLED FLANGES

2ND LINE STRATEGIES (IN COORDINATION WITH YOUR HEALTH CARE PROVIDER, SOME OF THESE STRATEGIES HAVE BEEN FOUND TO BE HELPFUL)

- OMEGA 3 FISH OIL OR EVENING PRIMROSE OIL BOTH PROMOTE BLOOD VESSEL DILATION IN BODY
- MAGNESIUM SUPPLEMENTS
- B6 VITAMIN 150-200MG DAILY FOR 4 DAYS. THEN REDUCE DOSE TO 25MG/DAY FOR 2 WEEKS (CONTINUING LONGER THAN 2 WEEKS CAN DECREASE MILK SUPPLY). MAXIMUM 2 WEEK COURSE
- VITAMIN D3
- L-ARGENINE 500MG 3X/DAY - IMPROVES CIRCULATION
- ACUPUNCTURE - HELPS IMPROVE WITH BLOOD FLOW
- FLORIDIX (IRON AND VITAMIN B SUPPLEMENT)

3RD LINE STRATEGIES

- OBTAIN PRESCRIPTION NIFEDIPINE FROM OB OR PRIMARY CARE PROVIDER
- NIFEDIPINE, LOW DOSE FOR A 12 DAY TRIAL; CAN REPEAT 3X