



# 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  $\frac{1}{2}$ " 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-ARGININE 500MG 3X/DAY - IMPROVES CIRCULATION
- ACUPUNCTURE - HELPS IMPROVE WITH BLOOD FLOW
- FLORIDIX (IRON AND VITAMIN B SUPPLEMENT)

### **3RD LINE STRATEGIES**

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