

Vasospasms

Vasospasms are temporary narrowing in the blood vessels of the nipples that can cause nipple pain and color change.

Vasospasms are often described as feeling like “lightning,” “pins and needles”, tingling, or burning.

Some women also notice that their nipples change colors while they are experiencing this pain. Nipples may turn white, then blue or purple, then return to pink. This is sometimes called a triphasic or biphasic color change. If you experience this color change without any pain or discomfort, you do not need to treat the vasospasms.

Treatment:

Treatment is focused on keeping your nipples warm and improving blood flow. The goal is to reduce the frequency of vasospasms and decrease the pain or discomfort that occurs. Start with steps 1–3. If you do NOT have improvement of symptoms within 48 hours, begin step 4. If you still do NOT have improvement of symptoms within 48 hours, try incorporating body work (step 5). If your vasospasms continue to cause pain or discomfort, reach out to us so we can consider initiating prescription treatment.

1. Keep your body warm. Wear layers wear a bra, wear nursing pads inside your bra.
2. Stop air-drying your nipples. Tuck them away immediately after unlatching or getting out of the shower.
3. Decrease caffeine intake.
4. Dietary supplements:
 - B-Complex with 100mg B6 twice per day
 - Magnesium 250–300 mg twice per day (can be Calcium/Magnesium)
 - Fish oil
5. Bodywork such as massage, chiropractic, or acupuncture.
Some women also find improvement in circulation and decreased vasospasms from gently massaging their nipples and areola with warm olive or coconut oil a few times per day for about 5–10 minutes each time.
6. Prescription treatment:
 - All Purpose Nipple Ointment (APNO)
 - nifedipine