

## NIPPLE BLISTERS EXPLAINED



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A nipple blister may also be known as a nipple bleb or milk blister. It looks

like a white blister, which has collected milk underneath a very thin layer of skin.

There are a few reasons as to why these occur. The most common reasons are:

- \* Poor latch – baby just suckling on the nipple and not feeding properly
- \* Wearing bras that are too tight
- \* Over supply which can cause too much pressure
- \* Engorgement
- \* The possibility that your baby has a tongue or lip tie
- \* A yeast infection

### WHAT CAN YOU DO TO HELP?

- \* Apply a warm compress before you feed your baby
- \* In the shower apply a little pressure to loosen the blister. Do not use a needle as this can cause infection
- \* After feeding soak a little cotton wool with warm olive oil, and place on the blister, this will help it to open – remember to wash off fully
- \* Massage your breasts in a downward or circular motion – never prod the breast with just one finger

**Ask a professional to check your latch  
07771 660 121**

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