

# Fleece Pads for Nipple Vasospasm

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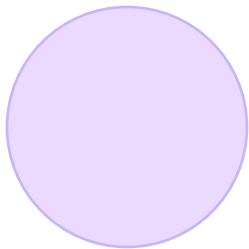
## ❄️ ■ What Causes Vasospasm of the Nipple?

Nipple vasospasm happens when the tiny blood vessels tighten in response to cold or compression. This can cause burning, sharp, or throbbing pain, along with white → purple → red color changes.

### **Common triggers include:**

- Cold exposure (biggest trigger)
- Shallow latch or nipple trauma
- Pump flange issues (too small/large, high suction)
- Sudden temperature changes
- Raynaud's disease
- Stress, fatigue, or adrenaline
- Caffeine or smoking (in sensitive individuals)

## ■ Cute Cartoon Fleece Pad



## ■■ Why Fleece Pads Help

Fleece keeps the nipple warm, preventing cold-triggered vasospasm. Warmth keeps blood flowing freely, reducing pain and helping break the cycle of vasospasm.

## ■ DIY: How to Make Fleece Breast Pads

**You'll need:**

- Soft fleece fabric (anti-pill is great)
- Scissors
- A cup or lid to trace 3.5–4 inch circles

**Instructions:**

1. Cut two circles of fleece (3.5–4 inches wide).
2. Layer the circles — double layers stay warmer.
3. Sewing is optional! Fleece does not fray.

Tip: Make 4–6 pads so you can rotate them during the day.

**■ How to Use Fleece Pads**

- Wear inside your bra directly over the nipple
- Use between feeds and pumping
- Replace if damp
- Avoid air-drying nipples (cold triggers vasospasm)
- Warm in your hands before placing for extra comfort