Breast and nipple pain in breastfeeding

• Nerves to breast and nipple are complex and numerous, arising from ribs and traveling throughout tissue -- this rich innervation makes pain common.

• Evaluate and treat common conditions (subacute mastitis, blebs, dermatitis, hyperlactation or “oversupply,” vasospasm) and use lymphatic massage to reduce traction/tension on nerves from engorgement.