

# Milk Blebs

A nipple bleb, sometimes referred to as milk blister, is a raised white or yellow spot that forms anywhere on the surface of the nipple. A bleb is formed when milk stagnates and clogs inside the milk duct just behind the nipple pore on the surface of the nipple. This is often due to a suboptimal latch. Sometimes a bleb is associated with a blocked duct somewhere in the breast. If the bleb is not causing any pain, generally it should be left alone. If the bleb is painful, or if you have a bleb along with a blocked duct, the following strategies will help to release and resolve the bleb.

Sometimes a blister filled with clear fluid will form on the nipple this is usually due to a suboptimal latch.

1. Apply your hindmilk on the nipple after each feed, allow to dry before putting on clothes.
2. Apply a warm, wet compress (like a washcloth soaked in clear, warm water) to the nipple before nursing your baby. Keep the compress as warm as you can tolerate without burning the skin. Massage the nipple with coconut oil to try to remove the skin surrounding the blocked pore and then, if possible, nurse your baby. There is no need to remove the coconut oil unless it is causing baby to slip while trying to latch. If the bleb is not released after nursing, use a warm, damp washcloth and gently rub the bleb to try and release its contents.
3. Some breastfeeding parents report success by soaking the affected nipple in a basin of warm saline solution. The solution should be as warm as tolerated, without burning the skin. Once or twice a day, soak the nipple for five minutes and then try to release the bleb by rubbing the nipple gently with a washcloth. After rinsing the area with clear water, you can also nurse your baby.

To make the solution add  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon of plain salt to 1 cup (250 mL) of warm water and mix until the salt dissolves. If the solution stings then reduce the amount of salt used.

A mess free way to soak the nipple is by using a small glass/katori. Fill it almost full with the solution, lean over and place the nipple into the glass/katori.

4. After nursing your baby, and if the bleb is large enough, scrape the edges with a clean fingernail or a washcloth and apply Mupirocin ointment. It can also be scraped off using a sterile needle and this is best done at the clinic by a health care provider/IBCLC in order to avoid infection.

After lifting the edges of the bleb, try squeezing just behind the area and you might be able to squeeze out some thickened or dry milk. Nursing the baby can also help to clear the bleb.

Questions or concerns? Email Dr. Mubarak Kothawala by visiting our website  
[www.wellfedbabyclinic.com](http://www.wellfedbabyclinic.com)

To make an appointment, go to [www.wellfedbabyclinic.com](http://www.wellfedbabyclinic.com)

The information presented here is general and not a substitute for personalized treatment from an International Board Certified Lactation Consultant (IBCLC) or other qualified medical professionals.

References:

<https://ibconline.ca/information-sheets/>

<https://kellymom.com/bf/concerns/mother/nipplebleb/>

<https://illusa.org/mastitis/>