

*Herzl Family Practice Centre, Goldfarb Breastfeeding Clinic*

**Milk bleb  
Patient Handout**

**What is a milk bleb?**

- It is a whitish **spot** on the tip of the nipple, usually at the opening of a duct.
- Skin grows over a milk duct opening and milk backs up behind it.
- You may have pinpoint pain at the site of the bleb when baby nurses.
- The bleb has a shiny, smooth surface, and is usually smaller than the head of a pin.
- The cause of blebs are unknown, but they may be associated with blocked ducts and/or nipple trauma.

**What to do for a milk bleb:**

- If the bleb does NOT hurt, DO NOTHING.
- If the bleb does hurt, it is important to consult a physician or lactation consultant.
- Continue nursing making sure baby is positioned and latched well.
- Wash the nipples once a day with mild soap and water.
- Soak a cotton ball in olive oil, put it on the nipple and wear it in the bra to soften the skin. This may help the bleb open up on its own during the feed.
- When skin is soft, try to peel away any thickened skin.
- Manually express milk from the blocked area so milk is flowing.
- A health professional may be able to pierce the milk bleb with a small sterile needle, so as to clear the blockage. Sometimes, a thick white toothpaste-like material flows out. Do not try piercing your own nipple bleb at home unless specifically instructed to do so by your health professional.
- A health professional may suggest the use of a thin layer of antibiotic ointment to prevent infection after piercing of the bleb.
- Lecithin may be helpful to decrease repetitive milk blebs: 1 tablespoon/day of lecithin or 1 lecithin capsule (1200 mg) 3-4 times per day.

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