

Pregabalin for persistent lactating breast pain: a case series.

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Background: Little is known about the causes, the intensity, and the various presentation of cases of persistent pain. Traditional intervention correcting common and well know causes of pain sometimes are not sufficient to completely resolve pain, which could become persistent and intense. It has been suggested its neuropathic origin and used a specific drug for neuropathic pain.



Method

We propose a case series, describing our experience in treating four women with persistent nipple pain despite conservative therapy and anti-inflammatory drugs. Pain is evaluated using Vas (Visual Analogue Scale) and neuropathic pain diagnostic questionnaire (DN4): in all case Vas score indicates severe pain (score 8 average value) and Dn4 is 4/10 suggested a neuropathic pain. We prescribed Pregabalin at an average dosage of 100 mg/day until the pain was resolved and subsequently decreased the dosage.

Result:

No adverse reaction was reported. All babies required further interventions to correct latch (such as osteopathic treatment). Three woman resolved pain and continued to exclusively breastfeed. In one case the patient is introducing the formula for persisting pain and nipple fissures.



Conclusion:

The pain in breastfeeding can be very intense and have neuropathic characteristics especially when the pain has existed for the longest time. Based on your experience Pregabalin in most efficacy to reduce pain when neuropathic component is present but the constant support of mothers from IBCLC is essential for resolving the problem that generated the pain.

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