



DIAGNOSING AND TREATING SORE AND PAINFUL NIPPLES



TIPS FOR HEALING AND TREATING SORE OR PAINFUL NIPPLES:

- 01. Use colostrum or breast milk:** Apply a small amount of colostrum or breast milk to your sore nipples and let them air dry. These fluids have healing properties that can help alleviate discomfort.
- 02. Expose to air:** Allow your nipples to be exposed to fresh air as much as possible. This can help speed up the healing process and prevent irritation from friction with clothing.
- 03. Try purified lanolin:** Consider using purified lanolin, which is available over the counter at drug stores. It's a safe ointment that can provide relief for sore nipples.
- 04. Use a saline rinse:** Mix half a teaspoon of salt in 8 ounces of warm water to create a soothing saline solution. Spray it onto your nipples with a spray bottle or soak your nipples in the solution for about a minute. Afterward, pat dry. You can also apply colostrum or lanolin afterward.
- 05. Consider hydrogel pads:** Hydrogel pads can help with wound healing, while breast shells offer protection against friction from clothing while still allowing airflow. These can provide comfort and aid in the healing process.

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WHEN TO SEEK ASSISTANCE:

01. **Nipple injury:** If you experience a severe nipple injury, it's important to consult your doctor. They may prescribe a special ointment to address the issue.
02. **Persistent pain:** If you're experiencing constant pain not only during nursing or pumping but also between feeds, it's recommended to seek support from your healthcare provider or lactation consultant. They can help identify and address any underlying problems, such as thrush or vasospasms.

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A FEW IMPORTANT THINGS TO REMEMBER:

- 01. Shallow latch:** The most common cause of sore nipples is a shallow latch. Seek resources or consult with a certified lactation consultant to learn techniques for achieving a deeper latch.
- 02. Gentle unlatching:** When you need to unlatch your baby, avoid pulling them off the breast forcefully. Instead, gently slide your finger into the corner of their mouth and reposition your nipple against your chest wall to release the latch without causing pain.
- 03. Hormonal changes:** If you've been nursing comfortably for months and suddenly experience pain, hormonal shifts during breastfeeding or pregnancy can sometimes cause sensitive or painful nipples. Hang in there and seek support from healthcare professionals.

With these tips, you can find relief from soreness and enjoy a more comfortable breastfeeding experience. Celebrate your dedication to providing nourishment for your baby and cherish the special moments of nursing.

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