

Nipple Care

General Nipple Care

For every breastfeeding mother:

1. Wash your hands before every breastfeeding session.
2. After breastfeeding, express your own milk out onto your nipples and let air dry.
3. *Optional:* Apply a pea sized amount of lanolin or nipple balm/butter. There is no need to wipe this off before breastfeeding.

Care for Sore, but Intact Nipples

For nipples that feel sore, but are not cracked, bleeding, or scabbed:

1. General nipple care from above.
2. Leave your nipples open to air whenever possible *(if it feels good)*.
Optional: Use breast shells for sore nipples.
3. If air doesn't feel good, use a clean, dry nursing pad and wear a comfortable bra.
4. *Optional:* Silverette cups or Hydrogel pads.
5. Call to schedule an appointment with a Lactation Consultant (IBCLC).
6. *Optional:* Follow "Taking a Break from Latching" plan.

Care for Sore, Damaged Nipples

For nipples with open wounds such as cracks, blisters, scabs:

1. Wash your hands before touching your nipples.
2. After breastfeeding or pumping, spray saline over your nipples *(such as saline nose spray)*.
3. Then, express some of our milk out onto your nipples and let air dry.
4. Apply lanolin, nipple butter/balm, or All-Purpose Nipple Ointment (APNO) *(if your OB/midwife/IBCLC has prescribed this)*.
There is no need to wipe any of these off before breastfeeding.
5. *Optional:* Silverette cups or Hydrogel pads.
6. Call to schedule an appointment with a Lactation Consultant (IBCLC).
7. Follow "Taking a Break from Latching" plan.

Contact a Lactation Consultant (IBCLC) if:

- You are unable to latch your baby comfortably.
- You have open cracks, blisters, bleeding, or scabs on your nipples.
- You have lumps in your breasts that aren't softening after breastfeeding.

Contact your Midwife or OB ASAP if:

- You spike a fever of 100.4 or higher.
- Feel flu-like symptoms (chills, body aches)
- You have a very painful, red, warm lump in one or both of your breasts.

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