

SORE NIPPLES

Sore nipples can occur for some women. Moms with large breast may have difficulties getting a good latch which often leads to nipple soreness. In fact, 90% of all women who experience sore nipples often have a poor latch. The best way to prevent sore nipples is to make sure your baby is positioned and latched properly on your breast. Most moms experience nipple soreness during the 1st week postpartum (usually the 3rd and 6th day). It usually heals after about two weeks¹⁻³.

In the first few days, it is normal to have nipple tenderness for the first few seconds when your baby first latches. It is not normal to have nipple pain lasting throughout the entire feeding. This might be due to improper latching which means your baby may not be suckling properly⁴. Sore nipples can occur after the first week for a number of reasons. The most common are⁵:

- Poor breastfeeding position
- Incorrect latching

IMMEDIATE THINGS TO DO TO HELP SORE NIPPLES^{6,7}:

- Before breastfeeding, massage breasts to release the milk. Apply a few drops of breast milk on sore nipples to help with healing. Breast milk contains many healing properties.
- Cold compress for relief
- Use lanolin cream to relieve the pain and help healing
- Avoid soap or alcohol to clean nipples. They dry out the nipple

TIPS OF THE WEEK

- Try pumping when your nipples are sore.
- A proper latch can prevent sore nipples.
- A proper breastfeeding position is the one of the best ways to prevent sore nipples.

*A sore nipple = Blisters, scabs, cracks or bleeding on the nipple

OTHER THINGS TO DO:

- Try a different breastfeeding position for a better latch.
- Breastfeed on the side that doesn't have the sore nipple
- DO NOT limit feedings. Delaying or reducing feedings may affect your milk supply.
- Wear a breast shell in your bra between feedings to protect your nipples.
- Try breast pumping to express your milk while your nipples heal.
- Have a correct position and latch. Your baby's mouth should be wide open before latching on. Talk to a lactation specialist if there are no improvements to nipple soreness after 24 hrs. Also contact your healthcare provider if you have a fever of over 101 degrees.

HOW DO YOU KNOW WHEN YOU HAVE A GOOD LATCH?⁸

- You feel a tugging but no pain during breastfeeding.
- You hear your baby swallowing.
- Your baby's lower lip is rolled out.
- Your baby is latched to the nipple and the areola.
- Your baby breastfeeds with a wide (not a narrow) mouth.

You may be covered for a breast pump and visits with a lactation consultant through your medical insurance plan, WIC, Medi-Cal or the Affordable Care Act. Contact your insurance plan for questions about your breastfeeding benefits.

IF YOU NEED BREASTFEEDING HELP, CALL THE HELP LINE: 888-278-6455

RESOURCES:

breastfeedinginc.ca/content.php?pagename=doc-SN

<http://www.askdrsears.com/topics/feeding-eating/breastfeeding/common-problems/sore-nipples>

whattoexpect.com/first-year/week-5/nursing-nipples.aspx

unicef.org.uk/BabyFriendly/Parents/Problems/Sore-nipples/

kellymom.com/ages/newborn/bf-basics/latch-resources/

VIDEO:

CORRECTING SORE NIPPLES

[youtube.com/watch?v=l1bHNRpvxIM](https://www.youtube.com/watch?v=l1bHNRpvxIM)

APPS:

BREASTFEEDING EXPERIENCE (FREE)

itunes.apple.com/us/app/breastfeeding-experience/id522046543?mt=8

Advice and solutions to many common breastfeeding problems, including sore nipples.



BLOGS:**COMMON CONCERNS WHILE BREASTFEEDING - SORE NIPPLE THERAPY FOR THE BREASTFEEDING MOM**

sdbfc.com/blog/2011/10/3/common-concerns-while-breastfeeding-sore-nipple-therapy-for.html#.U07Rmpjn_b0

NIPPLE PAIN WHILE BREASTFEEDING

whattoexpect.com/blogs/lawyersarahbecomesamom/nipple-pain-while-breastfeeding-the-older-baby

PREVENTING AND TREATING SORE NIPPLES

blog.medelabreastfeedingus.com/2012/03/preventing-treating-sore-nipples/

HEALING TIPS FOR NIPPLE CRACKS AND ABRASION

kellymom.com/bf/concerns/mother/nipplehealing/

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