

## SORE NIPPLE CARE

### During feedings

- Ensure a deep latch with each feeding
- Nurse from the least sore side first
- Try various feeding positions for optimal comfort for mother
- Breast rest

### After Feedings

- Rinse nipples with warm water or a salt water solution:
- Air dry
- Apply ointment or cream as needed
  - Expressed breast milk
  - Olive or Coconut oil
  - Newman's All Purpose Nipple Ointment (APNO)
  - \_\_\_\_\_
- Hydrogel dressings

*1/2 teaspoon salt, mixed with 8 ounces of water and made fresh, daily*

### Between Feedings

- Keep nipples exposed to air when possible
- Wash wound with mild soap once daily
- Wear TheraShells

*You should notice an improvement in your symptoms within 24-72 hours after starting the care regimen. If this is not the case, or if you are experiencing increased nipple pain/damage, please contact our Lactation Team.*