



Excellence in Women's Healthcare

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How do I treat sore nipples?.

Some amount of tenderness at first is normal, but if the baby is held in the correct position, nipples should never blister, crack or bleed. If your nipples do get sore, you should do the following.

- ❖ Change positions at every feeding. This puts the pressure of the baby's gum on a different spot each time. (Cradle hold, lying down, and football hold.)
- ❖ Nurse more often, but for shorter lengths of time. If you go longer between feedings, the baby will be hungrier and nurse too hard and make your breast even more sore.
- ❖ Rub breast milk on the nipple after each feeding and let dry. It actually helps heal them.
- ❖ Don't use soap or alcohol on the nipples.
- ❖ If the pain is severe, take a mild painkiller about 30 minutes before nursing.

If your nipples are cracked or bleeding, rub a small amount of medical grade modified lanolin (made specifically for breastfeeding mothers) on the nipples. This treatment, called "most wound healing," will relieve pain, and provide a moisture barrier that will slow the evaporation of moisture that is present in the skin. It will allow the wound to heal much faster without forming a scab. Pure lanolin does not have to be removed before the baby nurses.