



Lisa Paladino CNM, IBCLC

Nipple Pain

Hints for healing:

- ~ If you have had help to get a comfortable latch, and are able to do that ever, then don't let baby nurse in positions that hurt. Adjust the latch.
- ~ Letting expressed breastmilk remain on your nipple after feedings can help them heal since your breastmilk has antibacterial and anti-fungal properties.
- ~ When possible, leave your bra off or the flaps open to allow air flow to your nipples. If you are using breast pads, be sure to change them frequently. Washable cotton is preferred over disposable pads.
- ~ Organic, food-grade coconut or olive oil can be safely used on your nipples to soothe them and prevent infection. Of course, do not use these oils if you know that you have an allergy to them.
- ~ If there is cracking or bleeding, nipples can be washed gently with mild soapy water before nursing, using non-perfumed, non-anti-bacterial soap and rinsing well before feeding.
- ~ Saline soaks also help healing: dissolve 1 teaspoon of salt in 8 ounces of warm water and use a clean washcloth or gauze pad to place the saline solution onto your nipples or dip your nipples into the solution in a cup.
- ~ Reach out for medical evaluation if there is bleeding or pus or any other sign of infection such as fever.