

Sore Nipples



Congratulations for breastfeeding your baby! Breastfeeding is the best food you can give your baby.

It is common for most women to experience some nipple soreness while breastfeeding. Here is some information to help you, so you can continue to breastfeed your baby!

You may get sore nipples if:

- Your baby is not positioned or latched correctly.
- You are pulling your baby off the breast.
- You are using cream or soap on nipple area.
- You are using plastic breast pads that keep wetness around the nipple area.
- You are engorged.
- You have an infection.

To help reduce or prevent nipple soreness always make sure your baby is latched to the breast correctly.

You will usually have the baby latched correctly if you are:

- Sitting up straight while breastfeeding.
- Your baby is supported on your lap, so her head is even with your breast. You may need to use a pillow.
- Your baby is lying chest to chest with you.
- Your baby's mouth is open wide.
- Your baby's lips are out flat around the breast, and not curled under.





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Here are some more ways to help relieve, heal or prevent sore nipples:

- If you need to take your baby off the breast while he is breastfeeding, release the baby's suction. To do this:
 - *Place a clean finger into the side of the baby's mouth, between your breast and baby's gum line.*
- Only use water to clean your nipple area. Soap causes dryness and will make your nipples more sore.
- Use only cotton or paper breast pads.
- Breastfeed enough to prevent engorgement. If your breasts are really tight and sore, it is okay to pump out about 1 to 2 ounces of breastmilk. But try not to pump more than that unless you have specific instruction too.
- Nurse on the least sore side first.
- Change positions for each feeding.
- Express some milk to help start milk flow. This will help with engorgement too.
- After Breastfeeding, express some milk and message into nipple area, let air dry.



If your baby is 2 weeks old and your nipples still hurt call your WIC office, lactation consultant or doctor.

If you have been breastfeeding for several weeks or months without pain and your nipples begin to hurt suddenly, call your lactation consultant or doctor. You may have an infection.