

Sore Nipples



Although some tenderness is normal, breastfeeding should not hurt.

Signs and Symptoms

- Painful nipples
- Reddened nipples
- Blisters, cracks, bleeding
- Slanted/creased nipples after feeding

Causes

- Baby not latched on well (most common)
- Flat/inverted nipples
- Mother: rash, using harsh soaps or creams, eczema, other infections
- Infant: tongue tie, abnormal palate

If latch is corrected and mother does not begin to experience relief, she should seek further help.



Comfort Measures

- Get help with the latch
- Breastfeed on least painful side first
- Try changing positions each time you breastfeed
- Air dry nipples
- Express milk prior to feeding
- Put expressed milk or breastfeeding ointment on nipple after feeding
- Ask your doctor about ibuprofen

Prevention

- Correct latch
- Change nursing pads often
- Use a finger in the side of baby's mouth to break suction when ending a feeding

Visit www.womenshealth.gov/breastfeeding for more information.

**THE LATCH
IS KEY.
WE CAN HELP.**

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