Sore Nipples

Whether it is your first time breastfeeding or if you have breastfed a baby before, it is common for a mom to feel discomfort when starting breastfeeding. The discomfort should be limited, though. If you have nipple soreness beyond the first 30 to 60 seconds, you need a latch evaluation. Trauma to nipples can happen due to a poor latch, bad positioning, a teething baby, an abnormal baby suckle, poor fit of a breast pump flange, incorrect breast pump settings, use of a nipple shield, or a bacterial or fungal infection.

Call an International Board-Certified Lactation Consultant or your health care provider right away if you have:

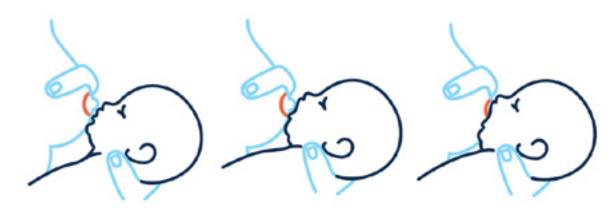
- Intense stabbing or pinching pain while breastfeeding
- Pain that occurs throughout the feeding
- Nipple pain even when not breastfeeding
- Experiencing nipple pain beyond the first two weeks
- Nipple trauma such as blisters, bleeding, bruising, cracks, rash, or bright red color

The best way to keep your nipples healthy during breastfeeding is to follow these best practices:

- Watch for early feeding cues This makes it easier to latch a baby properly.
- Avoid engorgement babies have a hard time latching properly when the breast is engorged.
- **Hold the baby's body close** to your body. This helps the baby latch deeply onto the breast beyond the tip of the nipple.
- Check your baby's position. Poor positioning can cause a painful latch
- Ensure a deep latch to avoid nipple pain. Baby should latch onto the breast beyond the nipple.
- Avoid using soap or cream on your nipples because your skin may become irritated. Allow your nipples to air dry after breastfeeding. Breastmilk can help fight infections and skin irritations.
- If using nursing pads, avoid using pads that have a plastic lining. Change them often so your nipples stay dry in between feedings to reduce the risk of infection.
- Ask for help before trying medicinal creams, gel pads, or a nipple shield. These items may reduce
 nipple pain from breastfeeding, but they do not correct the reason for the pain and may even delay
 nipple healing.

Call your health care provider or your WIC office if your sore nipples continue. You can also call the ADHS 24-Hour Breastfeeding Hotline at 1-800-833-4642 to help resolve painful nipples.

Sore Nipples



Steps to a Good Latch Tickle your baby's lips with your Aim your nipple just above your Aim your baby's lower lip away nipple. This will help baby open baby's top lip. Make sure your from the base of your nipple. their mouth wide. baby's chin isn't tucked into Baby's lips should be turned their chest. outward like a fish. Your baby should lead into the breast chin first and then latch onto your breast. Your baby's tongue should be extended, and your breast should fill your baby's mouth.

If your baby latches just on the tip of your nipple or it hurts, gently put a clean finger in your baby's mouth to break the latch, then try again.



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Arizona Department of Health Services 2020