

NEW MOTHER FACT SHEET



Sore Nipples

Signs

- Nipple soreness that continues after the first few minutes of nursing.
- Nipple tenderness when the infant is not nursing.
- Pink, red or purple nipples.
- Breaks or cracks in the skin at the base or top of the nipple.



Prevention

- Position baby correctly on the breast. You should be tummy-to-tummy and your nipple should be angled toward your baby's nose with your baby's chin touching your breast.
- Your baby's mouth should be opened wide in order to latch on correctly.
- If breast is full and hard, baby will not be able to latch well. Express a small amount of milk to soften the breast.
- Allow baby to feed completely on the first breast before offering second breast.
- Begin each feeding on the breast offered last.
- Feed baby eight to 12 times every 24 hours to prevent baby from getting overly hungry and nursing too aggressively.
- Avoid the use of bottles or pacifiers while baby is learning to breastfeed.
- Refrain from washing breasts with anything but warm water (no soap).

Treatment

- Position your baby correctly on the nipple. Baby's chin should touch the breast and baby's mouth should be opened wide for correct latch.
- If one nipple is very tender, try offering the breast that is the least sore first.
- Hold your baby close to prevent pulling of the nipple, and remember to break the suction with your finger before removing baby from breast.
- After feeding, allow the milk on the areola and nipple to air dry to assist in healing.
- Apply a cool compress to affected area for comfort.
- Ask your health-care provider or lactation consultant about the use of medications for comfort.



When To Call Your Health-Care Provider

- You have thick, yellow drainage from the nipple.
- The nipple is itchy and/or bright red. Small pale or shiny spots are seen on the areola.
- You have symptoms of a breast infection known as mastitis. Symptoms include:
 - ✓ Fever higher than 100.4 degrees (by mouth).
 - ✓ Increased fatigue.
 - ✓ Muscle aches and flu-like symptoms.
 - ✓ Red, hot or hard breast.
 - ✓ Painful lump(s) in the breast.
 - ✓ Red streaks extending from the lump toward the underarm area.

