



Nipple Care Remedies

The very first step is to have a professional evaluate your latch and positioning technique.

Often improving your latch is the key to happy nipples. If it seems that your latch is great and you're still in pain consult with your lactation consultant to rule out any additional concerns.

Once you're on your way to pain-free nursing here are some suggested care measures to help your nipples heal:

Express breast milk and leave on your nipples- it's the best salve on earth!

Keep the sores covered as they heal so they don't crack and cause more pain, a soft, cotton, nursing pad in your bra may help – avoid soggy pads.

Try **saline soaks** after a feeding or as needed. 1 tsp salt to 1 cup of warm water. You can prepare this in a shot glass and put on top of nipples or dip your breasts into a bowl. Leave on for 10 minutes or so and then you can apply a cream or salve for added comfort.

Natural Salves:

- Coconut oil
- Olive oil o Nipple creams that have natural oils in them- Earth Mamma, Baby
- Bliss and Motherlove have great alternative creams to lanolin o Rescue Remedy

Nipple shells worn in your bra can help keep your nipples untouched while they heal

Soothing gel pads or Hydrogels

Traumeel or Arnica used for deep tissue pain or bruises is helpful

Nursing break- use a pump for a few days or a few feedings until you feel better (reserve for truly upsetting circumstances)