



## When Breastfeeding Hurts

The pain that accompanies nipple damage can be frustrating to cope with. It is common for breastfeeding mothers who are experiencing pain to become discouraged. However, there are a number of effective ways to manage the pain while your nipples are healing.

### Is it safe for me to take pain medications?

There are number of pain medications that are safe for you and your nursing baby. These include acetaminophen (Tylenol™), and ibuprofen (Advil™, Motrin™) Acetaminophen and ibuprofen are available without prescription.

### What are the common side effects of these medications?

The possible side effects of codeine include constipation and drowsiness. Ibuprofen may upset your stomach.

### What else can I do to reduce the pain?

Apply the product we have recommended to your nipples as instructed. Alternating nursing positions between cradle and either football hold or nursing lying down might also help. If not, just use the most comfortable position. Some mothers find that numbing the nipples with an ice cube wrapped in a cold wet cloth can help decrease the latching pain. Just touch the nipple a little to numb it. You don't want frostbite! Sometimes distraction helps you get through the nursing. You can try watching a movie or listening to radio. Lastly, you might also try using the relaxation and breathing techniques that you learned in prenatal classes. Sometimes we recommend using a nipple shield to decrease pain.

### What if I simply can't face putting my baby to breast?

If you can't face a feeding, we understand. Sometimes skipping one or a few feeding(s) is just the break you need. Feed your baby milk you have previously expressed. If there is no breast milk available, talk to us about which type of formula to choose. You may choose to feed baby by bottle, cup, or finger feeding. Each of these methods has its own benefits and drawbacks. Ask us for information about this. If you skip a feeding, be sure to pump or express your breasts so that they do not get over-full. Some mothers find it necessary to pump for a day. After this, most find that their pain is significantly reduced.

If you are feeling discouraged, please tell us. Remember that your nipples will heal and breastfeeding will once again be the enjoyable experience it should be.