



Treating Your Nipple Damage

Mother's Nipples:

The first thing to remember is that your nipple(s) WILL heal! Your nipples need to be kept moist in order to heal. Do not air dry them. We recommend the use of modified lanolin; brand names are **Lansinoh™** or **Purelan™**. These are available in most pharmacies and are not the same as regular lanolin.

After each feeding, apply the modified lanolin to the damaged areas of your nipple(s). Use only enough lanolin to cover the damaged area. Do not use more than this. Cover the damaged area with a **Telfa™** pad dressing. Cut the pad to a size big enough to cover the wound and stay in place between feedings. When you feed, just remove the Telfa pad™. If the pad is wet with milk or stained with material from the wound, discard and cut a new piece. If not, it can be reused several times. You can obtain Telfa pads at the Village IDA Pharmacy at the corner of 163 St. and 95th Avenue. Ph. 484-5555.

Many nipples that are damaged are also infected. Please take your antibiotics if directed to by us.

Pain:

Some patients are prescribed an analgesic (pain killer) to take the edge off the discomfort of breastfeeding until the nipple begins to heal. Please follow the instructions on the bottle. Remember that most pain medications take at least one hour after swallowing before they are effective.

Breast Infections:

Nipple damage can make a mother more likely to develop a breast infection (mastitis). The symptoms include: fever, chills, body aches, an area of redness and tenderness in one, and rarely both, breasts. If this happens to you, begin taking an antibiotic immediately and return to the clinic as soon as possible. All of these are compatible with breastfeeding.

Cephalexin (Keflex™) 250 mg tablets: take two tablets every six hours for a total of seven days

Cloxacillin: 500 mg tablets: take one tablet four times per day for a total of seven days

If you get mastitis:

- Keep nursing. If you stop nursing, the mastitis will take longer to clear and you increase your chance of getting a breast abscess. Nursing will not hurt the baby.
- Use pain medication: acetaminophen and ibuprofen are all compatible with nursing. If nursing is too painful, pump the breast or use manual expression for as short a time possible. Pumping and expression are not nearly as effective as a baby nursing.
- Try and remove additional milk from the breast. Massage the affected area by pushing the milk towards the nipple with your fingers. You can massage more deeply if you put a little oil on your fingers. Use unscented oil. You can also try and remove extra milk with pumping or manual expression after nursing.