

NIPPLE CARE 101



DO

- Treat a wound like a burn: keep covered 24/7
- Use short course of steroid cream for serious pain or blebs
- Feed baby at breast if possible
- Use wound care products that also can help reduce pain and improve healing
- Polymem ("Nursicare") for wounds that are moist or cratered
- Hydrogel ("Soothies") for dry wounds
 - Combine with balm/oil if very dry

DO NOT

- Soak in salt water
- Use APNO, antibacterial cream, antifungal cream, boric acid, gentian violet, peppermint, tea tree oil or other caustic products
- Clean nipple with alcohol, harsh soap, hypochlorous acid, or dish detergent
- Use a hair dryer or needle
- Use breast shells or silver covers that cause nipple swelling and skin breakdown

