

NIPPLE CARE 101

DO

- Know wounds can take time to heal (not overnight!)
- Treat a wound like a burn. Apply balm/oil and keep covered 24/7
- Use short course of steroid cream for significant pain.
- Feed baby at breast if possible
- Use wound care products that also can help reduce pain and improve healing time
 - Polymem ("Nursicare") or Mepilex for wounds that are more moist or cratered
 - Hydrogel ("Soothies") for dry wounds



DO NOT

- Use lanolin or coconut if you are allergic.
- Soak in salt or magnesium water.
- Use APNO, antibacterial cream, or antifungal cream.
- Use boric acid or gentian violet liquid.
- Use peppermint, tea tree, grapefruit, or grapeseed oil (not meant for open wounds or ingestion by infant).
- Clean nipple with alcohol, harsh soap, hypochlorous acid, or dish detergent.
- Use a hair dryer.
- Use breast shells or silver covers that cause nipple swelling and macerate (break down) skin.
- Pump to "rest" your nipples. Pumping can create a host of new problems:
 - Baby may not want to return to the breast
 - Microbiome alterations in milk
 - Loss of blood flow
 - Rigid, mechanical pump is fixed location/pressure
 - Increased risk of blebs, mastitis, and "plugs"

PHYSICIAN GUIDE

