



Nipple First Aid

- 1. First, fix the latch.**
Refer to the Latch 1-2-3 handout complete with pictures. If you are unable to fix the latch, call a Lactation Services nurse at (208) 625-5091.
- Before feeding your baby, use warm wash cloths, massage and use hand expression to help your milk come out.
- Wash nipples every day with soap and water. After breastfeeding, wash wounds with tap water. Pat or air dry your nipples.
- Put a little breast milk on your nipples after every feeding. Let it air dry.
- Next, rub lanolin (medical-grade) on your nipples. You may also use Mother's Love Nipple Cream or organic coconut oil. These are safe for baby to latch onto.
- If you have open wounds, try a **hydrogel pad** (you can find these at stores like Walmart or Target). You could also rub on a topical antibiotic ointment (like Neosporin, Bacitracin or Triple Ointment; fresh tube unused). Before you feed your baby, wash your nipples gently with a warm washcloth to remove the ointment. **This ointment is not safe for a baby to latch onto.**
- Use breast shells (also found at stores like Target and Walmart) to keep clothes from rubbing or sticking to your nipples.
- If you still have sores on your nipples after trying these things, talk to your provider about other treatments.

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