



## 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.

2. Before feeding your baby, use warm wash cloths, massage and use hand expression to help your milk come out.

3. Wash nipples every day with soap and water. After breastfeeding, wash wounds with tap water. Pat or air dry your nipples.

4. Put a little breast milk on your nipples after every feeding. Let it air dry.

5. 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.

6. 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.**

7. Use breast shells (also found at stores like Target and Walmart) to keep clothes from rubbing or sticking to your nipples.

8. If you still have sores on your nipples after trying these things, talk to your provider about other treatments.

