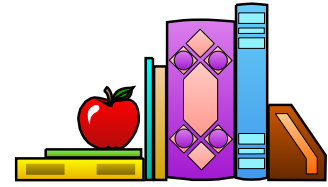


Care Plan for Treating Sore Nipples



Sore nipples can be caused by poor positioning & latch or by bacteria, viruses or yeast. Sore nipples can start out from poor positioning and then within days become infected. Staph and yeast are normally on our body surface and are very happy to invade a sore nipple. If your sore nipples are not improving within a few days your treatment plan may be the wrong one and your plan need to be changed.

SUGGESTIONS:

- Identify and correct the cause of your sore nipples
- Have someone evaluate and help you with your positioning & latch
- Wash your hands before nursing and/or treating your sore nipples
- If your baby has a yeast diaper rash wash your hands after changing his diaper
 - Wash his bottom with warm soapy water, dry well and apply his medicated cream with each diaper change
- If you have a yeast infection on your nipples your baby's mouth may also need to be treated
- Probiotics may be helpful in helping your body over come a yeast infection. Best ones are kept under refrigeration in the store
- Sterilize all pacifiers, bottle nipples and pump flanges daily
 - Replace all pacifiers every two (2) weeks
- Start nursing on the least sore side first
- To decrease your pain massage your breasts for 1-2 minutes before nursing to trigger a faster let-down
- If you have pain with latch lasting more than 15 seconds, take your baby off and try again
- If you have engorgement use reverse pressure softening to reduce the swelling before attempting to latch
- Change sides every _____ minutes while nursing
- Remove your baby from the breast if he is not swallowing, but is just "hanging out"
- Air dry your nipples after nursing or pumping and before applying any ointments, creams or medications
- Apply a small amount of:
 1. _____
 2. _____
 3. _____
- Mix equal amounts of each ointment
- Apply after every nursing or pumping
- Rinse with cool water before nursing
- Wear breast shells with the large ring to promote air circulation (this speeds healing) and to prevent your bra from touching your nipples
- Use hydrogel dressings between feedings
- Do not nurse, but pump your breasts instead
- Using Hands on Pumping, pump every _____ hours
- Remember to apply olive oil to your nipples and areola before pumping
- Begin pumping with the pressure of the breast pump on low and increase as your comfort allows
- Nurse your baby for _____ minutes every _____ hours on the _____Right side _____Left side _____ Both sides.
- As your nipples begin to heal and are less painful you can start to breastfeed every second or third time
 - Pump in place of other feedings
 - As your nipples continue to heal, nurse more frequently and pump less.
 - If your nipples start to get sore again go back to pumping more frequently for a day or so. Don't rush too fast in getting back to full breastfeeding... you don't want to have to do this again
- Special instructions

Peer Counselor's or IBCLC's Signature/Date
