



## Your Breastfeeding Journey: Sore and/or Cracked Nipples

Sore and/or cracked nipples are a result of not obtaining a deep latch and can be a frustrating experience for breastfeeding parents.

The pain can be sharp and intense, making breastfeeding uncomfortable or even unbearable.

If you are experiencing sore and/or cracked nipples, you should be evaluated by a trained lactation professional.

### How Should I Care for Cracked Nipples?

- **Know correct positioning and latch:** Ensure that your newborn is positioned correctly and has a good latch. When the nipple is not deep enough in the newborn's mouth, the nipple can be compressed between the gums and/or hard part of the newborn's mouth leading to pain, cracking or blistering.
- **Apply breast milk:** Breast milk has antibacterial and healing properties. After feeding, express a few drops of breast milk onto the nipple and let it air dry.
- **Use nipple cream or ointment:** Apply a nipple cream or ointment that is specifically designed for breastfeeding mothers. Look for products that contain lanolin or other natural ingredients that soothe and protect the skin.
- **Avoid soap:** Avoid using soap or other harsh chemicals on your nipples, as they can dry out the skin and cause further irritation.
- **Wear a supportive bra:** Wear a supportive bra that fits well and provides good support. A poorly fitting bra can cause friction and pressure on the nipples, making them more susceptible to cracking.
- **Take breaks:** If your nipples are extremely sore, take a break from breastfeeding and use a breast pump instead. This will give your nipples time to heal and reduce the risk of further damage.
- **Express milk:** If breastfeeding is too painful, it is very important to express milk from the injured side to reduce the risk of mastitis and to maintain supply. If pumping is too painful, try hand expression.



### Keep in Mind...

In most cases, cracked nipples will heal within a few days or weeks with proper care and treatment. However, if the pain persists or if you notice any signs of infection (such as redness, swelling, or discharge), contact your healthcare provider immediately.

With the right care and treatment, you can overcome the discomfort of cracked nipples and continue to breastfeed your baby with ease.

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Every Step of the Way**

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