

## Maternity Services- Information

**Nipple Shields**....can be temporarily useful in early days of breastfeeding

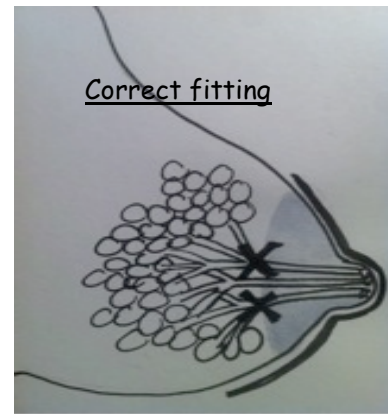
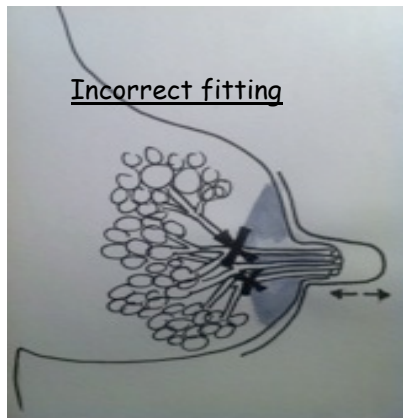


...but can also create breastfeeding problems!



- Always seek skilled support (ask your midwife or community Maternity care Assistant -MCA)
- Only use well fitting nipple shields (NS) with advice from skilled feeding support staff when your milk supply is abundant (usually takes 3-4 days following birth)
- Use NS for as short a period as possible ie: 24-48 hours and use at beginning of feed only and then remove to feed baby directly on breast.
- Continue to seek skilled support until problem requiring NS is resolved

REMEMBER - nipple shields can make it harder for your baby to reach the milk duct junctions where the milk supply is best -marked with X on diagrams below



1. Short term use



2. Get frequent experienced support



3. Express after feeds to drain breasts and maintain milk supply



4. Sore nipples are not usually a good reason for using nipple shields as they are often caused by ineffective positioning and attachment of your baby at the breast.

5. Nipple shields *can* be useful for inverted or flat nipples, or baby refusing to breastfeed when milk supply is evident, or when a premature baby has been cared for in the neonatal unit and fed with a bottle and teat and is now adapting to feeding directly on the breast.

6. Take care as nipple shields *can* lead to mastitis - breasts do not always drain efficiently  
**PLEASE ASK FOR HELP!**