

SORE / DAMAGED NIPPLES

Finding it too painful to breastfeed at present

Plan of care: Express and rest your nipples until healed.

1. Express: no less than 8 times in 24 hours. Remember the more you express, the more milk you produce. Express from one side for **two minutes after** it stops dripping. Then express from the other side. Repeat until milk stops flowing. You can add to expressed breastmilk to milk already expressed that day.

However if no milk is flowing, express for 5 minutes on side, then 5 minutes the other over a period of 20 minutes

2. Give your expressed breastmilk to your baby: preferably with a cup to avoid nipple and teat confusion (different sucking action with a teat as to breastfeeding). Staff will teach you how to cup feed before you go home.

However if you find this too difficult or your baby is dribbling all your expressed breastmilk and you want to go home, offer the breastmilk at home, whichever way you feel more comfortable doing it.

If no milk or minimal milk is expressed, you may need to give additional formula, just enough to settle your baby until the milk supply increases. Please read the ***Wish List leaflet*** before you give formula so you can make an informed choice.

3. Demand feed your baby: watch for feeding cues. On average newborn babies feed 8-12 times in 24 hours. If you think your baby has gone a long time (over 6 hours) without a feed, wake him up. Keep a record of the number of feeds your baby has in 24 hours. See chart overleaf.

4. How to know the baby is getting enough: note the number of wet and dirty nappies.

- By day 3: the poo should be changing colour/more wet nappies.
- By day 5-6: on average four yellow poos and 5-6 wet nappies per day.

5. Treatment for sore nipples: if your nipples are cracked, it's worth applying some breastmilk to the sore area. If you apply a jelonet dressing, remember to change frequently and remove before feeding.

6. Once you feel ready to try again, offer the breast. Please try and attend a breastfeeding support clinic as the Feeding Advisor can ensure your baby is latched on well. Remember if you have pain throughout the whole feed or your nipple is flat at the end of a feed, the baby has **not** latched on well.