**Sore Nipples**

**Minimal Nipple Damage:**

* Wash hands first.
* Air blocking products may increase the mother’s comfort.
* First apply breast milk to your nipples. Apply a thin coat of extra virgin olive oil, Aquaphor, Vaseline or virgin coconut oil.
* Hydrogel pads may be used. Discard if they become cloudy and follow cleaning instructions. Nipple creams or oils should not be applied while using.

**Damaged – cracked/abraded/wounded:**

* Wash hands first.
* Rinse nipple skin with clean water after every feed.
* Rub breast milk in nipple.
* Apply a thin coat of Polysporin (topical Abx) non-neomycin-based to prevent infection *(ensure thoroughly soaked in prior to feeding/pumping).*
* Avoid lanolin and hydrogels.
* Lots of air exposure can help healing process.

**Cornerstone Lactation Team**

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