

Aeroflow Breastpumps

Nipple Abrasions and Healing

Nipple pain while breastfeeding tells you something is not quite right. Let's go over why it can happen, what to do about it, and how to get help.

Some common causes may be:

- Your nipple is being rubbed on your baby's gums or the roof of their mouth.
- When unlatching, you tug your nipple away rather than breaking suction.
- The breastfeeding position isn't quite right.
- Using a flange that does not fit properly when pumping.
- Skin irritation caused by nursing pads, poorly fitting nursing bras, or lotions and creams.

How to Help:

- Make it a priority to feed with a deep, wide open latch.
 - Begin with your nipple to your baby's nose. This encourages your baby to tilt their head back and open their mouths wide as they stretch to reach the nipple.
- Break suction before unlatching.
 - Use a finger to gently push your nipple away from the corner of your baby's mouth and toward the center of their mouth before pulling away so there is no tugging.
- Try different breastfeeding positions.
 - Laid back and football hold can both help with achieving a deep latch.
- Work with a lactation consultant to make sure you have the right flange size.
 - Use a lower level of vacuum suction on the pump settings.
- Practice good breast health!
 - Have a well fitted (not tight) and clean bra.
 - Try to keep your breasts dry.
 - Change your breastfeeding pads often (avoid unnecessary rubbing or friction).
- Topical treatments
 - Your own breast milk is often all that is needed.
 - Consider single ingredient ones like coconut oil or olive oil to limit risk of allergies or sensitivities.

- Breast shells or cups can protect the damaged nipple from rubbing while it heals.

When to seek extra support:

- Contact your doctor always if you are concerned or if the wounds do not appear to be healing.
 - Some may prescribe medication based ointments like APNO which contains an antibiotic, a corticosteroid and an antifungal medicine.
- Always find a lactation specialist.
 - To find the root of the problem
 - To protect your breast milk production while you heal.

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Ultimate Breastfeeding Prep
- Lactation Q&A

To register for these classes, log into your portal or click [here](#).

Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>