Breastfeeding:

Check your health care provider for help if you have pain during feeding. The first 2-3 weeks of breastfeeding, nipples may be sore, cracked, or dry.

Some tips to help with sore nipples:
- Apply cool compresses or gel pads
- Put breastmilk on nipples after feeding
- Start with the least sore side first
- Make sure baby has a wide-open mouth and deep latch

Sore Nipples

Engorgement:

You may need to express some milk to help
- Hand express or pump to empty breasts
- Try different breastfeeding positions
- Nipple brushes and buttermilk
- Gently massage breasts in the direction of the feeding
- Use cool compresses or ice for 20 minutes after feeding
- Minimize or avoid foods you need
- Try warm compresses or warm shower for 20 minutes or two before you feed
- Let your baby nurse as long as he or she wants
- Make sure your baby takes a deep latch at every feeding

Some ideas to relieve discomfort:
- Take warm baths before switching sides
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- Make sure your baby takes a deep latch at every feeding
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- Let your baby nurse as long as he or she wants
- Make sure your baby takes a deep latch at every feeding
Make sure baby has a good, deep latch every time.

4 hours:
- If you're experiencing discomfort or if you have a fever or other symptoms, call your health care provider.

Leaking:
- Leaking may slow down as your body gets used to breastfeeding.
- If your breasts leak, try disposable pads.

Ask for help:
- A wet cloth on the inside facing the breast will help.
- A dry cloth can also help.

Warm compresses:
- A warm compress can help reduce discomfort.
- Be sure to check with your health care provider before using.

Pain while breastfeeding:
- It is very important to keep your nipples healthy.
- Thoroughly cleanse the area around the nipples and breast.
- Use a warm compress.

Thrush:
- Thrush is a yeast infection that forms on the nipples.
- It is very important to keep your nipples healthy.
- Use a warm compress.

Mastitis:
- Mastitis is a breast infection.
- It is very important to keep your nipples healthy.
- Use a warm compress.

Infection:
- Infection can cause swelling, tenderness, redness, and pain in the breasts.
- Use a warm compress.

Plugged ducts:
- Plugged ducts can cause discomfort and pain.
- Use a warm compress.
- Apply moist warm compresses.
- Massage the lump toward the nipple before and during feeding.
- Apply warm compresses.
- Feed or express milk frequency, 8-12 times every 24 hours.

Tips to remedy plugged ducts:
- A small, painful lump in your breast may be a plugged duct.
- Never squeeze the lump or try to remove it.