



## Care Plan for Flat or Inverted Nipples

### Care Plan Goals:

- Identify if mother's nipples are flat or inverted
- Assist baby with latching onto breast and eating effectively
- Increase mother's comfort while breastfeeding, avoid pain

### How to tell if your nipples are flat or inverted

- Flat nipples do not "stick out" from your breast
- Inverted nipples appear to go inside your breast

### Suggestions for helping your nipples evert so baby can latch on

#### Before breastfeeding:

- Roll your nipple between your fingers to help it stick out
- Follow steps below for *Reverse Pressure Softening*
- Pump with an electric breast pump for a few minutes

#### During breastfeeding:

- A nipple shield may help your baby latch on more deeply. Talk with your nurse or lactation consultant about using a nipple shield.

Make sure baby is breastfeeding effectively (See *Signs of Effective Breastfeeding*). If you have any questions, call the TriHealth Breastfeeding Helpline (513 862 7867 option 3).

## Reverse Pressure Softening

Reverse pressure softening (RPS) is a technique used to help baby latch on when your nipples and areolas (brown area around your nipples) are swollen from engorgement. Reverse pressure softening will push the fluid away from your nipple and areola briefly so that your baby can latch on more easily.

### Follow these steps:

- Place your fingers and thumb around the base of your nipple on the areola
- Push back toward your ribs
- Continue putting pressure on that area for 1–2 minutes (should not be painful)
- You can repeat this technique and reposition your fingers farther away from your nipple on the areola if needed to relieve more swelling
- When you remove your fingers and thumb, your baby should be able to latch on the softened area

If you are still having difficulty, try pumping for 1–2 minutes to relieve fullness in nipples and areolas, then try latching baby on.



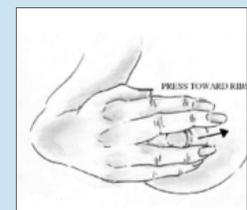
Everted Nipple



Flat Nipple



Inverted Nipple



Long Nails