Care Plan for Sore or Damaged Nipples

Nipple soreness and/or damage are often caused by a baby not latching onto your breast properly, a poorly-fitting breast pump flange, or an infection.

Care Plan Goals:
• Find the reason for the nipple pain and/or damage
• Heal the nipples

You may feel:
• Biting or pinching during feedings and your nipples may be flattened after feedings
• Burning, sharp, or stabbing pain during or after feedings
• Rubbing or pinching from the breast pump flange while you are pumping
• Ongoing pain during and after breastfeeding or pumping

What you may see on your nipples:
• Cracks on tip, sides or base of nipple
• Pink, red and/or swollen
• Bleeding and scabbing
• Creasing or flattening after feeding
• Blanching (nipple tip turns whitish color after breastfeeding)
• Bruising on nipple and/or areola
• White or yellow discharge from damaged area

Treatment for sore or damaged nipples:
• Express some colostrum and rub on nipples
• Apply a small amount of purified lanolin such as Lansinoh to nipples after feeding
• Speak with a lactation consultant to identify the cause of the problem by calling the TriHealth Breastfeeding Helpline (513 862 7867 option 3).