



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).