

## Tips To Prevent And Manage

# Sore Nipples When Breastfeeding



Express excess milk before feeding if the breasts are engorged.



Ensure the baby latches well during each feed.



Avoid using breast pumps that fit too tight.



Always wear clean and dry upper clothing.



Change breast pads regularly to keep the nipples dry.



Avoid using alcohol-based nipple ointments.



Opt for fragrance-free soaps and lotions for the breasts.



Consult a midwife or lactation consultant for personalized guidance.

### References

1. Breastfeeding: Preventing Sore Nipples; MSU
2. Sore or cracked nipples when breastfeeding; NHS
3. Breastfeeding – Mastitis And Other Nipple And Breast Problems; Better Health Channel