



Breastfeeding Committee For
Saskatchewan

IMPORTANT

- Breastfeeding should not hurt.
- Ask for help when learning to latch baby to breast.
- If nipples remain sore or cracked nipples don't heal ask for help.

For further information contact:

Local Public Health Nurse

Lactation Consultant

*Local Health Care
Provider*

*Local breastfeeding support
group*

HealthLine
1-877-800-0002

Breastfeeding Sore Nipples

What may cause sore nipples?

- baby is not latched or sucking on the breast correctly.
- baby is not held in a good position at the breast.
- incorrect use of breast pump.
- thrush infection.

What you can do if you have sore nipples

- nurse on the least sore side first.
- hold baby in different positions to nurse.
- express a few drops of breast milk after feeding and leave it on your nipples to dry.
- apply warm salt water compresses for 5 minutes or until water is cold (1/2 tsp (2.5 mL) salt to 1 cup (250 mL) of warm water).

How to prevent sore nipples

- If nursing hurts – break the latch and reposition baby on the breast.
- Make sure baby's mouth is open wide “like a yawn” with the tongue out over the bottom gum line.
- Hold baby close to your body (baby's tummy to your tummy).
- If your breasts feel too hard for baby to latch on to, hand express or pump breasts for a few minutes before the feeding to soften them.
- Nurse your baby every 2 to 3 hours to prevent engorgement.
- Change breast pads when damp.

*Adapted with permission from
Regina Qu'Appelle Health Region
Revised October 2009*