



SORE NIPPLES

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Tender nipples at the start of a breastfeeding are normal in the first week or two. This may be a new experience for you, and it may indicate that your baby is not positioned properly at the breast. If the pain subsides in a minute and you are comfortable for the rest of the breastfeeding session, there's nothing to worry about. If not, call a health professional for suggestions. Pain, cracks, blisters, and bleeding are not normal. Your comfort depends on where your nipple goes in the baby's mouth. And that depends on how your baby takes the breast, or latches on.

To understand this better, use your tongue or finger to feel the roof of your mouth. Behind your teeth and the ridges, it feels hard. When your nipple is pressed against this hard area in your baby's mouth, this can cause pain and trauma.

But if you go back farther in your mouth, you'll feel where the roof turns from hard to soft. Some have nicknamed this "the comfort zone." Once your nipple reaches your baby's comfort zone, breastfeeding feels good.

There is no undue friction or pressure on your nipple.

Even mothers with broken skin on their nipple can heal while breastfeeding. When the nipples reach the comfort zone, there is no undue friction and pressure.

CAUSES OF SORE NIPPLES INCLUDE:

- Baby's latching on too close to the nipple, not taking enough areolar tissue.
- Baby's lower lip is tucked in instead of flanged out.
- Baby slurps the nipple into his mouth instead of opening wide to accept the breast.
- Baby's gums rub against the nipple when coming off the breast.
- Baby puts stress on the tissues and causes soreness by trying to draw out inverted or flat nipples during the early days/weeks of breastfeeding.
- Moisture remains on an inverted nipple for a prolonged period.

SUGGESTIONS

- Improve baby's latch on.
- Ask for help from a lactation professional.
- Allow baby to finish the first breast before offering the second.
- If nipples are sore, express a little breast milk and apply it gently to the nipples after breastfeeding, or apply Lansinoh® lanolin to aid in the healing process and protect against chafing. If you have broken skin on your nipples, products that promote a healthy moisture balance will soothe your skin and speed healing. Mothers were once told to keep their nipples dry, but now moist wound healing is recommended
- Try a different breastfeeding hold position.

*This is general information and does not replace the advice of your physician or healthcare provider.
If you have a problem you cannot solve quickly, seek help right away.
Every baby is different, and your baby may not be average.
If in doubt, contact your physician or other healthcare provider.*