



BASIC BREAST CARE WHILE BREASTFEEDING

While breastfeeding, your breasts and nipples don't require any special care. The small bumps on your areola produce a special oil, which naturally cleans, lubricates, and protects the nipples. Just rinse your breasts and nipples with plain warm water during showers or baths. Avoid using soaps, astringents, or alcohol, as they are drying and contribute to nipple soreness. Multi-ingredient nipple creams or lotions should also be avoided as they are not safe for ingestion by the baby and can cause allergic reactions on your nipple skin. Wash your hands before each feeding and change your nursing pads often. After each feeding gently pat nipples dry. Cotton bras and natural fiber clothing will feel more comfortable, as will washable cotton nursing pads. If you use disposable nursing pads, avoid any with plastic liners. Change all nursing pads often. If your nipples feel chapped and uncomfortable you may apply 100% modified lanolin. A good product to use is Lansinoh for Breastfeeding Mothers, which is a pure, hypoallergenic lanolin that is safe for babies and does not need to be removed before feedings. It will soothe, moisturize, and promote healing by assisting the skin to retain its inner moisture. It is available at most major drug stores, several large chain discount stores, and through the La Leche League Catalog.

Excerpted from *Bon Appetit, Baby! The Breastfeeding Kit* by Elaine Moran, copyright 1999 by Elaine Moran, used by permission of the author.

THOMAS G. STOVALL, M.D.

Dr. Stovall is a Clinical Professor of Obstetrics and Gynecology at the University of Tennessee Health Science Center in Memphis, Tennessee and Partner of Women's Health Specialists, Inc.

Date Published: 2004-03-23

Health Information Provided by Women's Health Specialists
7800 Wolf Trail Cove, Germantown, TN 38138, (901) 682-9222, www.whsobgyn.com

This information is for educational purposes only. It does not represent comprehensive coverage of the topics addressed and is not a substitute for direct consultation with your health care provider. Always consult a health care provider regarding your specific condition. Trademarks referred to are the property of their respective owners.