



NIPPLE PAIN WORKSHOP

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DISCLOSURE

Conflict of interest

No relevant financial relationships with companies of breastmilk products from producers that go against the WHO Code

- No contracts or sponsorship of companies
- IBCLC - International code of marketing of breast milk substitutes
- Names of products or brands are related to the discussed cases, without any other intention



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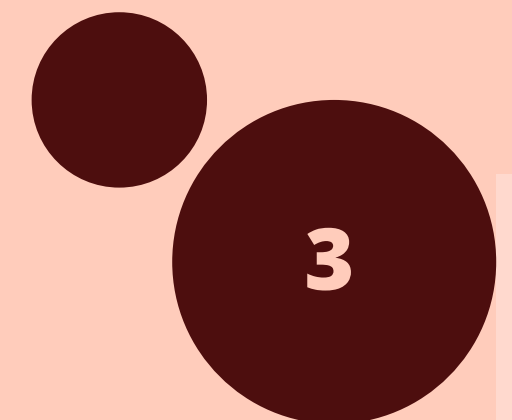


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Painful and damaged nipples - workshop



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INTRODUCTION

Breastfeeding problems

Righard, 1998

- 94% incorrect position and latch
 - Poor or no breastfeeding policy
 - Healthcare provider
- Breastfeeding problems
 - Pain and suffering
 - insufficient milk production
 - insufficient weight gain
 - Loss of confidence
- Reason for early cessation of breastfeeding
 - Health problems for mother and baby





INTRODUCTION

Lactation problems



NIPPLE PROBLEMS

- Trauma
- Vasospasme
- Milk bleb / blister
- Nipple infection



BREAST PROBLEMS

- Mastitis
- Surgery
- Engorgement



MILK SUPPLY

- To high
- To low



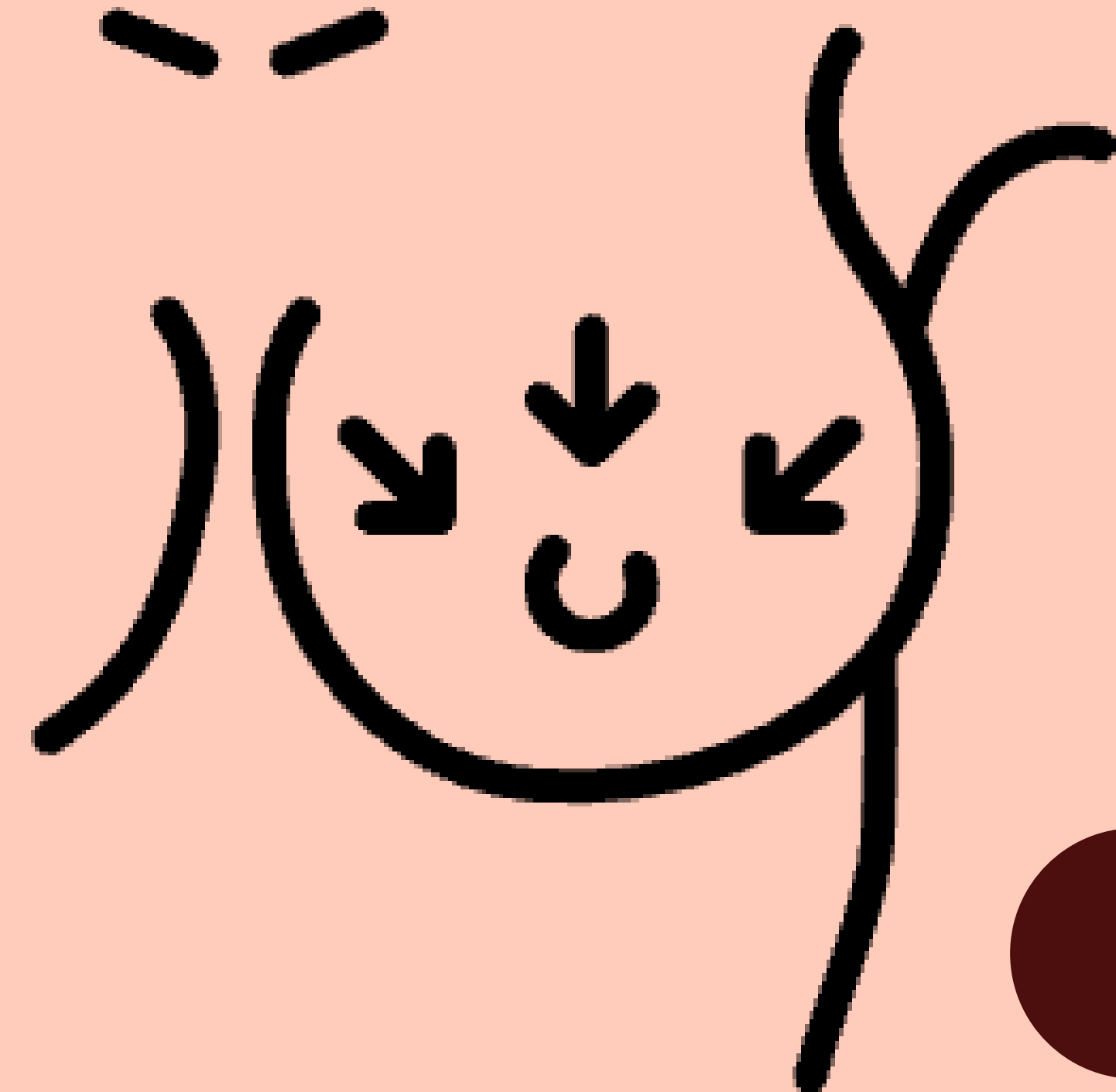
USE OF MEDICATION



CASES

Read the nipple

- Different cases - situation
- Group discussion (little group)
 - Which nipple would you expect for this case?
 - What are the possible causes/cause of this painful nipple?
 - What is your plan of action?



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CASE 1

Situation

- An - baby Mare - first child - 3.2 kg
- Pacifier started at day 1
- Cracked nipple both sides since day 2
- Day 7: nipples more painful, can't bare to let the baby drink



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CASE 1

Nipple C

Cause

- Small latch
- Nipple-pacifier confusion?
- Advanced cracked nipple
- Bacterial infection



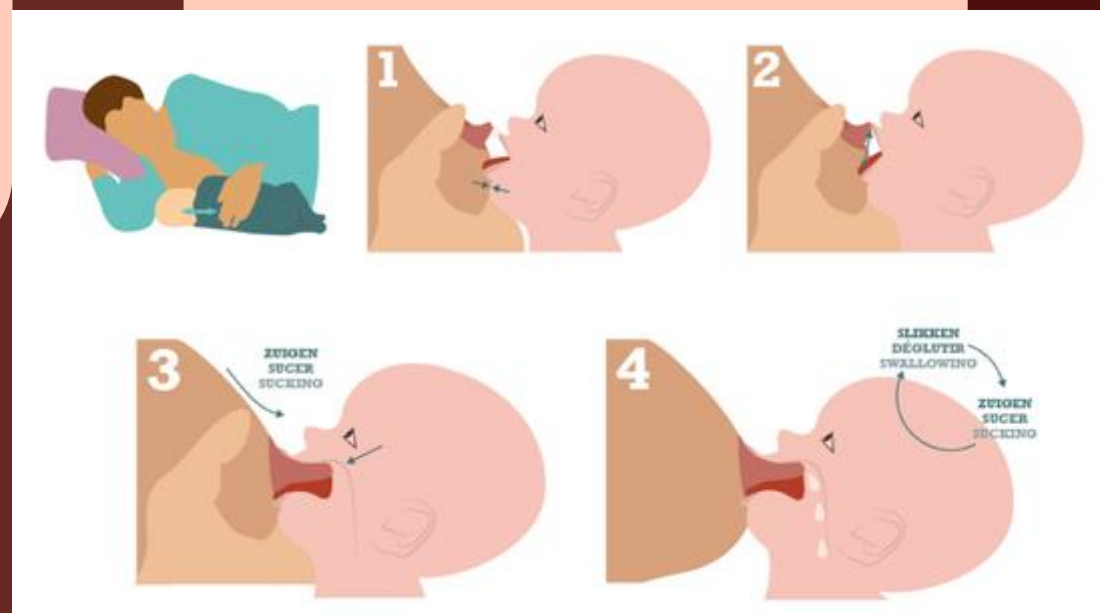
CASE 1

Discussion

- From the first latch
- Preventive work
- Hunger signals
- Natural reflexes

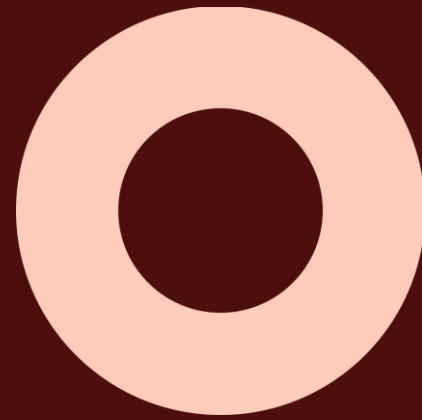
- Correct position
- Biological nurturing

- Discontinue pacifier
- Nipple treatment
 - Fucidine® cream
 - Mupirocine cream
- Pumping + cupfeeding
- Biological nurturing





CASE 1



Caseus 1 - extra situation

- Baby belly to belly
- Closer to mother



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CASE 2

Situation

- Sofia - baby Louis - third child - 7 months old

- Good breastfeeding until now

- Sudden painful and cracked nipple

- Painful during most of the feedings
- Discomfort during feeding

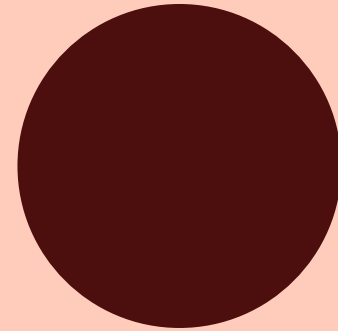


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CASE 2

Nipple A



Cause

- Non - asymmetrical latch
- Breastfed 7 months without problems
- Teething, pressure on the nipple base

Treatment

- White paraffin (Jelonet)
- Other position
- Correction of position

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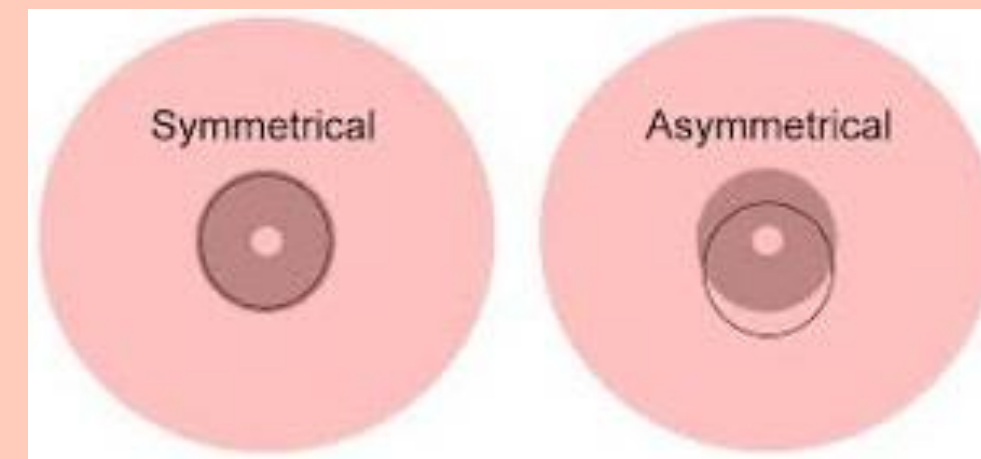
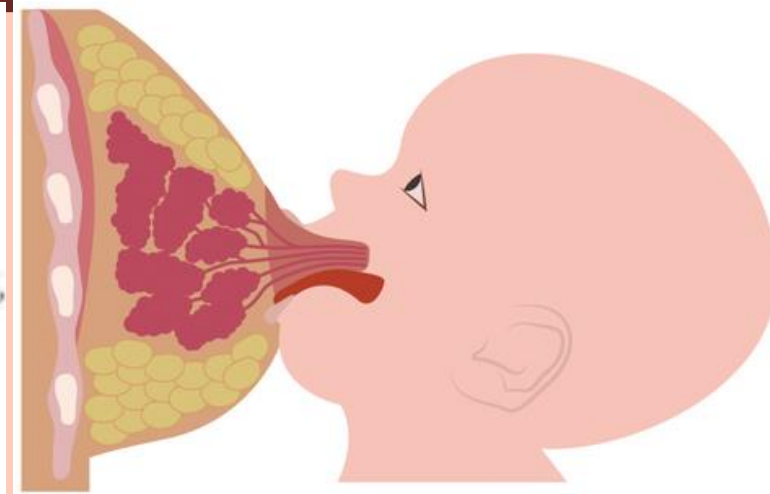
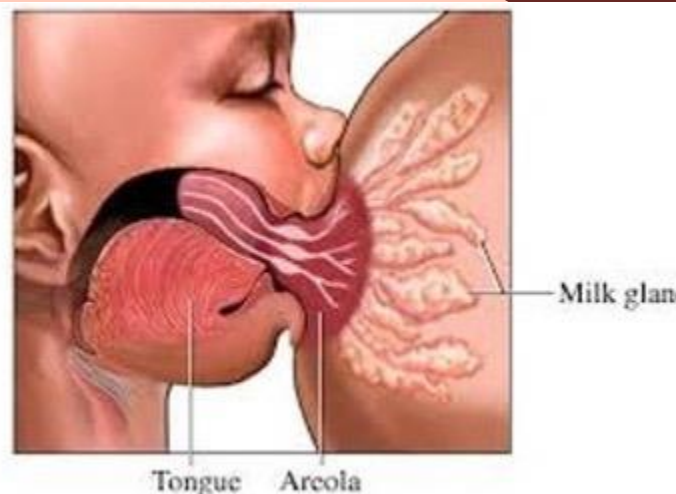
CASE 2

Discussion

- Facing down
- Chin away from the breast
- Nose in the breast

- Lipstick shape
- Crack at the side top of the nipple
- Line at the base of the nipple

- Nose starting at the nipple
- Stimulating natural reflexes





CASE 3

Situation

- Caroline - baby Kaia - second child - 3 months old
- Medical problem - fulltime pumping, 8x/day
- Changed pump last week
- Consultation at GP because of mastitis
- Referral to midwife/LC because of cracked nipple

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CASE 3

Nipple C

Cause

- Wrong size of breast shield
- Mastitis was second reaction
- Advanced cracked nipple



CASE 3

Discussion

- Right size of breast shield
- Pumping together
- Evaluate nipple in breast shield

- Wait until end of pumping session

- Treatment
- Changed size and pump
- Jelonet (low-adherent, sterile paraffin tulle)





CASE 3

This case

- Several days after changing pump a first cracked nipple arrived
- 3 days later mastitis
- Treatment of GP (6 years ago, old mastitis protocol)
 - Warmth
 - Massage
 - Ibuprofen
 - Antibiotics (AB) – Amoxicillin 500mg 3X/day, 7 days
- Referral to midwife
- Continue pumping with the new pump
- Cracked nipples got worse
- Consultation Midwife/LC
 - Mastitis: continue AB + ginger compresses + more pumping
 - Evaluation of breast shields + change to first pump
 - Nipple treatment: Jelonet®
 - 3 days later cracked nipple healed + mastitis gone



CASE 4

Situation

- Kitty - baby Lily - 1st child - 3.54 kg
- Cracked nipples since day 2 / Engorgement day 3:4
- Start nipple shield day 5 (own initiative)
- Sharp pain during feeding / very sore nipples
• No improvement of nipples despite good latch
- Day 17: burning and sharp pain during and after feeding



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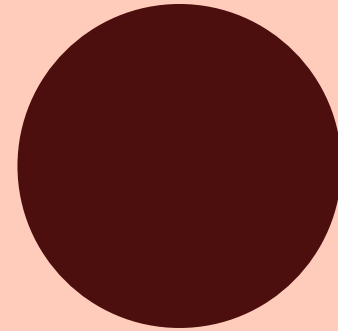


CASE 4

Nipple D

Cause

- Cracked nipple due to latch an liptie
- Diagnoses Candida Albicans
 - Burning feeling, itchy skin
 - Due to cracked nipple



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CASE 4

Discussion



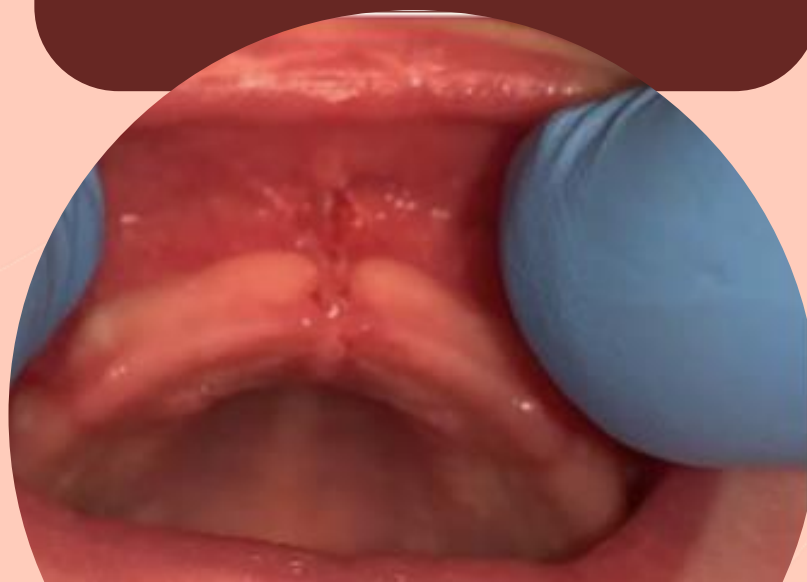
- Lip tie & buccal tie
- Massage
- Lasering



- Candida treatment
- Day 7: Miconazol cream
- Day 14: Oral fluconazol
- Day 17: Swab



- Staphylococcus Aureus
 - Fucidin cream
- Day 21: Lasering
- 14 days later painless feeding





CASE 5

Situation

- Freya - baby Flore - first child - 2,7 kg

- Inverted nipple before feeding

- Day 1: very sleepy baby
- Use nipple shield at the hospital

- Day 4: After stimulation of the nipple
- Just before starting the feeding

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CASE 5

Nipple A



Cause

- Wrong size of nipple shield
- Nipple rubbed against nipple shield



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CASE 5

Discussion

- Informed consent before use !
- Size of nipple shield !
- Position of nipple shield!

- Use of nipple shield = lactation problem
- Referral / follow-up

- Observe feeding
- Observe nipple after feeding



TAKE HOME MESSAGE

Painful nipples



READ THE NIPPLE

- Preventive measurements
 - Prenatal
 - Perinatal
 - Postnatal
- Inform and educate parents
- Hands-off investment
- Anamnesis
- Observe the nipple
- Observe the feeding
- Observe the nipple after feeding
- Put the puzzle together

“There’s a solution to every problem. We just have to find the right solution to fix the problem ! ”



TAKE HOME MESSAGE



Painful nipples

THINK OUTSIDE THE BOX



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REFERENCES



Thank you for
supporting
Breastfeeding

Let's read the nipple

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