

# *Ouch, My Nipples!*

## *Tips for Nursing Through Cracked Nipples*

- Leave some colostrum/breastmilk on your nipples and let them air dry after baby is done nursing.
- Use a good nipple cream! Some moms prefer to use Lanolin creams, but there are many Lanolin free creams available too. You just have to find out what works for you.
- Offer the less sore side first. You may find this helps you get through the feeding session.
- Use a hydrogel pad. These are heaven sent!
- If the pain persists after a few days, consult with a lactation consultant. Your baby's latch may need to be checked.
- **Keep breastfeeding.** I know it hurts. The toe curling pain is just pure insanity. However, if you don't nurse, your milk will go away. Hang in there...the first couple of weeks are the worst.

[\*www.newandnaturalmom.com\*](http://www.newandnaturalmom.com)