

TIPS FOR **CRACKS AND FISSURES**

1

THE FOLLOWING MEASURES CAN BE VERY HELPFUL
IF THE NIPPLE IS **CRACKED OR FISSURED:**

- Find and correct the cause.
- Ensure that baby is well latched onto the breast.
- Nurse on the unaffected breast first.
- Once a day, gently wash with soap and water, and rinse well under running water.

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2 THE FOLLOWING MEASURES CAN BE VERY HELPFUL IF THE NIPPLE IS **CRACKED OR FISSURED:**

- Put a bit of ice on the nipple to desensitize it before nursing.
- If breastfeeding is too painful, pump or express the milk from the affected breast.
- Expose the nipples to the air as much as possible. Change compresses frequently.

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THE FOLLOWING MEASURES CAN BE VERY HELPFUL
IF THE NIPPLE IS **CRACKED OR FISSURED:**

- Put a bit of expressed milk on the nipples.
- Vary the breastfeeding position.
- Apply some purified lanolin.
- If necessary, apply an antibiotic cream or some Dr. Newman nipple ointment.

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4 THE FOLLOWING MEASURES CAN BE VERY HELPFUL IF THE NIPPLE IS **CRACKED OR FISSURED:**

- Relieve the pain with acetaminophen or ibuprofen.
- Contact a healthcare professional if you experience: fever, inflammation/redness, swelling, discharge, pus, or other signs of infection.
- Rinse with saline solution after nursing.

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