



Flat or Inverted Nipples

Flat or inverted nipples can make it difficult for baby to attach to the breast. It is possible to breastfeed successfully using a nipple shield. Nipple shields are made of silicon and is placed over the top of the flat nipple.

It is not recommended to use a nipple shield until your milk is in and flowing or if you have grazed nipples.

How to Use the Nipple Shield

- Use the large size nipple shield for all nipple sizes, as there will be a better milk flow through the nipple shield
- Milk can take longer to flow through the nipple shield, so feeds may take longer
- Sit in a comfortable well supported position
- Express a few of drops of milk into the nipple shield
- Smear some breast milk on the outside of the nipple shield to encourage your baby to attach
- Place the nipple shield over the flat nipple and hold in in place



How to Use the Nipple Shield (Cont.)

- Touch your baby's mouth with the nipple shield to encourage a wide-open mouth
- Attach your baby to the nipple shield deeply
- Make sure you can hear your baby swallowing milk
- You may need to express with an electric pump 2 times daily to maintain a good milk supply
- Wash your nipple shield in hot soapy water and rinse
- Drain, dry and store in a clean covered container
- You may need to see a Lactation Consultant for ongoing support and weaning off the nipple shield and onto the breast