



Grazed and Cracked Nipples

Breastfeeding is a learned skill and can take some time to get the hang of it. In most cases damaged nipples is caused by incorrect attachment, it can take only one feed to damage your nipples.

Breastfeeding with grazed and cracked nipples can be painful. You may see some **blood in your baby's vomit** or **stools from your bleeding nipple**. This is nothing to worry about and is not harmful to your baby.

Strategies to help

- Check your nipples regularly for grazes, express and rub some milk into them
- Do not use soaps when showering
- Offer the less sore side first
- Ensure good positioning and a deep attachment
- Try different feeding positions
- Restrict comfort sucking at the end of your feed
- Break your baby's suction with your finger to detach your baby from your breast
- You may need to rest your nipple for 12-24 hours to allow your nipple to heal, you will need to express
- You may find a nipple cream or hydrogel pads helpful
- Do not use any alcohol-based products or rough towels
- Do not wear a poorly fitted bra or nursing pads with a plastic backing
- You may choose to see a Lactation Consultant for support with attachment

