

How can I treat my cracked nipples?

Like everything else in the world, the breastfeeding market has been hit with many gimmicks, tricks and fancy treats to help treat cracked nipples.

The gel pads and lanolin creams feel nice, but they are not as likely to speed healing as well as a little expressed breastmilk and air time.

If your breasts leak too much, or you find yourself too modest for lying around in the buff, breast shells (not to be confused with nipple shields) can be worn under your clothes to keep your nipples from rubbing to allow more healing.

A daily saline soak can be added to your routine during the healing phase as well. Mix half a teaspoon of table salt into eight ounces of warm water and put into shot glasses. Hold the glasses onto the nipples for about five minutes for a deep cleansing of the open wounds.

The best option is to find the culprit of the trauma. Most often this means that the baby's positioning or deepening of the latch needs to be corrected. A yeast infection to the nipple, secondary to the baby having thrush in their mouth, will also cause pain. More seriously, an infection, like mastitis, is very painful. Be on the lookout for warm, red spots on you as well as fever and achiness.

If the simpler tasks mentioned above do not seem to help, an appointment with a lactation consultant or mom's primary care physician would be beneficial for you.