

Nipple Shields: Use, Application and Weaning

A nipple shield is a tool that your lactation team and nurse will use if your baby is having difficulty with latch-on. The nipple shield is temporary and should be used under the advice of your lactation consultant.

Why use a nipple shield:

- Your baby was born premature and is having difficulty latching-on or staying latched-on at the breast
- You're having nipple pain with latch-on
- Your baby has a tongue tie and has not been evaluated
- Flat or inverted nipples
- Breast refusal
- Sore, cracked or bleeding nipples
- Weaning a baby from bottle to breast
- Re-lactation or induced lactation (adoptive breastfeeding)

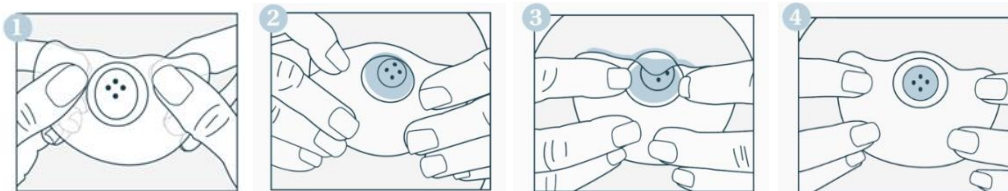
A breastfeeding session must be evaluated by your lactation consultant to make sure the correct size or fit is being used, to evaluate your baby drinking from the breast and observing if milk can be seen in the nipple shield.

*Please remember to breast pump after the use of the nipple shield to make sure your milk supply will not be affected. Please ask your lactation consultant about how often to pump.

Cleaning of Nipple Shield: Please wash your nipple shield with warm soapy water, rinse and let dry after each use.

How to Apply a Nipple shield: Can be turned stretched or slightly turn inside-out to apply to nipple. ***Remember:*** the open area is for the baby's nose to go against your breast!

You can also use warm water or your breast milk to help it stick better against your skin



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Weaning your Baby off the Nipple Shield ©Medela

- Keep in touch with your lactation professional and your physician or advance practice provider as you work to make breastfeeding more comfortable and effective.
- As your baby's ability to breastfeed improves, remove the shield at various times throughout the feeding. If the baby seems unable to latch-on without the shield, the problem is not yet resolved.
- If baby is growing well, the continued use of the nipple shield is not a major problem.
- Quiet time and increased skin to skin contact and frequent practicing will reassure your baby that he or she does not need the nipple shield any more. Cutting away the tip of the nipple shield is not advised. The areas that have been cut may irritate the mouth.

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This information does not replace your provider's medical advice, treatment plan, or education provided by your nurse or other care provider. Be sure to follow your personalized plan of care. Nothing on this sheet is considered medical advice, diagnosis or treatment. If you have questions about this or any other medical information, talk with your care provider. Seek help right away if you need urgent medical attention. If you are outside the hospital, call 911. If you are a patient in the hospital, ask your nurse or other member of your care team for help.



Ask a staff member about interpreters and other language access services and aids, available at no cost to patients and families.
Pregunte a un miembro del personal acerca de los intérpretes y otros servicios y ayuda para el acceso al idioma que están a su disponibilidad sin costo alguno.

