

NIPPLE SHIELDS

WHAT IS A NIPPLE SHIELD?

A NIPPLE SHIELD IS CLEAR, SHAPED LIKE A MOTHER'S NIPPLE AND IS WORN OVER THE MOTHER'S NIPPLE DURING FEEDINGS. *WASH THE SHIELD WITH WARM, SOAPY WATER AFTER EACH USE. USING A SILICONE SHIELD IS BEST.*



WHEN IS A SHIELD USED?

NIPPLE SHIELDS ARE OFTEN USED FOR:

- PRETERM BABIES
- BABIES WHO WERE BOTTLE-FEEDING BEFORE BEING BREASTFED
- BABIES OF MOTHERS WITH FLAT OR INVERTED NIPPLES
- WHEN A BABY IS NOT NURSING/LATCHING AT THE BREAST

PROBLEMS CAUSED BY A SHIELD

THE NIPPLE SHIELD SHOULD BE USED ONLY AS A SHORT TERM MEASURE BECAUSE IT REDUCES THE MOUTH TO SKIN CONTACT ON THE BREAST, WHICH CAN REDUCE SOME MOTHERS' MILK SUPPLY.

WEANING OFF THE SHIELD

FIRST, CONSULT YOUR DOCTOR OR LACTATION CONSULTANT. THEN START REMOVING THE SHIELD BEFORE THE END OF EACH FEEDING AND TRY TO LATCH THE BABY ONTO YOUR BREAST. WITH EACH FEEDING TRY TO REMOVE THE SHIELD SOONER AND SOONER UNTIL YOU ARE ABLE TO LATCH THE BABY RIGHT ONTO YOUR BREAST.

IF YOU HAVE QUESTIONS, CONTACT THE OKLAHOMA BREASTFEEDING HOTLINE.

CALL: 1-877-271-6455(MILK).

TEXT: OK2BF TO 61222

THE HOTLINE IS FREE, BUT YOU MAY HAVE TO PAY FOR TEXTING FROM YOUR CELL SERVICE. THE HOTLINE IS SUPPORTED BY THE MATERNAL AND CHILD HEALTH SERVICES TITLE V BLOCK GRANT AND THE OKLAHOMA STATE DEPARTMENT OF HEALTH (OSDH).

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HOW TO USE A NIPPLE SHIELD

TURN THE NIPPLE SHIELD ALMOST INSIDE OUT BEFORE APPLYING IT (SEE FIG.1). YOU CAN WARM IT WITH HOT WATER TO HELP KEEP IT IN PLACE.

PLACE THE SHIELD ONTO THE BREAST, PUTTING PRESSURE AT BASE OF THE SHIELD'S NIPPLE. AS IT INVERTS, YOU WILL FEEL SOME SUCTION AS IT DRAWS YOUR NIPPLE INTO THE TIP. THE SHIELD SHOULD BE TIGHT AGAINST YOUR BREAST WITH YOUR NIPPLE EXTENDING INTO THE TIP.

IF NECESSARY, YOU CAN EXPRESS MILK INTO THE TIP OR DRIP EXPRESSED MILK ONTO THE OUTSIDE TO ENCOURAGE YOUR BABY TO LATCH ON.

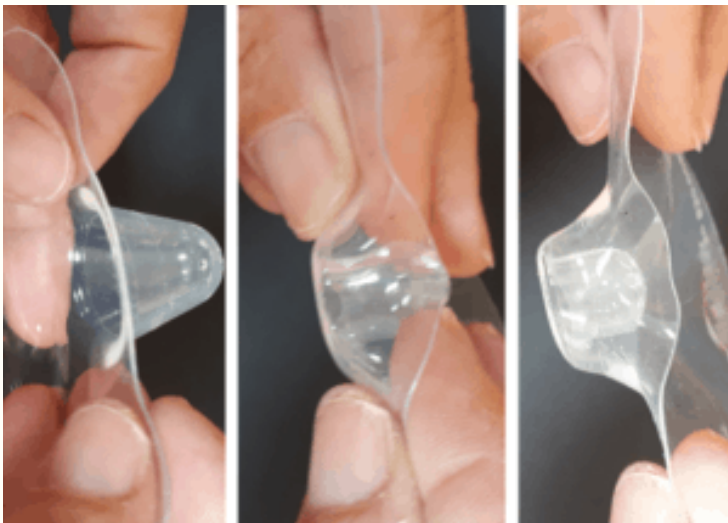


FIG. 1

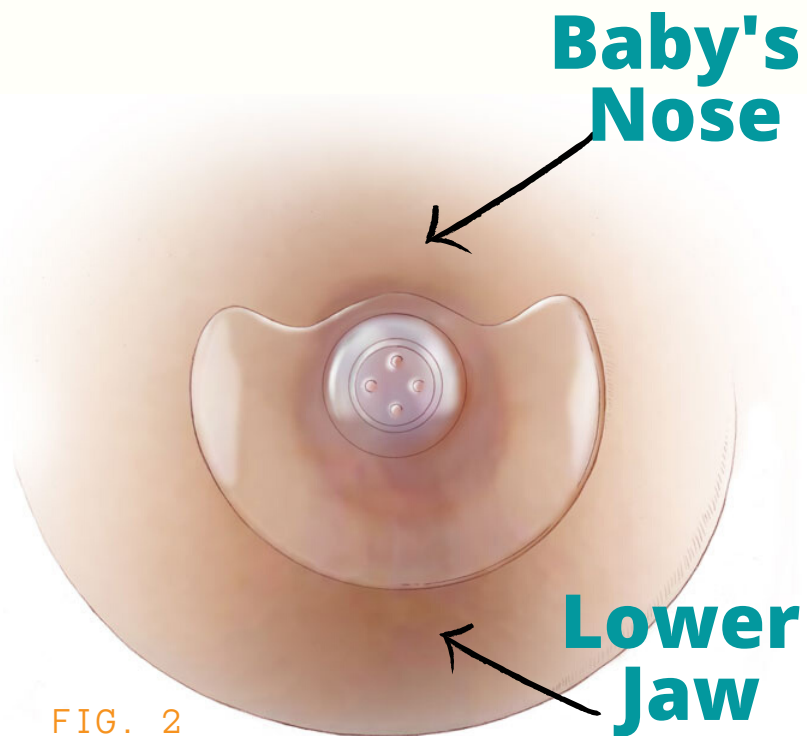


FIG. 2

IF YOU HAVE QUESTIONS, CONTACT THE OKLAHOMA BREASTFEEDING HOTLINE.

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TEXT SOURCE: [HTTPS://WWW.LALECHE.ORG.UK/NIPPLE-SHIELDS/](https://www.laleche.org.uk/nipple-shields/)