

Information for breastfeeding families

Using a Nipple Shield



Nipple shields have a mixed reputation. Some say they cause more problems than they solve. Others say that used properly they can salvage a difficult breastfeeding situation. Your lactation consultant will recommend when they may be helpful, how long to use them and how to discontinue using them.

Indications for use

- ✓ Flat or inverted nipples
- ✓ Soft or flat nipples after delivery
- ✓ Premature or late pre-term
- ✓ Tongue tie
- ✓ Baby unable to maintain a latch
- ✓ Breast refusal
- ✓ Engorgement
- ✓ Sore, cracked bleeding nipples
- ✓ Slow down and regulate flow from over-active let-down
- ✓ Wean a baby from bottle to breast
- ✓ Re-lactation or induced lactation (adoptive lactation) if baby is reluctant to go to breast

The pros:

- ✓ Encourages your baby to feed at the breast
- ✓ Allows a weak baby to maintain suction at the breast
- ✓ Instant fix for difficult problems
- ✓ Newer silicone shields allow full flow of milk

The cons:

- ✓ Barrier between you and your baby
- ✓ Less stimulation to the breast
- ✓ Your baby may get used to the shield
- ✓ Too easily used incorrectly
- ✓ Old rubber shields resulted in little milk transfer



Full shield

Good for infants who collapse the cut-away nipple shield during suckling



Cut away shield

Good for the infant to smell the mother's areola

Choosing the correct size of the nipple shield

First consider the size of your baby's mouth, then consider the size of your nipples. Modify the size to accommodate your nipples, if needed...

Extra small	16 mm	Pre term babies and small newborns
Small	20 mm	Small term newborns
Normal	24 mm	Normal and large newborns, older infants

How to use the shield

- Roll the shield back about ½ way down the shank of the shield
- Apply to nipple, may apply lanolin, breastmilk, KY jelly or water to help the shield adhere to the breast
- Roll the shield back onto the breast so the nipple is pulled into the shank of the shield. May stretch shield to accommodate the nipple
- May warm in water to make more flexible
- Latch the infant on by tipping his head back, touch the shield above the upper lip and allow baby to take it deeply
- Ensure the infant's lips are at the base on the shield, not slipping back and forth
- May pre-fill the shield through the holes in the tip with a periodontal syringe so the baby gets an instant reward
- Wash the shield and air dry, may be boiled if desired



•Other Considerations

- Start pumping for extra stimulation if the baby does not empty the breast well
- Closely monitor feeds, elimination, and weights
- Notify your pediatrician that you are using a nipple shield
- Plan for lactation follow up to either wean from the shield or work on maintaining/establishing supply
- To wean from the shield, start the feeding with the shield in place, then remove. If not successful, try again the next feeding. Coax your baby, and be persistent

Selected Nipple Shield Manufacturers

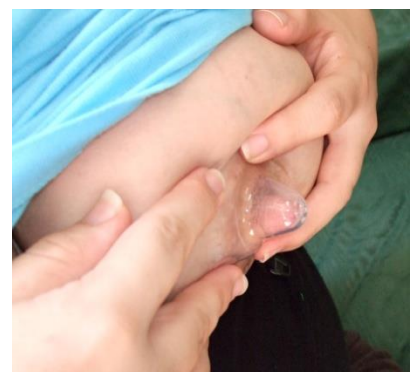
Medela <http://www.medelabreastfeedingus.com/tips-and-solutions/112/nipple-shields>

Ameda <http://www.amedadirect.com/ameda-nipple-shield.html>

Dr. Brown

<http://www.drbrownsbaby.com/breastfeeding/breastfeeding-accessories/nipple-shield>

NUK <http://www.nuk-usa.com/>



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