

International Congress on PEDIATRICS AND NEONATOLOGY

December 04-05, 2023 | Rome, Italy

Addressing issues connected with soar nipples during breast feeding

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Sore nipples (SN) are caused due to multiple factors. Due to the nipple soreness, women experience discomfort, with symptoms like itching, burning sensation, redness, swollen, & changes in the texture of the skin around nipples. The skin on the nipples, in some cases, becomes so red and inflamed that it breaks: this is termed as a, "bleeding nipples" (BN), "cracked nipples" (CN), or "grazed nipples" (GN). Breastfeeding with SN can be unpleasant experience for women. During the first three to five days after birth, if women experience nipple soreness when the baby latches on, this situation indicates that something is wrong with the baby's latch, position, or suck. This requires an adjustment to the latch or positioning. Personal care may also lead to nipple soreness. Lactating women are advised to avoid wearing too tight bras. Excess use of soap, shampoo, and body wash & alcohol consumption is also responsible for SN. Women must exercise caution when applying perfume, hair spray, & powder near nipples. Women, with SN symptoms, should make sure the baby is positioned and attaching to their nipples correctly. Initial discomfort, to some extent, may be experienced by women when the baby is learning to latch. They should ensure that feeding is comfortable when the baby is deeply attached. They should leave the bra off; and allow their nipples to air dry after feeds. This paper aims to discuss the management of the SN nipples during breast feeding without medical intervention. It outlines the measures women can take for reducing the pain at the time of breast feeding with SN, BN, CN, and GN. Type of data used is 'secondary' and nature of data analysis is 'descriptive'. The paper concludes that with certain precautions, nipple soreness is no longer painful once good positioning and latch on are achieved.

Biography

Santosh Kumar Mishra He retired (in the capacity of Technical Assistant) on June 30, 2020 from the Population Education Resource Centre (PERC), Department of Lifelong Learning & Extension [DLLE, previously known as Department of Continuing & Adult Education & Extension Work (DCAEEW)], S.N.D.T. Women's University (SNDTWU), Mumbai, India. He underwent training in demography, with award of Government of India Fellowship, during 1986-1987 from the IIPS (Deemed University), located at Mumbai.