



Breastfeeding
Committee
for Saskatchewan

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IMPORTANT

- Nipple shields should not be introduced until milk is flowing
- Used as a last resort when latching and breastfeeding not improving.
- Monitor baby's output and weight gain if breastfeeding with a nipple shield.
- Moms should pump post breastfeeding if using a nipple shield to ensure the breast is emptied. Then wean from pumping as baby gains weight.
- Try to wean from a nipple shield as soon as possible

For further information contact:

Local Public Health Nurse

International Board Certified Lactation Consultant (IBCLC)

Local breastfeeding support Group

Saskatchewan HealthLine 811

Breastfeeding – Using a Nipple Shield

A nipple shield is a soft silicone artificial nipple that is placed over the mom's nipple and areola during breastfeeding.

When it is Used

- to help a baby latch when a mother has flat or inverted nipples
- for a baby who has continuing problems latching to the breast and the latch is not improving
- for a premature baby who has trouble maintaining a deep latch
- may help a baby with neurological conditions latch better
- can be used for sore or damaged nipples, when recommended by a healthcare professional.

Care of the Shield

- before using the shield for the first time boil in water and follow manufacturer's instructions
- wash in hot, soapy water and rinse with hot water after each feeding
- boil once daily
- store the nipple shield in a clean dry container.

How to Use a Nipple Shield

Moisten the rim of the shield with a few drops of breast milk or water to help keep it in place on your breast.

Turn the shield almost inside out so the rim of the shield looks like the brim of a hat.

Centre the tip of the shield over your nipple, then slowly roll the edges down over the areola.

The nipple should be drawn into the tip of the shield.

The baby should be latched deeply onto the breast and the shaft of the shield should not be seen while breastfeeding the baby.

Breast milk should be seen in the tip of the shield after every feeding.

Remember

If you are using a nipple shield in the hospital you are followed by the lactation consultant.

There are 3 sizes of nipple shields a lactation consultant or nurse can help make sure you have the right size.

A nipple shield should **never** be started before your milk is flowing well - 3 to 6 days after your baby is born.

If your baby cannot latch-on well before your milk has come in, start pumping and ask for professional help.

Make sure that your baby is latching and suckling well with the shield.

You need to pump for extra stimulation when a nipple shield is used.

Continue to pump until a health care professional has checked that your baby is growing well with the nipple shield being used. At that time the



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number of times in a day you pump may be able to decrease slowly until you are no longer pumping.

Watch your baby's wet and dirty diapers to make sure they are drinking enough milk.

By day 5 they should have 6 or more heavy wet diapers and 2 to 3 or more yellowish coloured soft stools diapers per day.

By 6 to 8 weeks old they may continue to have stools every day or they may go a few days without one.

In the beginning the baby should be weighed weekly by a health care professional to ensure he/she is gaining well. Tell your doctor or nurse that you are using a nipple shield.

Your milk supply may decrease if you use a shield call for professional help if you notice this happening and begin pumping after feedings again if you have stopped.

Try to wean baby from shield as soon as possible.

Stay in touch with your nurse, lactation consultant, or doctor if using a nipple shield during breastfeeding

References:

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