



UW Medicine

乳头疼痛

如何缓解哺乳时乳头的疼痛

在分娩后的第一周乳头疼痛是很常见的。通常、它们在开始喂奶时会疼痛、然后随着婴儿的不断吮吸而减轻。通常在第3天或第4天疼痛得最严重、此后开始好转。

自我护理

在哺乳前后、请检查您的乳头是否干燥或受了刺激、或有结痂。如果您的乳头疼痛、请在哺乳前先前做以下的护理：

- 以温暖的湿毛巾敷数分钟。
- 按摩乳晕（乳头周围的深色区域）。这会使乳晕变软、乳头突出、然后挤压出几滴乳汁。

甚至在您的乳汁量增加之前、手挤乳汁就能帮助您的乳房做好喂养准备。要了解更多信息，请上网：

<http://newborns.stanford.edu/Breastfeeding>。

哺乳时

确保宝宝深深地贴在您的乳房上可以帮助减轻乳头疼痛。每次母哺乳时、都要小心地安排好自己和宝宝的位置。等到宝宝张大嘴巴、然后迅速将宝宝拉到乳房上。请参阅读本手册中的“将宝宝紧贴到乳房”一章。

如哺乳1分钟后就感到疼痛、请停止。将手指放在宝宝的嘴中、然后中断吸允、然后重新开始。如宝宝不太会锁紧乳头、请与我们联系取得帮助。



减少乳头疼痛的秘诀就是一定要
让宝宝紧贴着乳房、紧锁乳头。

宝宝哺乳大约 **10** 分钟后、请观看宝宝的吸吮情况是否有所变化。当长时间的停顿和很少吸吮时、请挤压并按摩乳房、来查看宝宝是否还会再吸吮多些。如宝宝不再吸吮了、请中断吸乳并停止哺乳。乳头疼痛时、让宝宝安抚性的吸允不是一个好主意。

哺乳后

如在哺乳后乳头疼痛或变形、那可能是因为宝宝在乳房上贴的不够紧。请参阅本手册中的“将宝宝紧贴在乳房”一章。并且、请致电哺乳服务以获取有关哺乳的姿势和锁紧乳头的帮助。

为了减轻哺乳后的疼痛感、请在乳头上涂一层薄薄的药膏。可以试试 **Lansinoh**、**Mother Love** 或 **Purelan** 等软膏、或使用橄榄油或红花油之类的食用油。如您至少要等 **30** 分钟后才再哺乳、就无需洗去这些药膏或油脂。要去擦除软膏或油脂、可用温的湿毛巾轻轻地擦拭乳头、或将乳头在温水中浸一分钟。

皮肤破裂或破裂

在两次哺乳之间、您可以使用凝胶垫、如水凝胶垫 **hydrogel**。这些是水基胶垫、可帮助治愈受损的皮肤。两次哺乳之间可以衬这类胶垫。它们至少可以保持 **24** 小时湿润。

- 哺乳时、把胶垫朝下贴在胸部或手臂上
- 当不使用胶垫时、请将它存放在可以密封的塑料袋中。这有助于保持湿润、以便您可以重复使用它们。有些妈妈喜欢把它们放在冰箱里冷藏、可以增加缓解的效果。

您可以在线或在某些孕妇装商店和许多药房购买水凝胶垫。拜伦医疗用品公司 (**Byram Medical Supplies**) 也供应。可致电：**800.456.3500** 或上网：www.byramhealthcare.com。

何时应该打电话

如有下列情况请致电哺乳服务：

- 整个哺乳过程都疼痛。
- 分娩后 **5** 天乳房疼痛不减。
- 乳头出血渗液? 、发红、或深深裂开。

现在、请回到本手册首页的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

Sore Nipples

How to lessen nipple pain from breastfeeding

Sore nipples are common in the first week after birth. Usually, they hurt at the start of a feeding and then feel better as the baby keeps sucking. The soreness is usually worst on the 3rd or 4th day, and starts to get better after that.

Self-care

Before and after feedings, check your nipples to see if the skin is dry or irritated, or if you have scabs. If your nipples are sore, do these things **before** you put your baby to breast:

- Apply warm, wet compresses for a few minutes.
- Massage the *areola* (the dark area around your nipple). This will soften the area, make your nipple stand out, and express a few drops of milk.

Even before your milk volume increases, hand-expressing milk can help prepare your breasts for a feeding. To learn more, visit <http://newborns.stanford.edu/Breastfeeding>.

During Feedings

Making sure your baby attaches deeply to your breast can help reduce nipple pain. Position yourself and your baby carefully every time you breastfeed. Wait until your baby's mouth is wide open, then quickly pull your baby onto your breast. Read the chapter "Attaching Your Baby to Your Breast" in this workbook.

If nursing hurts after 1 minute, stop. Put your finger in your baby's mouth and break the latch and start again. If your baby doesn't attach easily, call us for help.



The key to reducing nipple soreness is making sure your baby attaches deeply to your breast.

After your baby has been feeding for about 10 minutes, watch for changes in your baby's sucking. When there are long pauses and very little sucking, compress and massage your breast to see if your baby will suck more. If your baby does not suck more, break the suction and end the feeding. Comfort nursing is not a good idea while your nipples are sore.

After Feedings

If your nipples are sore or misshapen after feeding, your baby may not be attaching deeply enough to your breast. See the chapter "Attaching Your Baby to Your Breast" in this workbook. And, please call Lactation Services for help with position and latch.

To ease soreness after feeding, apply a thin coat of ointment to your nipples. Try ointments like Lansinoh, Mother Love, or Purelan, or cooking oil like olive or safflower oils. You do not need to wash these ointments or oils off if you wait at least 30 minutes before breastfeeding again. To remove the ointment or oil, dab your nipples gently with a warm, wet washcloth, or soak them for a minute in warm water.

Cracked or Broken Skin

Between feedings, you may use a gel-pad product such as **hydrogel** pads. These are water-based pads that can help heal damaged skin. Wear the pads between feedings. The pads can stay moist for at least 24 hours.

- When you are breastfeeding, place the pads gel-side down on your chest or arm.
- When you're not using the pads, store them in a plastic bag that seals. This helps them stay moist so that you can reuse them. Some moms like to chill them in the refrigerator for extra relief.

You can buy hydrogel pads online or at some maternity stores and many drugstores. Byram Medical Supplies also carries them. Call 800.456.3500 or visit www.byramhealthcare.com.

When to Call

Call Lactation Services if:

- You have pain during the entire feeding.
- The pain is not getting better by 5 days after birth.
- You have oozing, redness, or deep cracks.

Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.