

Nipple Shield

✓ Latch difficulties ✓ Sore nipples



Sterile Only Important Note

This product is sterile. Package must be inspected for any holes, broken seals, or damage before opening. If present, you MUST wash product prior to first use. If you have any other questions, consult with your healthcare provider for further cleaning instructions.

Single User Caution:

This product is a personal care item that should not be shared between users.

Important Note:

It is recommended this product is used under the guidance of a healthcare or lactation professional.

Nipple shields are intended for temporary use to help with:

- Sore Nipples
- Latch Difficulties
 - Flat or inverted nipples
 - Nipple confusion
 - Engorgement
 - Premature infant

Instructions for Use

Wash hands prior to applying nipple shields.



1. Turn shield halfway inside out and center over nipple and areola.



2. Slowly roll the shield over the nipple and areola and smooth down edges.*

**When using a Contact™ Nipple Shield the cut-out portion is positioned under the baby's nose.*



3. Support the breast with a "C" hold. Place thumb on top of the breast with fingers below.



4. Baby should latch onto breast and shield, taking part of the areola in his mouth.

Cleaning

1. Rinse in cool water to remove breastmilk.
2. Wash in warm, soapy water.
3. Rinse with clear water.



Note: Nipple shields can also be washed on top rack of dishwasher.

Drying & Storing

Allow nipple shield to air dry in a clean area and store dry with the nipple facing upwards. Do NOT store wet or damp parts.

Sanitizing

In addition to washing, you may sanitize your nipple shield once per day by following the instructions on Medela's Quick Clean™ Micro-Steam™ bag or boiling.

If boiling your nipple shield:

1. Choose a pot that is large enough so the nipple shield DOES NOT rest on the sides or bottom while boiling.
2. Fill the pot with water and bring to a boil.
3. Carefully drop nipple shield into boiling water, and boil for 10 minutes.
4. Gently remove from water with tongs and place on a clean surface with nipple facing upwards. (For easier removal, add cool water to pot to prevent splashing.)
5. See Drying & Storing section above for further instructions.

Tips & Helpful Hints

- Tickle baby's lower lip with nipple until he opens WIDE. Quickly pull baby onto nipple shield, so he takes as much nipple as possible into his mouth.
- Choose a nipple shield that is the correct size for the baby's mouth.
- Moisten the edge of the nipple shield with water or Tender Care™ Lanolin before applying to help it stay in place.
- If using for latch difficulties, try removing nipple shield after a minute or two of breastfeeding and have your baby latch without the nipple shield. You can continue to do this with each feeding until baby latches without the shield.
- After breastfeeding with nipple shield it is recommended that you use a pump to help maximize milk removal and protect your milk supply. You should do this until your milk supply is fully established and baby is gaining weight well. Consult with your healthcare or lactation professional for questions.

To find a lactation professional in your area visit www.medelabreastfeeding.com/bnn.

For more information visit medelabreastfeedingus.com or send email to customer.service@medela.com.

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