

## Use of MediHoney® Paste Dressings by Breast-Feeding Mothers for the Management of Sore or Cracked Nipples

**S**ore and cracked nipples can be a real problem for breast-feeding mothers. This issue is one of the most common reasons moms stop breast-feeding early in their experience<sup>1</sup>. As much as 96% of breast-feeding moms report at least some nipple discomfort during the first 6 weeks after the birth of a baby<sup>2</sup>. There are many possible contributors to the development of sore and cracked nipples during breast-feeding, so you should always speak to your physician, nurse and/or lactation consultant about your experiences and ask them for help and guidance in how you might decrease your discomfort.

Nipple injuries can really interfere with your breast-feeding experience. The best treatment for nipple injuries is prevention! However, when they do occur, MediHoney® Wound and Burn Dressing may be used to help provide protection to the area, decrease chafing and help the injury to close.

MediHoney Paste (100% Active *Leptospermum* Honey) is the most appropriate of the MediHoney products for this use. When using MediHoney, we recommend the following:

- After nursing, gently cleanse the nipple area with a warm washcloth to remove any of the baby's saliva.
- Extrude a small amount of MediHoney from the tube and gently apply to the nipple and the areola (the colored area around the nipple)
- Apply a nursing pad over the nipple area and wear a bra to help secure the pad
- Just prior to nursing your baby, use a warm wet washcloth to clean off any MediHoney prior to allowing the baby to latch.

**MediHoney Paste is 100% honey and contains no additives and is filtered and sterilized to remove any bacteria or spores**



References: 1. Murimi M, Dodge CM, Pope J, Erickson D. Factors that influence breastfeeding decisions among Special Supplemental Nutrition Program for Women, Infants and Children participants from central Louisiana. *J Am Diet Assoc* 2010; 110:624-7. 2. Ziemer MM, Paone JP, Schupay J, Cole E. Methods to prevent and manage nipple pain in breastfeeding women. *West J Nurs Res* 1990; 12:732-44.

**Availability of these products might vary from a given country or region to another, as a result of specific local regulatory approval or clearance requirements for sale in such country or region.**

- Non contractual document. The manufacturer reserves the right, without prior notice, to modify the products in order to improve their quality.
- Warning: Applicable laws restrict these products to sale by or on the order of a physician.
- Consult product labels and inserts for any indication, contraindications, hazards, warnings, precautions, and instructions for use.

**For more information or to place an order, please contact:**

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