

Breast Care Solutions



Also from Medela

Intimate Apparel

Designed especially for nursing moms, Medela's complete line of intimate apparel offers comfort, fit and support without compromise on style.

www.medelaintimateapparel.com



medela

www.medela.com

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everyday breast care

Tender Care™ Lanolin Advanced Nipple Therapy™

- Soothing relief for dry, sore and tender nipples.
- 100% safe for mom and baby.
- Glides on smoothly and gently - no-mess application.
- Preferred by moms over other formulas.



100% Cotton Washable Nursing Pads

- Natural fibers promote air flow for healthy skin.
- No-shift design keeps pads in place.
- Includes laundry bag for easy washing.



Disposable Nursing Bra Pads

- Absorb more so you use less.
- Individually wrapped for convenience.
- Available in boxes of 30 and 60.



nipple care

Nipple Shields and Contact Nipple Shields

- For latch-on difficulties or flat/inverted nipples.
- Contact™ nipple shields have a special design for closer contact with your baby.
- Available in different sizes – consult a lactation professional for assistance.



Tender Care™ Hydrogel Pads Advanced Nipple Therapy

- Cools on contact - instant relief for sore nipples.
- Contoured shape for a comfortable fit.
- Reusable for up to 24 hours.



breastfeeding challenges

SoftShells™

- Available for sore nipples and for flat/inverted nipples.
- Protects nipples from further irritation.
- Superior comfort with soft, flexible backs.
- More flattering appearance under clothes than other shells.
- Consult a lactation professional for assistance.



TheraShells™

- Two solutions in one – for sore nipples and flat/inverted nipples.
- Consult a lactation professional for assistance.



For more information or to find a breastfeeding specialist in your area call the Breastfeeding National Network at 1-800-TELL YOU (1-800-835-5968) or visit www.medela.com.



Breast Care Solutions

for breastfeeding moms

- everyday breast care
- nipple care
- breastfeeding challenges



Breast Care Tips and Resources

1 Everyday Breast Care

For breastfeeding comfort

- Wear a well-fitting bra.
- Use bra pads to absorb breastmilk leaks and protect your clothes. Choose from 100% cotton washable or individually wrapped disposable.
- Avoid excessive soap on your nipples to help prevent dryness.
- Apply Tender Care™ Advanced Nipple Therapy™ lanolin to soothe dry skin.

2 Nipple Care

For nipple discomfort

- Check that your baby is correctly positioned and attached to your breast.
- Use Tender Care lanolin and hydrogel pads to help alleviate symptoms.
- Consult a lactation professional if problems continue.
- Use nipple shields as a temporary support if recommended by your lactation professional.

3 Breastfeeding Challenges

For help overcoming breastfeeding obstacles, always consult a lactation professional for assistance.

- SoftShells™ or TheraShells™ may help to help draw out flat/inverted nipples or keep friction off sore nipples.
- Nipple shields can help you breastfeed, even with sore nipples.

Breast Care Resources

- Find a breastfeeding specialist in your area: <http://medela.findlocation.com>
- Find a lactation consultant in your area: www.ilca.org
- Online advice from a lactation consultant: www.medela.com/ask-the-lc
- Nursing bra fit video: www.medela.com/intimate-apparel-fit-video
- For more breastfeeding tips and solutions: www.medela.com/for-nursing-mothers/tips-and-solutions

Breast Care Guide



Everyday Breast Care

Milk leakage			■	■				■ (with foam inserts)	
Dry skin	■								
Disposable			■						
Reusable				■	■	■	■	■	■
Discreet under clothing			■	■	■			■	■

Nipple Care

Sensitive/sore nipple daily treatment	■	■						■	■
Safe for baby - no need to remove before nursing	■								
Instantly cools and relieves sensitive skin		■							
Easy to apply	■	■							
Not just for nipples - also great for skin and cuticles	■								
Especially designed for closer contact							■		

Breastfeeding Challenges

Flat/inverted nipples							■	■	■	■
Engorgement							■	■		■
Latch difficulties							■	■		