

# Breast Care Solutions



## 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.



## 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](http://www.medelaintimateapparel.com)



**medela**   
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Medela is a registered trademark and Tender Care, Advanced Nipple Therapy, Contact, SoftShells and TheraShells are trademarks of Medela, Inc.

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](http://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](http://www.ilca.org)
- Online advice from a lactation consultant: [www.medela.com/ask-the-lc](http://www.medela.com/ask-the-lc)
- Nursing bra fit video: [www.medela.com/intimate-apparel-fit-video](http://www.medela.com/intimate-apparel-fit-video)
- For more breastfeeding tips and solutions: [www.medela.com/for-nursing-mothers/tips-and-solutions](http://www.medela.com/for-nursing-mothers/tips-and-solutions)

## Breast Care Guide



Tender Care Lanolin



Tender Care Hydrogel Pads



Disposable Bra Pads



Washable Cotton Bra Pads



Contact Nipple Shields



Nipple Shields



SoftShells



TheraShells

### 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 relives 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					■	■		



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