



## For Treating Flat or Inverted Nipples & Decreasing Pain with Breastfeeding

- Sanitize before use, especially if used before breastfeeding.
- Apply a liberal amount of lanolin or organic nipple ointment to the areola/nipple.
- Center cup over nipple and squeeze gently. Keeping the rim flat, push it into the areola, then release.
  - If it does not stay on, repeat, pushing in deeper and making sure that the edges are flat all the way round.
  - If the suction is too strong, remove and try again, squeezing and/or pushing in less before letting go. Practice a few times to find a comfortable suction level.
- Place the Protective Covers over the NurseEZ and cover with a bra.
  - If the Protective Covers were not purchased, skip this step and cover with bra. If the Covers are needed they may be purchased separately. The protective covers allow for greater comfort when wearing tight bras and protects device from dislodging.
- **Do not wear over 15 minutes the first day.** If tolerated well, it may be reapplied later in the day with wearing time increased to 30 minutes.
- If no discomfort or pain, advance the time the next day to one hour. If cups become uncomfortable, reduce suction and wear for shorter intervals. Do not increase time if tenderness, sensitivity, redness or pain is experienced.
- Each day slowly increase the time as tolerated. Keep a check on the nipple color while it is being worn as you advance your time during the early treatment period. Once it can be worn for five to six hours without tenderness, it may be used during the night while sleeping, but remove in the morning. Do not rush treatment time; go by what allows for comfort. Do NOT wear over eight hours in a 24 hour period.



- If worn for too many hours at a time, they may cause nipple trauma: pain, bleeding, blisters and scabs. Follow instructions carefully.
- They may be worn for short periods daily for several weeks or months as needed for maintenance.
- Notify us or your health care professional if your nipple turns black, purple or white.

### Pregnancy Use:

- **Use caution with pregnancy in the last trimester** since nipple stimulation may result in Braxton-Hicks type contractions. The suction from the device is constant and not likely to stimulate nerve endings, but the risk is still there. If contractions are noticed related to wearing the device, stop use and contact your OB. **If you have a history of premature labor, are considered at risk for premature labor, or especially if you have been prohibited from sexual activity during the pregnancy, do not use the NurseEZ without discussing your specific situation with your doctor.**
  - If the use of the device must be discontinued, discuss with the OB when to safely resume.
  - In the last trimester is where problems with use in pregnancy are more likely. Leaking milk may also make wearing it more difficult as it will dislodge easily. If it fills with colostrum, empty, rinse and reapply.

### After delivery:

- Wear the silicone thimble 30 minutes prior to feeding baby. If they cause some milk to leak out, the cups may release sooner; simply empty the milk and re-apply. (The milk may be saved if device is clean and emptied quickly.)