**Patient information**

**Nipple shields**

Now and then, a baby may struggle to latch on to the breast, and it may be necessary to use a nipple shield for a shorter or longer period of time.

Always try other measures before resorting to a nipple shield

* Ensure you have clean hands
* Stimulate the nipple so that it stiffens to a bud-like point (this is not possible for everyone) with your hands
* Milk/pump a little milk so that the breast softens
* Try different feeding positions. This may ease the latching-on process for your baby

When a nipple shield is used during every feed

* Ensure you have clean hands
* Stimulate the nipple so that it stiffens to a bud-like point (with your hands) and the milk starts to flow before the nipple shield is put in place
* Stimulate your baby's lips so that he/she opens his/her mouth wide
* Try to feed your baby without the shield first
* Try removing the shield during breastfeeding if possible, and feed again after the infant has suckled for a while, with the shield in place.
* «Glue» the shield on with fat-rich lotion/cream or water

Milk production can be reduced as a result of using a nipple shield

* This can be avoided by hand-milking or pumping breast milk 1-2 times daily as extra stimulation (this is not necessary if weight gain is satisfactory)
* Stroke or massage the breast during feeding for extra stimulation
* Follow up with extra weight checks at the health clinic (helsestasjonen)

Breast shield withdrawal training

If you have flat or inverted nipples, they may protrude more after a period of breastfeeding, and the shield may no longer be necessary.

During shield withdrawal training, let your baby suckle first with the shield in place. After the infant has fed for a while, and the milk has started to flow, move your child away from the breast and remove the shield, then let the infant suckle again without the shield.

<http://www.ammehjelpen.no>

**The Women's Clinic**

**Stavanger University Hospital**

Kvinneklinikken SUS, february 2023
[www.sus.no/kvinneklinkken](http://www.sus.no/kvinneklinkken)