

Nipple Shields

Indications for use

- ❖ Flat or inverted nipples
- ❖ Soft or flat nipples after delivery
- ❖ Premature or late pre-term
- ❖ Tongue tie
- ❖ Baby unable to maintain a latch
- ❖ Breast refusal
- ❖ Engorgement
- ❖ Sore, cracked bleeding nipples
- ❖ Wean a baby from bottle to breast
- ❖ Relactation or induced lactation (adoptive lactation)

Advantages

- ❖ Gets baby to the breast and sucking so mother feels she is feeding her baby
- ❖ Stimulates the breast
- ❖ Instant fix for difficult problems
- ❖ Good “crutch” for first 24 hours

Disadvantages

- ❖ Barrier between mother and baby
- ❖ Less stimulation to the breast
- ❖ Baby gets used to the shield
- ❖ Too easily used incorrectly, not on breast deeply, roll back

Choosing the correct size and shape of the nipple shield

First size the shield to the baby, then consider the mother’s nipples. Modify as needed.

- ❖ Extra small 16 - Pre term babies and small newborns do well with the 16.
- ❖ Small 20 – Small term newborns
- ❖ Normal 24 – Normal and large newborns, older infants

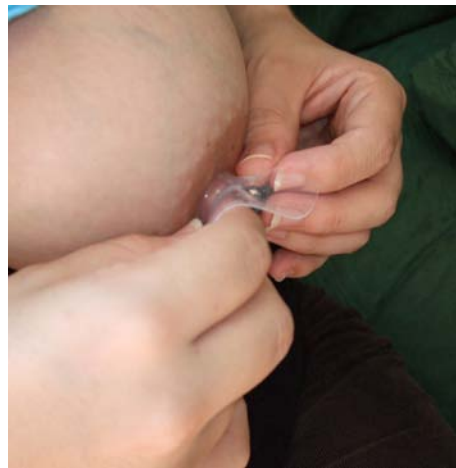
The nipple shield is a projection of the nipple so when the baby unlatches, if there is any nipple eversion, it should look well rounded, just as though s/he had a good latch directly at the breast.

If nipple shields are available on the maternity unit have a nursing procedure for initiation of their use and for referral to lactation.

- ❖ Full shield – good for infant’s who collapse the cut-away nipple shield during suckling
- ❖ Cut away shield – good for the infant to smell the mother’s areola

How to use the shield

- ❖ Roll the shield back about ½ way down the shank of the shield
- ❖ Apply to nipple, may apply lanolin, breastmilk, KY jelly or water to help the shield adhere to the breast
- ❖ Roll the shield back onto the breast so the nipple is pulled into the shank of the shield
- ❖ Latch the infant on by tipping his head back, touch the shield to the philtrum and allow baby to take it deeply
- ❖ Assure the infant's lips are at the base on the shield, not slipping back and forth
- ❖ May pre-fill the shield through the holes in the tip with a periodontal syringe so the baby gets an instant reward
- ❖ Wash the shield and air dry, may be boiled if desired



Roll the shield back about ½ way, place over the nipple



Flatten out the edges and evert the center, the nipple should extend into the shield



Other considerations

- ❖ Start mother pumping for extra stimulation
- ❖ Closely monitor feeds, elimination and weights
- ❖ Notify pediatrician that mother is using a nipple shield
- ❖ Plan for lactation follow up to either wean from the shield or work on maintaining/establishing supply
- ❖ To wean from the shield, start feeding on shield then remove. If not successful, try again the next feeding.

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.

