



Lansinoh®

Lansinoh Contact Nipple Shields

Healthcare Professionals
User Guide



Lansinoh® Contact Nipple Shields can be effective short-term tools for addressing latch-on issues. It is important that the underlying causes of early challenges are assessed by a lactation professional and that nipple shields are only used under the guidance of a professional.

Lansinoh Contact Nipple Shields can be used to address feeding issues related to low birth weight, preterm birth, tongue tie, cleft palate, and overactive let-down.



Notes for Healthcare Professionals

- Ensure the entire provider team is aware mom is using a nipple shield
- It is important to address the underlying cause of breastfeeding issues
- Weaning to the breast is the optimal goal
- Depending on the type of breastfeeding challenge being addressed, baby may only need to use the shields for a few sessions. Others may benefit from longer-term use
- Make sure that the nipple shield is the proper fit to aid in comfort, optimal milk transfer, and to help avoid nipple damage
- All nipples are different and mom may need to use different sizes on each of her breasts to ensure a good fit for mom and baby
- Nipple shields should not be altered or cut


Finding the Right Size

Consider both mom and baby when choosing the size. Baby needs to be able to functionally suck on the nipple shield, and should have a wide, open mouth and deep latch when feeding.

Evaluate where the nipple is in baby's mouth to ensure a good latch, as well as mom's comfort. As baby is feeding, mom's nipple will likely change in size and shape, and the nipple shield may become uncomfortable. If this happens pause the feeding and determine if she may benefit from changing to a different size.


If it's too big...

- Can injure the areola.
- Prevent proper emptying of the breast.
- Causes poor transfer of breast milk.




If it's too small...

- Nipple rubs against the sides of shield.
- Restricts milk flow.
- Can injure nipple.



When it's right...

- Breastfeeding is comfortable.
- Nipple centered in middle of shield.
- Room for nipple to stretch while feeding.

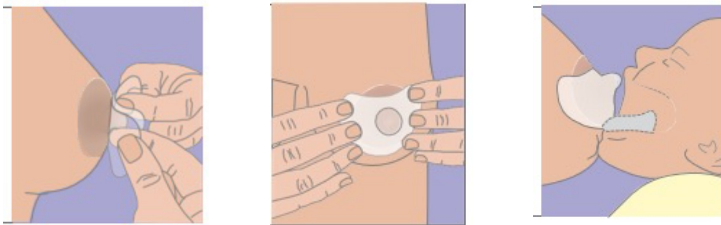


Tips & Tricks

- Run the nipple shields under warm water to stretch and make more pliable
- Allow baby to explore and get to know mom's breast and nipple before using the nipple shield. Continue to encourage baby to see mom's breast during the time they are using the nipple shield
- When baby no longer needs the nipple shield, they will know mom's breast

Directions for Use

- Wash hands before applying nipple shields to the breast.
 - **TIP:** For best results, soak the nipple shields in clean, hot water for 1-2 minutes prior to nursing. This makes them more pliable for a better fit on the breast.
 - **TIP:** Applying a small amount of Lansinoh® Lanolin on the rim of a shield (not the nipple portion) may help the shield adhere to the breast.



- Gently turn the shield partially inside out.
- Position the contoured portion of the shield where baby's nose will be.
- Bring the shield to breast, lining nipple up with the shield's nipple opening. Nipple should be centered in the middle of the shield.
- Push the rim of the shield toward breast, turning it right side out and enclosing as much of nipple as possible in the nipple opening.
- Cup breast in the "C" hold, with thumb on top of the breast and fingers below keeping them away from the areola.
 - **TIP:** Touch nipple to baby's upper lip then lower lip to encourage baby to open mouth wide to stimulate a rooting reflex. Bring baby to the breast chin first encouraging baby to take as much of the nipple into their mouth as possible.
 - **TIP:** Remember CHIN for a deep latch:
 - Close - get comfortable. Hold baby close, his entire body turned facing your body (so he does not turn his head to feed)
 - Head free - gently support baby's neck, shoulders, and back; allow baby to tilt head back slightly when bringing baby to the breast
 - Inline - baby's nose, tummy (or chest), hips, knees inline
 - Nose to nipple - baby's chin touching breast and nose clear encourage baby to have wide, open mouth, direct nipple toward back of roof of mouth

Weaning from Nipple Shields

For many babies, nipple shields are a useful, short-term tool. There may be the occasional baby that needs to use it longer. If the underlying issue causing the challenge can be resolved, it is best to wean from nipple shields. There are different options for weaning from nipple shields, and mom may use a combination to find the technique that works best.

Some options include:

- A few minutes prior to feeding, hand express or pump until a let-down occurs. This will help elongate the nipples and baby will be able to get milk as soon as they latch on.
- Offer baby the breast without the nipple shield. Often once the underlying issue is resolved, baby is able to latch easily and feed effectively, with no discomfort to mom.
- If baby is unable or unwilling to latch, try again with the nipple shield. Allow baby to nurse for a minute or two, then unlatch, remove the shield, and resume nursing.
- If baby becomes upset while attempting to latch, stop and provide calming measures for baby before attempting to latch again.

If initial attempts to wean are not successful, it doesn't mean it's not possible. It may take time for mom and baby to wean from nipple shields.



Lansinoh®

Founded by a breastfeeding mom, Lansinoh® has supported breastfeeding mothers for 35 years. Famous for its award-winning cornerstone product, Lanolin Nipple Cream, Lansinoh® is now a leader in breastfeeding accessories, which are available in nearly 60 countries.

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