

Medihoney for Healing Nipple Wounds (Cracked Nipples)

While many people think that breastfeeding and sore nipples come hand in hand, breastfeeding is not designed to hurt. Some mothers MAY end up with cracked nipples in the early days, usually because their baby is not positioned well, their baby is not latching deep enough, or their baby's latch is causing nipple compression. When a nipple is compressed, the tissue tends to break down and the result is a "cracked" nipple, or a nipple wound.

It is important to correct what is causing a nipple wound, and it is also important to help the wound heal quickly.

Medihoney is a wound care dressing made from sterilized, medical grade honey. It cleans a wound, lifts dead tissue, and provides a moist healing environment.

Honey has been used for healing wounds for centuries. It became less popular when antibiotics were introduced in the 1940's; its use has re-emerged because it aids healing without side effects.

To Use:

- Cut the Medihoney dressing in four equal pieces with a clean pair of scissors. Apply one piece to each nipple wound.
- You may expect a slight stinging sensation when you first apply the dressing to your wound. This is normal.
- The dressing may change color while in use because it draws fluid and dead tissue away from the wound. Initially your nipple wound may look larger as it starts to heal.
- Discard the dressing after using it for 24 hours and replace with a new one if your nipple wound is not healed.

Do NOT use Medihoney dressings if you are sensitive to alginate or honey. Do NOT make your own dressing with regular honey. Infants should NOT consume honey that is not medical grade and sterilized.

Note: Nipple wounds generally heal quickly (within 24-72 hours). If your nipple wounds are not healing, please inform your IBCLC or other health care provider.

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