

■ Nipple Healing & Lubrication Options

When nipples are sore, cracked, or healing, gentle natural emollients can soothe, protect, and reduce friction—especially for those using a breast pump.

■ Safe & Effective Options

1. Extra-Virgin Olive Oil (EVOO)

- Naturally anti-inflammatory and antimicrobial.
- Keeps skin soft and prevents dryness or cracking.
- Apply a thin layer before or after pumping or feeding.

2. Organic Unrefined Virgin Coconut Oil

- Contains lauric acid, which has antibacterial and antifungal properties.
- Light texture makes it excellent for pump flange lubrication.
- Use a small amount (pea-sized or less) inside the flange tunnel or on the nipple before pumping.

3. Expressed Human Milk

- Rich in antibodies and growth factors that promote healing.
- Gently dab a few drops on the nipple after a feeding or pumping session, then air dry.

4. Organic Nipple Balm

- Commercial organic nipple balms (with simple, food-grade ingredients such as olive oil, beeswax, or shea butter) are acceptable and convenient.
- Ensure the product is free of synthetic fragrances, alcohols, or petroleum derivatives.

■ Using as a Pump Flange Lubricant

A small amount of EVOO, coconut oil, or organic nipple balm can help reduce friction and improve comfort during pumping. Apply sparingly along the inner edge of the flange tunnel. Too much lubricant can affect suction—start with a light film only.

■ Allergy & Safety Notes

- Lanolin, often marketed for nipple care, is derived from sheep's wool. Some individuals may be sensitive or allergic to lanolin due to wool alcohols and impurities. Reactions may include itching, redness, or rash.
- Always use food-grade, unrefined oils and clean hands before application.
- Discontinue use if irritation or worsening soreness occurs.
- For open cracks, bleeding, or signs of infection, consult a lactation professional or healthcare provider.