



Breast Soother Instructions:

Cold Therapy

To cool the soothers, place in a fridge for approximately one hour prior to use. The soothers can be stored in the fridge in the polythene bag provided until needed. Apply the cool soother to the painful breast and wear a maternity bra to discreetly keep it in place. Apply the cool soother for a minimum of 10 minutes and a maximum of 20 minutes.

Warm Therapy

To warm the soothers, place in a bowl of warm water for approximately 5-7 minutes and then dry them with a small clean towel. Place the warm soother to the painful breast and wear a maternity bra to discreetly keep it in place. Apply the warm soother for a minimum of 10 minutes and a maximum of 20 minutes.

Cleansing the Breast Soother™

Cleansing the soothers is very easy to do. Wash them in a bowl of warm, soapy water and dry them with a clean towel before placing them in the polythene bag prior to cooling or warming them again.

Safety Warning

- Keep the soothers in the polythene bag and in a safe place.
- Keep out of reach of children.
- Do not use sterilizing fluid/tablets to clean soothers.
- Do not boil the soothers in a pan or warm in a microwave.
- If either of the soothers become punctured or damaged in any way, discard immediately.

Information about Breast Soother™ for Mothers

Breast feeding is a natural process that gives your baby the essential nutrients and passive immunity he/she needs to thrive. It will also promote bonding between yourself and your baby. On some occasions, however, you may find that you need some comfort and care for your breasts as there are times when your nipples and breasts may be tender and sore.

Fixing Your Baby On

When breast feeding your baby, you may initially experience some discomfort and soreness when trying to fix your baby on the breast properly. If your baby isn't fixed properly, this can lead to cracked nipples and cause pain. Midwives will support you to learn how to position your baby correctly and there are breast feeding counsellors who can also give you extra support and advice to help prevent this from happening.

Breast Engorgement

You may experience some difficulties on the third or fourth day after the birth of your baby when your breasts can become firm, hot and tender, which makes it difficult for you to breast feed. This is a very common problem for many mothers and it is caused by an increase in blood supply and the breast tissue. This problem is only temporary and usually resolves within 24-48 hours.

Blocked Milk Ducts

Sometimes, however, milk ducts in the breast can become blocked and this can prevent your milk flow and exacerbate the problems of breast engorgement.

Mastitis

Blocked milk ducts can then cause milk to leak into surrounding breast tissue.

This then can predispose you to developing mastitis (inflammation of the breast) and your breast will become red and inflamed. If symptoms persist you must seek help and advice from your midwife, health visitor, doctor or a breast feeding counsellor.

When Weaning

Later on when you wean your baby onto semi-solid foods you may find that you are continuing to produce more milk than you actually need. This may cause your breasts to become firm and tender again.

Natural Pain Relief

It is very important that you continue to put your baby to the breast when he/she demands a feed and you may find that massaging the breasts may ease some of the discomfort you may experience. The breast soother™ has been specially designed to give you further comfort and relief from the breast problems mentioned above and will not interfere with your milk production. It is, therefore, a very safe and natural method for you to use.

Breast Soother™

These have been specifically designed to be soft and flexible, cone-shaped in their appearance and specially designed to be easy to use and reusable. The gel used in the breast soother™ has unique thermal properties, allowing them to be warm or cool, and they can be discreetly kept in place by wearing a maternity bra.