

PolyMem for Healing Nipple Wounds (Cracked Nipples)

Nursicare by PolyMem are therapeutic breast pads developed to help alleviate nipple pain and promote healing of nipple wounds due to cracking or irritation related to nursing or pumping. This product has been used worldwide for over 25 years, to help improve skin and soft tissue injuries.

Per the product insert, these breast pads are designed to be worn inside the bra to:

- Promote healing of sore, painful, or damaged nipples
- Minimize abrasion and friction damage caused by bra or clothing
- Absorb milk leakage

Directions for use for shallow cracks/abrasions:

- Wipe the nipple and surrounding area with a cloth slightly wet with water. Do not dry the skin or nipple- the residual moisture will help the comfort provided by the pad.
- Wear the nursicare pad inside of the bra with the printed label side away from the skin. Center the pad over the nipple area.
- Prior to nursing, wipe the breast and nipple clean with moist cloth or mothers milk

Special directions for deep cracks:

- Use clean scissors to cut a piece to fit inside the wound holding it open, label side facing out
- Replace daily or if saturated with fluid

Topical treatments are not recommended in conjunction with the Nursicare pads. Nursicare pads are not washable. Discard pads once the liquid in the pad becomes visible through labeled backside of the pad. Adhere to expiration dates on the packaging.

If nipple wounds are not healing within 24-72 hours, please inform your IBCLC or other health care provider.



Reviewed March 2023