

Painful Nipples

Here is an excellent article on painful nipples:

[Nipple pain](#)

Our Lactation Consultant will assess your baby's position and attachment at the breast to provide support and advice specific to you and your baby.

In the days following your baby's tongue/lip-tie release, the Lactation Consultant will be in contact with you to discuss your baby's feeding and any concerns you may have.

Releasing your baby's tongue-tie is one step towards your baby's progression to more efficient and comfortable feeding. Ongoing lactation support from your IBCLC and/or breastfeeding support group, alongside body work from an experienced provider, will form an important part of your baby's recovery.