

*No. 1 choice  
of hospitals  
& mothers*

## How to use Contact™ Nipple Shields

- I For use whilst breastfeeding if suffering from sensitive, chapped or inverted nipples.
- I The baby can still feel and smell the mother's skin.
- I Made of soft, thin silicone.
- I Available in 3 sizes; small (16mm), medium (20mm) and large (24mm).
- I Convenient transport box.



Before you use the nipple shield make sure that the "cut out -part" points in the direction of the baby's nose during the feeding.



1



Moisten the contact nipple shield to make sure that it will stick to the skin.

2



Turn it inside out; like a Mexican hat.

3



Grip the wings on nipple shield.

4



Cover the holes with the middle finger.

5



Keep the finger over the hole so that a vacuum is created. At the same time, pull the wings until the nipple shield turns itself over and they lie flat against the breast.

6



The nipple now fills almost the whole contact nipple shield. The baby will now have a deep grip with its mouth on the nipple and is not sucking only on the tip of the nipple.

For further information please go to:

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[www.medela.com.au](http://www.medela.com.au)