NURSICARE®

freeing mums to be mums

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NURSICARE®
freeing mums to be mums
PROFESSIONAL
BOOKLET

USING NURSICARE® THERAPEUTIC BREAST PADS FOR WOUNDED, CRACKED AND PAINFUL NIPPLES ON BREASTFEEDING MOTHERS

Pain is one of the main reasons for discontinuation of breastfeeding. If the mother is in pain, she may lose her desire to continue breastfeeding.

Nursicare pads facilitate fast pain relief and quick wound healing. No other products or treatments are needed or recommended. The pad is also useful when the mother feels pain with no visible wound, friction or rubbing.

MOMS SAY:

Lili Vardi:
"I started using Nursicare a week after my baby was born. The pad helped soothe my sore nipples, but also the whole area around them. It was very sensitive and painful. The pads were also a calming protection from the friction of my clothes on my breasts. I don't know what I would have done without Nursicare."

Efrat Schwartz:
"Nursicare saved my nursing."

NURSICARE THERAPEUTIC BREAST PADS – THE NEEDED SOLUTION FOR MOTHERS:



QUICK PAIN REDUCTION

Nursicare's unique ingredients work together to support and enable pain reduction in the wound. The mother quickly experiences comfort and relief for the wounded, cracked, or painful nipples.



EASY TO REMOVE

Nursicare pads are comfortable and soothing. The pads are made of an advanced polymeric membrane whose use and patented* ingredients facilitate removal. The pads don't leave the skin feeling sticky or oily. Nursicare pads are easy to remove and do not adhere to a wound.

* See website for patents



RAPID HEALING

Nursicare pads support natural healing and provide the optimal condition to restore the skin to its healthy state, helping keep nipples soft and flexible instead of dry and fragile and sensitive.

SAFETY

Nursicare pads have met appropriate international standards for safety and effectiveness. Nursicare pads have passed regulatory review and clearance in all the countries where marketed. PolyMem® products have been used for over 25 years safely and effectively.

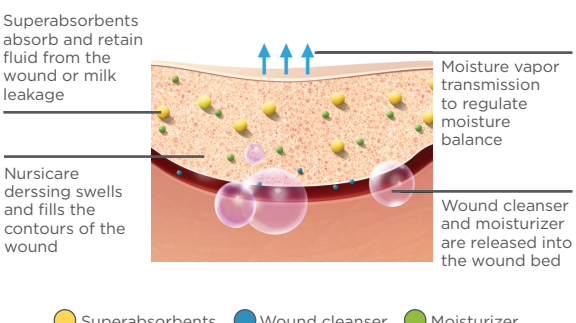
BREATHABLE PADS

Nursicare pads allow wounds to "breathe." A semi-permeable film on the outside of the pads allows gas exchange and maintains the proper moisture level. The film helps prevent wound contamination from outside and leakage of fluid to clothing from inside.

PROTECTION & PREVENTION

The structure and ingredients of Nursicare pads protect the nipple and prevent deterioration. The pads are thin, soft and flexible. They conform to the breast shape and prevent friction between the nipple and clothing. There is no need for extra cleaning of the injured nipple. The mild cleanser in Nursicare pads helps keep the wound clean through the healing process. Milk leakage is absorbed and locked inside the pads.

WHEN NURSICARE PADS ARE PLACED ON THE SORE NIPPLE, the pad's ingredients cooperate in complete synergy to reduce pain and inflammation and support the healing process.



The combination of the cleanser, moisturizer and superabsorbent creates an optimal healing environment to help heal injured and painful tissues.

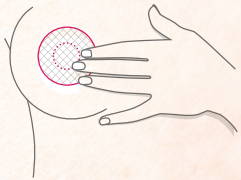
THE HEALING PROCESS:

- The pads absorb fluid and gently expand to establish full contact with the wound bed.
- The built-in cleanser helps keep the wound bed clean and removes the damaged tissue.
- Glycerin, the moisturizer in Nursicare, contributes to an optimal environment to heal the nipples and prevent the pads from sticking to skin.
- The unique features of PolyMem combine to make the Nursicare pad not only extremely comfortable, but also help reduce inflammation, thus addressing both persistent and procedural wound pain.
- The superabsorbent pulls in fluid from the nipple and locks it into the Nursicare pad, helping keep fluid out of the wound bed.
- The external film controls the evaporation process and protects the nipple wound from external contamination.

DIRECTIONS FOR USE:

Applying the Pad:

1. Prior to initial use of Nursicare pads, slightly wet a cloth with water and wipe the nipple and surrounding area. Do not dry the skin or nipple - the residual moisture will help with comfort provided by the pad.



2. Wear the Nursicare pads inside of the bra with the printed label side away from the skin. Center the pad over the nipple area.

3. Prior to nursing or using a breast pump, wipe the breast with a clean cloth or towelette moistened with water or mothers' milk.

4. While nursing baby, keep the Nursicare pad clean by placing the pad on a clean surface with the unlabeled side up.

When to change the Nursicare pad:

A Nursicare pad may be used until the liquid in the pad becomes visible through the labeled backside of the pad, and before the absorbent fluid reaches the edge of the pad. Change the pad immediately if saturated with milk. Nursicare pads are not washable; washing may remove ingredients and diminish the mode of action. Discard after use.



Moist Nursicare pad - no need to be replaced



Saturated Nursicare pad - must be replaced

ANNA
CASE REPORT 1

30-year-old mother, after first birth. Arrived at clinic four days after the birth with painful wounds on the nipples due to improper lactation positioning. She couldn't breastfeed the baby, so she switched to milk pumping that caused a lot of pain and suffering. She was unable to pump enough milk, so she needed to add milk substitutes. In addition to the wounds, she also suffered from breast congestion because she stopped pumping and breastfeeding. She was treated with Nursicare only.

BEGINNING OF NURSICARE TREATMENT



Pain scale - 10

AFTER 1 DAY



Pain scale - 3

AFTER 4 DAYS – END OF TREATMENT



Pain scale - 0

Photos Courtesy of Gina Weissman, RN, IBCLC ©

JOHANNA
CASE REPORT 2

30-year-old mother, after second birth. Arrived to the clinic with a “yellow” baby (jaundice) and breast congestion. The mother assumed that the baby was sucking properly, but actually there was no effective milk transfer (see the wound) and no active breastfeeding, thus creating breast congestion. The baby also had a tongue tie stage 2. A tongue tie release was done. The mother suffered from friction wounds in both nipples.

BEGINNING OF NURSICARE TREATMENT



Pain scale - 10

AFTER 2 DAYS



Pain scale - 1

AFTER 3 DAYS – END OF TREATMENT



Pain scale - 0

Photos Courtesy of Gina Weissman, RN, IBCLC ©

MICHELLE
CASE REPORT 3

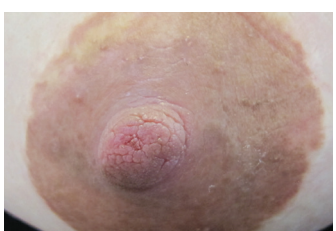
34-year-old mother, first birth. The mother had a prior breast reduction surgery and was informed that in high probability she wouldn't be able to breastfeed. She arrived to the clinic for consultation five days after delivery. Tongue tie baby stage 3, with friction wounds both sides. Breast edema and congestion were observed as is typical after breast surgery. Without tongue tie released and using Nursicare only, substantial pain reduction and wound healing improvement was observed within a few days, while continuing breastfeeding exclusively.

BEGINNING OF NURSICARE TREATMENT



Pain scale - 7

AFTER 3 DAYS



Pain scale - 2

AFTER 5 DAYS – END OF TREATMENT



Pain scale - 0

Photos Courtesy of Gina Weissman, RN, IBCLC ©

KATE
CASE REPORT 4

34-year-old mother. Severe pain in both nipples. Tongue tie stage 3. Tongue tie procedure was performed. Using Nursicare only, substantial pain reduction and wound healing improvement was observed within a few days, while continuing the breastfeeding.

BEGINNING OF NURSICARE TREATMENT



Pain scale - 8

AFTER 3 DAYS



Pain scale - 2

AFTER 7 DAYS – END OF TREATMENT



Pain scale - 0

Photos Courtesy of Gina Weissman, RN, IBCLC ©

QUESTIONS & ANSWERS

Is Nursicare safe for babies?

Nursicare pads have met appropriate international standards for safety and effectiveness. Nursicare pads have passed regulatory review and clearance in all the countries where marketed. PolyMem products have been used for over 25 years safely and effectively.

Is there a need to wash the nipple prior to breastfeeding?

Although Nursicare pads and materials are safe, health authorities advise wiping all substances off the nipple prior to breastfeeding. Simply wipe the nipple gently with a moist cloth.

Is it recommended to use other products or treatments in combination with Nursicare to treat the nipples?

Nursicare pads contain all the necessary ingredients to reduce pain and heal the wound. Therefore there is no need to add any other treatments. Topical treatments are not needed in conjunction with Nursicare.

If I don't feel any pain relief after 24 hours, what should I do?

The soothing ingredients in Nursicare pads are released when the pad absorbs fluid. In case the pad didn't absorb any milk from the breast and remained "dry", it is recommended to slightly moisten the nipple with breast milk or water. (See instructions for use).

How long should I keep using pads to prevent pain?

Mothers may continue to use Nursicare pads as long as desired, provided they change the pads as instructed.
Please read the instructions for use inside the box before using the pad.

The pad becomes saturated with fluid very quickly. What should I do?

Nursicare pads have a high absorption capability. The pads can be used for several days until saturated with fluids. In most cases the serious 'dripping' (called reflux) happens during breastfeeding. Therefore, it is recommended to remove Nursicare pads from both breasts while breastfeeding. This step will prevent fluid from saturating the pads. (See instructions for use). The milk dripping rate varies from mother to mother.

Where can I get Nursicare pads?

You can find Nursicare in pharmacy chains or stores. Further information can be found on our website: www.nursicare.com

WHAT IS POLYMEM®

PolyMem is a well-established name in wound healing. PolyMem dressings are unique, multifunctional dressings designed to relieve pain and effectively heal wounds. PolyMem has been used successfully around the world for both acute and chronic wounds for more than 25 years.

Nursicare pads have the same basic formulation as PolyMem dressings but are optimized for wounds caused by breastfeeding.

PolyMem and Nursicare are produced by Ferris Mfg. Corp., based in Fort Worth, Texas, USA. PolyMem products are distributed to more than 60 countries throughout the world.

