

## INSTRUCTIONS FOR USE TULIPS NIPPLE SHIELDS

### Package contains:

Two silicone nipple shields, size M (20 mm) or L (24 mm), one storage box, instructions for use.

### Indication:

Tulips nipple shields are suitable for short-term use to help with latching on and to protect sore, sensitive nipples during breastfeeding.

### Use:

1. Always wash hands thoroughly with soap and water before use.
2. Moisten the inside of the nipple shield with a little breast milk or water, or use a lanolin nipple cream i.e. Ardo Gold Cream, so that it adheres more easily to the breast. Pull back the edge of the nipple shield and centre the shield over the nipple. The baby's nose should be at the tulip-shaped cut-out, so that it is touching the mother's skin (image 1).
3. Release the edges of the nipple shield onto the breast (image 2).

### Notes:

Wear only when breastfeeding, remove after use and clean according to the instructions. Frequent sterilisation and boiling causes the material to wear faster. It is recommended to let the nipple shields dry before storing them in the storage box. Stop using the nipple shields if they show any signs of damage. Store the nipple shields and accessories out of the reach of children. If you have any questions, please contact a healthcare specialist.

### Cleaning/sterilisation:

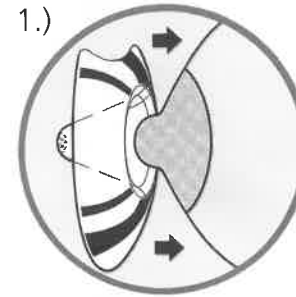
At home: Boil the nipple shields in water for ten minutes before the first use, and then once per day thereafter. Clean with soap and water after each use, then rinse well and allow to dry on a clean cloth. The nipple shields and storage box are dishwasher safe.

In a hospital environment: Nipple shields: sterilisation 121 °C = 20 min. / 134 °C = 18 min. and thermal disinfection 93 °C = 10 min. Storage box: thermal disinfection 93 °C = 10 min.

### Disposal:

Harmless, in accordance with local regulations.

1.)



2.)

