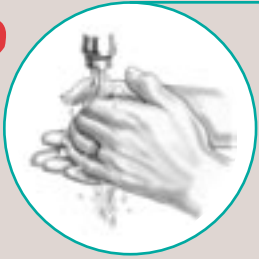


Directions

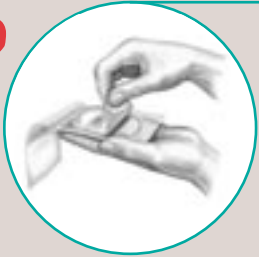
To Begin:

1



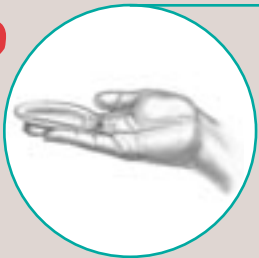
Wash hands.

2



Remove pad from carrier sheet and save sheet for storage.

3



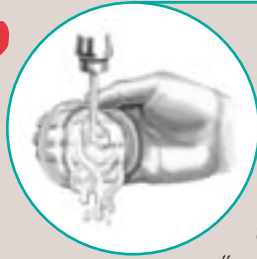
Place cup side of pad on nipple area.

4



Remove the pad. Wash breast with warm water and pat dry.

5



Rinse (do not soak) pad with warm water. Pat dry. Place pad on a clean surface with “cup” side facing upward – we suggest the packaging carrier sheet.

Note: Do not use soaps or detergents to clean ComfortGel Pads because this may compromise integrity of the pad.

After Breastfeeding:

6



Wash breast with warm water and pat dry.

7



Reposition pad on nipple area until time for next feeding.

Before Breastfeeding:

Up to **96%** of Breastfeeding Mothers experience some degree of **nipple pain**¹



Frequently Asked Questions

Why should I use ComfortGel hydrogel pads?

ComfortGel hydrogel pads provide cool, soothing relief for sore, tender nipples. They absorb excess milk, reducing the risk for maceration (which is when your skin turns white and wrinkled after a long bath).

The ComfortGel hydrogel pads also provide extra cushioning and protection from clothing friction as they fit discreetly and securely inside a nursing bra.

Why is a hydrogel better than other nipple care pads and products?

The ComfortGel hydrogel pads offer the same wound-healing technology that has been used in hospitals for years. Research has shown our hydrogel dressing has a proven ability to help ease nipple pain and help promote healing.²

What is the ComfortGel hydrogel pad made of?

Each pad is made of two primary components –

- Water – to help provide the cool soothing sensation
- Polyurethane – to bind the pads together

ComfortGel hydrogel pads are non-toxic and safe for mother and baby.

Can this product be used in conjunction with other nipple ointment products?

No. Other products can compromise the integrity of the ComfortGel hydrogel pads. They should only be used alone unless otherwise directed by a physician.

Since the ComfortGels hydrogel pads absorb excess leakage, do I still need a nursing pad?

Yes. When your milk leaks, it flows quickly. The ComfortGel hydrogel pads are “slow absorbers”. They will help absorb some milk, however, most milk leakage should be absorbed by a nursing pad.

How long should I use each ComfortGel pad?

Each ComfortGel pad can be used for up to six days. However, it may need to be changed more often. We recommend that you rinse (not soak) the pads with warm water after each use to help get rid of any residual leakage left behind. When the pad becomes milky or cloudy, then it is time to change the pad.

Where should I store my ComfortGel hydrogel pads?

When not using the ComfortGel hydrogel pads, it best to keep them in the carrier sheet they came in to help keep them clean and prevent them from drying out. For extra cooling relief, store the pads in the refrigerator. Alternate pairs between feedings and you'll always have a cool pair to apply.

For more information
or to locate a local
Ameda ComfortGel
retailer, please call:
1.877.GELDISC



ComfortGel hydrogel pads are a part of a complete line of breastfeeding products provided exclusively through Ameda retailers.

For more information about Ameda breastfeeding products, call **800.323.4060** or visit our Web site at **www.hollister.com**.

Local Retailer

¹Cable, B., Stewart, M., & Davis, J. (1997). Nipple wound care: A new approach to an old problem. *Journal of Human Lactation*, 13(4), 313-318.

²Dodd, V. & Chalmers C. Comparing the Use of Hydrogel Dressings to Lanolin Ointment with Lactating Mothers. *JOGNN* 2003;32 (4) 486-94.

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