"Vienna Breast(feeding) Donut"

A simply brilliant innovation to relieve nipple pain in the postnatal care.

Dr. Gudrun von der Ohe

Nipple pain may most commonly appear during the first weeks after giving birth. A slight irritation or sensitivity of the nipples seems to be normal in the first days after delivery and is most probably caused by the enhanced prolactin levels (Cox DB, Kent JC, Casey TM, et al. Breast growth and the urinary excretion of lactose during human pregnancy and early lactation: endocrine relationships. Exp_ Physiol. 1999;84:421-435).

Therefore, avoiding any nursing pads and tight fitting bras shortly after delivery is been strongly recommended, for the tight fitting bras, for instance, may cause inverted nipples and reduction in the blood flow.

The idea of placing a "Donut" on the breast to keep the mammilla upright in case of vasospasm, sensitive or sour nipples was the product of colleagues from the Amstetten Mostviertel and Rudolfstiftung hospitals in Austria. Thus, not only will the nipple be raised to its upright position, but also through avoiding its bending, the blood flow will be stimulated, which alone would play a major role in the healing process.

Experience has shown that women find the Vienna Breast Donut rather comfortable.

Utensils:

› 6 cm wide tubular bandage, available in the pharmacy:
PZN number for Austria: 236 478, for Germany: 102 025 2

› Disposable nursing pads (thick ones), for instance Babylove trademark from DM Drugstore Chain

2. Fold each of the nursing pads and remove the middle part ...

1. Each Donut requires three, occasionally four nursing pads.

3.

... only a ring remaining.

4.

Cut off about 20 – 25 cm of the tubular bandage.

5.

Thread the bandage through the three nursing pads rings.

6.

Pull the applied bandage inside out on the one side of the nursing pads.

7.

Pull out the bandage on the other side, inside out and around the nursing pads rings.

Done!

8.

Once gain through the nursing pads and out.