

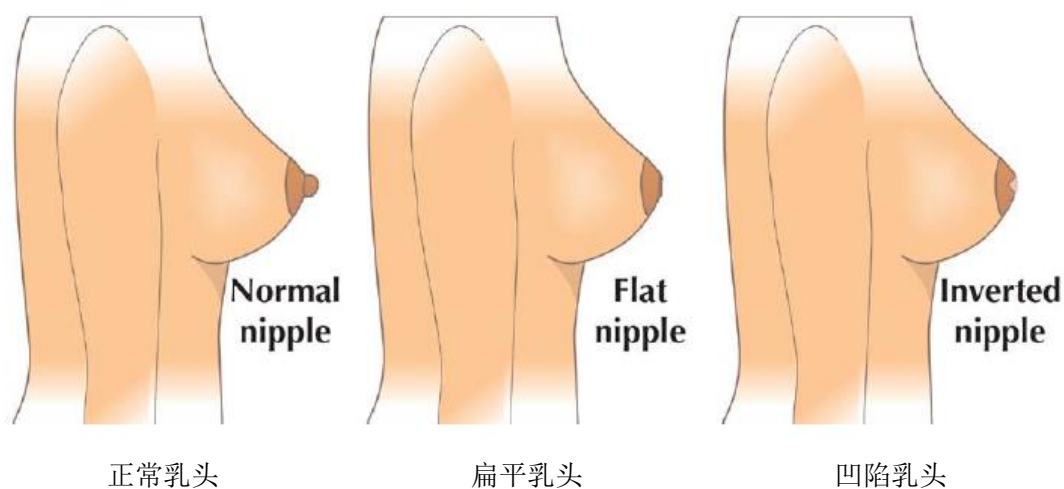


Do I have Flat or Inverted Nipples?

我的乳头是扁平的还是凹陷的？

Flat or inverted nipples can sometimes be problems when starting to breastfeed. It is a good idea to know about your nipples before starting to breastfeed. These illustrations can help you determine what your nipples are like. There are three basic shapes.

乳头扁平或乳头凹陷在开始母乳喂养的时候常常会带来问题。在母乳喂养之前了解你的乳头很有必要。下面这些图解说明能够帮助你了解你的乳头形状。基本的乳头形状有三种：



Normal nipples 正常乳头:



These normally shaped nipples are easy for most babies to latch-on to. The nipple is erect at rest or becomes erect when it is stimulated or the mother is chilled. If you gently squeeze at the edge of this nipple it remains everted.

这种正常的乳头很容易被婴儿含住。它通常是突起的，或者在受到刺激或母亲感觉到冷的时候突起。如果你轻轻地挤压乳头边缘，它会外翻。

If, when you squeeze at the edge of the areola, the nipple flattens out or becomes inverted, follow the instructions below.

如果你挤压乳晕边缘，乳头会变扁平或凹陷，请参见下面的说明。

Flat nipples 扁平乳头:



This nipple can be difficult for an infant to attach to. It is flat and remains flat even when stimulated.

这种乳头很难被婴儿含住。它是平的，甚至在受到刺激的时候也保持这个状态。

Occasionally lactation consultants recommend the use of breast shells prior to the baby's birth. They may suggest a breast pump just before feeding the baby to pull these nipples out for the baby. Check with your lactation consultant or knowledgeable health care provider to determine which solution will be best for your situation.

有些时候哺乳顾问会建议你在生产前使用乳头护罩，也有可能建议你在哺乳前使用吸奶器把乳头吸出来。请咨询你的哺乳顾问或拥有专业知识的健康护理机构，以确定哪一种方案是最适合你的。

Inverted nipples 凹陷乳头:



These nipples actually retract at rest or when stimulated. Try gently squeezing at the edge of the areola. Usually these nipples remain inverted.

这种乳头实际上在平时或受到刺激的时候是缩进去的。尝试轻轻地按压乳晕的边缘，通常它们保持凹陷。

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