

INTRODUCTION

Breastfeeding is considered the ideal method of feeding and nurturing infants . Infants, who are not breastfed , have increased rates of mortality and increased risk of several chronic childhood diseases .(**Horta BL,2007**)

Many factors are associated with the intention of breastfeeding . These factors include maternal age, mother's education level, family household income, number of children, mother's knowledge about the benefits of breastfeeding, previous breastfeeding experience, attitude towards breastfeeding , and the mother's social support network. Understanding factors associates with the intention of breastfeeding will allow health care decision-makers to plan and evaluate appropriate interventions to improve breastfeeding initiation and duration. (**Persad MD,2008**)

Sore nipples are common during early days of breastfeeding , physical findings include vertical or horizontal red or white lines on the breast; fissures, cracks, or bleeding from the nipples . Use of formula and pacifiers in the hospital have been associated with nipples' pain at the time of discharge . Transient nipple pain usually peaks between the third and sixth days of postpartum , whether prolonged or sever soreness beyond the first week requires intervention .(**Zuccarini,M 2008**)

Nipple trauma has been identified as being a disorder resulting from incorrect positioning and latching-on during breastfeeding. Therefore, the most important interventions to reduce its occurrence is the education of

women on correct breastfeeding techniques, starting during pregnancy. **(Weigert EM, 2005)**

When sore nipples are not treated adequately, tissue breakdown can progress rapidly and, in some cases, nipple's injury can be extensive. **(Abou-Dakn M, 2010)**

Several methods have been suggested to prevent nipple crack . One of the agents is used for the prevention of nipple crack and pain is lanolin , using purified lanolin and finding it suitable for the prophylaxis and treatment of sore nipples . **(Tanchev S, 2004)**

Green tea poly phenols induce differentiation and proliferation in epidermal . Green tea poly phenols have been shown to stimulate aged keratinocytes, energizing cell division and DNA synthesis, and potentially reducing the healing time of epidermal wounds. This may be make some mothers enjoy relief of their nipple wounds by using certain types of tea bags. **(Hsu, S. 2005)**

Menthol, which is found in the highest concentration in peppermint oil, is pharmacologically active in relatively small doses. In small doses, it is safe for ingestion by babies and has been widely used over many years as a calming agent to soothe an upset stomach. As it is observed with numerous other volatile oils, peppermint water possesses antibacterial activity , because it has calming and numbing effects, and it has been used externally for skin anesthetic, burns, wounds, itching , and inflammation. Peppermint water is popularly used for the prevention of nipple pain and damage. **(schelze, Z 2006)**

The nurse caring for the breastfeeding mother should help the women achieve independence and success in her feeding efforts prepared with a knowledge of the anatomy and physiology of the breast and lactation , the component and positive effects of breast milk, and the techniques of breastfeeding. The nurse can help women and their family by using their own resources to achieve a successful experience. **(Sally B.Olds,2004)**

Significance of the study

Nipple injury is a breast disorder with an incidence varying from 11 to 96% of women who breastfeed during the first week after delivery. **(Tait P. 2000)**

It has also been observed that 80 to 95% of these women exhibit some type of nipple pain and that 26% exhibit extreme pain, which has a negative impact on breastfeeding duration. **(Locke RO,2006)**

The degree of nipple pain ranges from an uncomfortable feeling to severe pain, which is associated with nipple trauma in both frictional and suction lesions. The incidence is reported to vary between 34% to 96% and it peaks at 3 day and decreases by 7 day . **(Morland ,2005)**

So these study was implemented to evaluate effect of using pharmacological versus alternative therapy .