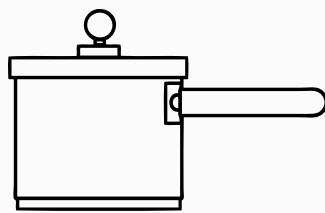


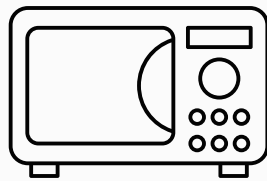
HOW TO MAKE YOUR OWN SALINE SOLUTION

A REMEDY FOR SORE NIPPLES



1. ON THE STOVE

Place 1 cup of water and 1/2 teaspoon of table salt into a pan. Cover and boil for 15 minutes. Allow to cool



2. MICROWAVE

Using a microwave safe dish, add 1 cup hot water and 1 tsp table salt. Microwave for 1-2 minutes, let cool. Optional: To ensure it's sterile replace tap water with distilled water.

ONCE IT HAS COOLED PLACE IN A MASON JAR OR A
PERI BOTTLE AND REFRIDGERATE

AFTER EVERY FEED APPLY EITHER USING PERI
BOTTLE OR COTTON BALL SOAKED IN SOLUTION

LET YOUR NIPPLES AIR DRY

REPLACE SOLUTION
EVERY 48 HOURS

