

Effect of aloe vera gel on nipple sores

Reza Saeidi¹, Mahbobeh Gholami Robatsangi², Mahin Tafazoli³ *

1. Pediatrics Department Neonatologist Research Center, school of medicine, Mashhad University of Medical Sciences, Mashhad, Iran

2. Midwifery Department - Azad Islamic University - Neyshabur Branch, Iran

3- Midwifery Department - School of Nursing & Midwifery Mashhad University of Medical Sciences, Mashhad, Iran

*(Corresponding author: Tafazolim@mums.ac.ir, Tel: +98 - 0511-8591511)

Abstract

Objective:

It is estimated that 80-90% of breastfeeding women experience nipple soreness. In this study we evaluated the effect of Aloe Vera gel compared with breast milk on nipple sores.

Methods:

This clinical trial study was performed in the neonatal ward of the Ghaem Hospital in Mashhad (Iran) from June 2009 to December 2009. Mothers were divided randomly into two groups: Aloe Vera application and breast milk application. After feeding their babies, the mothers used the preparation on their nipples 3 times a day and then let to dry without washing until the next feeding for 7 days. Breasts were examined before treatment, 3 and 7 days after treatment and graded using a scale and interview. Then data was analyzed with SPSS 11.5 software and Mann-Whitney, t student and paired t-tests.

Results:

A total of 100 patients were enrolled (50 in each group). In the Aloe Vera group sore nipple scores decreased significantly on days 3 and 7 versus pretreatment ($p=0.000$) compared to the breast milk group ($p=0.028$).

Conclusion:

Aloe vera was more effective than breast milk on nipple sores.

Keywords:

Aloe Vera gel, Breast milk, Nipple sore.

Introduction

It is estimated that 80 to 90 percent of breastfeeding women experience some amount of nipple soreness due to nipple trauma and infection. Up to 1/3 of them stop breastfeeding. (1-5) Moreover it is known that pain acts as an inhibitory factor on the release of oxytocin and milk ejection(6-8). Usually, breast milk itself prevents dryness and fissuring but is not universally effective in all women(9). Aloe Vera has been proposed as an enhancer of wound healing based on animal research. It is a cell proliferant, a stimulant to epithelialization and a chemical debrider(10). Aloe Vera also enhances skin wound repair and has anti-inflammatory,

antimicrobial and immunomodulating properties (11). It is also beneficial for treatment of acne, dermatitis, colitis, psoriasis, diabetic wounds, herpes and bedsores(12). Avizgan showed that mean treatment duration was longer in controls than in the Aloe Vera group on bed sore treatment(13). In this study we evaluated the effect of Aloe Vera gel on nipple sore treatment.

Methods

This clinical trial study was performed at Ghaem Hospital in Mashhad, (Iran) from June 2009 to December 2009. Mothers with sore nipples were divided randomly into two groups: Aloe vera group and breast milk group. Sample