



FAQ

1. How do LilyPadz work?

LilyPadz apply a gentle pressure on the nipple to stop breast milk leakage as long as they are properly used. Breastfeeding mothers have used their fingers for years to apply this pressure during letdown. LilyPadz utilizes this principle... hands free.

2. How do LilyPadz stay in place?

LilyPadz have a unique and tacky lining so they adhere gently to your skin without the use of any adhesives.

3. Will LilyPadz lining wear out?

Unlike adhesives that wash away, the tacky lining of LilyPadz is renewed with washing. Simply hand wash with soap and water, rinse well, shake off the excess water and dry for a few minutes. One pair should last for months.

4. How long will LilyPadz last?

With proper use and care one pair should last for months. Some women have used one pair for over 6 months.

5. How many pairs will I need?

Because LilyPadz are not absorbent and work to prevent the leak, there are never saturated pads to exchange. And unlike other reusables, there is no downtime in the laundry either. Washing takes only a few minutes per day and that one pair of LilyPadz is ready to go again. So one pair is enough to last most mothers for months, although some like the peace of mind of having a spare.



6. What if I perspire under my LilyPadz?

LilyPadz are composed of gas permeable silicone - allowing them to breathe. Although LilyPadz should not cause you to perspire, should you work up a sweat you will perspire under your LilyPadz as well. The build up of sweat can dislodge your LilyPadz so we recommend that they be worn with support in these situations. And any moisture under your LilyPadz should be dabbed up as soon as possible to maintain good tissue health.

7. LilyPadz look like plastic, are they comfortable?

Because LilyPadz are made of thin, soft, flexible and breathable silicone they are like a second skin. They protect the nipple from excess moisture, rubbing and sticking as is commonly experienced with cotton pads. Most mothers claim they forget they are wearing them.

8. I am allergic to latex; will I have an allergic reaction to LilyPadz?

Unlike latex, silicone is a material that is not associated with any allergic reactions. Wash well before use and always be sure to rinse well to avoid soap residues. Some women experience a mild irritation when first using LilyPadz, but this disappears with repeated use.

9. What are LilyPadz made of?

LilyPadz are manufactured from silicone rubber compounds, the same materials used in baby bottle nipples. The silicone material on the inside surface is so soft that it has a tacky feel.

10. Can I boil my LilyPadz?

Yes, LilyPadz can be boiled in water for 1-2 minutes. **DO NOT OVER BOIL.** Repeated boiling may shorten the life of the product!

11. Are LilyPadz safe?

Yes, LilyPadz are made of pure silicone, a material that shows no allergic reactions. LilyPadz have not shown to increase the incidence of mastitis or other complications associated with lactating women.

12. Will LilyPadz affect my milk supply?

No, milk supply adjusts continuously based on the supply and demand established by both you and your child. So as long as you are feeding or expressing milk regularly, this balance will not be disturbed.



13. Can LilyPadz be used with lanolin?

Yes, lanolin can be used safely with LilyPadz, although most mothers find less of a need for it with LilyPadz. LilyPadz help to maintain proper moisture balance in the breast tissue, neither bathing it in milk nor allowing it to dry out and chafe the way cotton pads can. LilyPadz also protect against rubbing and won't stick to colostrum or healing fluids the way cotton pads do. So all in all you should be less likely to become injured. Because lanolin is oily by nature it may interfere with LilyPadz ability to adhere to you, so we recommend applying only to the nipple and areola and wearing them with good support to avoid slippage. The lanolin will wash away with soap and water, renewing the lining for your next use.

14. Can LilyPadz be used overnight?

Yes, this has been proven to be one of the most popular advantages to LilyPadz. Because of their self-adhesive lining they can be used without your bra - a sleep luxury for any breastfeeding mother.

15. Will LilyPadz show under my clothing?

No, LilyPadz go unnoticed under almost any choice of clothing.

16. Can I swim in my LilyPadz?

Yes, LilyPadz must be applied when dry and to dry skin but once they are in place water does not penetrate them and cause them to fall off. So your LilyPadz are effective as you go from dry to wet to dry again and again.

17. I don't plan on nursing; can I use LilyPadz as my milk dries up?

Yes, LilyPadz can be worn continuously without feeding or expressing milk. You may experience some discomfort initially as with any weaning situation, but this zero demand triggers your body to regulate its milk supply down and eventually dry up.

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