

DIRECTIONS

To Use:



Wash hands.



Remove hydrogel pad from sheet and save sheet for storage.



Place cup side of hydrogel pad on nipple area.

Before Breastfeeding:



Remove hydrogel pad. Wash breast with warm water and pat dry.



Rinse (do not soak) hydrogel pad with warm water. Pat dry. Place hydrogel pad on a clean surface (such as its sheet) with cup side facing up. Note: Do not use soaps or detergents to clean, as this may compromise integrity of the ComfortGel pad.

After Breastfeeding:

Wash breast with warm water and pat dry.
Place hydrogel pad on nipple area until next feeding.



THE FIRST NAME IN BREAST PUMPS FOR OVER 65 YEARS

More than 65 years ago in Sweden, engineer Einar Egnell made it his life's work to help breastfeeding mothers. After years of research, Egnell created the first comfortable and effective breast pump. In the process, Egnell also created the vacuum and cycling standards that today's lactation consultants use to judge breast pump quality.

Today's Ameda breast pumps combine Egnell's innovative technology with the features a 21st century mother expects. Everything Ameda offers—Ameda breast pumps and products, Ameda breastfeeding education, Ameda's support of lactation professionals—reflects our passion for breastfeeding. We know how much breastfeeding matters to mothers and their babies.



For more information about the complete line of Ameda breastfeeding products, articles and advice devoted to breastfeeding and pumping mothers, call 1.866.99.AMEDA (26332) or visit www.ameda.com.

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MOM INSPIRED. HOSPITAL TRUSTED.

ComfortGel™

Extended Use Hydrogel Pads

Soothes, cools and helps heal tender nipples for up to 6 days



HOSPITAL TRUSTED
SINCE 1942™

AMEDA COMFORTGEL™

Extended Use Hydrogel Pads



In the early weeks of breastfeeding, you may experience sore or tender nipples. Hospital-recommended Ameda ComfortGel hydrogel pads help provide cool, soothing pain relief and promote healing!¹

FAQS

Q: Is nipple discomfort normal during breastfeeding?

A: During the first week or so after birth, it is common to feel discomfort for the first minute or so of breastfeeding, which fades quickly as milk flows. After that, breastfeeding should feel completely comfortable. If not, seek help from a board-certified lactation consultant or other healthcare provider so that you can find and correct the cause of the discomfort.

If you feel nipple tenderness or discomfort, Ameda ComfortGel pads can prevent clothing friction and soothe and help heal your nipples.

Q: Why are Ameda ComfortGel hydrogel pads better than creams or ointments?

A: Ameda ComfortGel pads are comfortable to apply and easy to use. Just wear in your bra like a nursing pad. Plus, they do not stain clothing.

Q: How are Ameda ComfortGel pads different from other pads?

A: Each water-based ComfortGel pad may last up to six days, making it an economical and convenient choice. Also, because Ameda ComfortGel hydrogel pads have no cloth backing, you can easily rinse off milk without leaving embarrassing wet marks on your clothing.

Q: How long should I use each ComfortGel pad?

A: Each pad may be reused for up to six days. It is time to replace the pad when the pad looks milky or cloudy. To maximize the wear time of the pad, rinse the pad with warm water after each use, as recommended.

Q: What are ComfortGel pads made of?

A: ComfortGel pads are non-toxic. Each pad has two main components:

- Water — provides the cooling, soothing sensation
- Polyurethane — binds the pad and provides durability

ComfortGel hydrogel pads provide the same moist wound healing environment that hospitals have recommended for decades.

Q: How should I store my ComfortGel pads?

A: When not in use, they should be stored in their plastic sleeve to help keep them clean and prevent them from drying out. For extra cooling relief, have two pairs on hand and store the extra pair in the refrigerator, so you'll always have a cool pad to apply.

Q: Can I use a nipple cream or ointment along with the ComfortGel pads?

A: No. Using a topical nipple-care product with the ComfortGel pads can compromise the integrity of the pad. ComfortGel pads should be used alone unless otherwise directed by a physician.

¹ Dodd, V. & Chalmers, C. Comparing the use of hydrogel dressings to lanolin ointment with lactating mothers. JOGNN 2003; 32(4):486-94.