

# Nipple Pinch Test

The Nipple Pinch test is a simple procedure that helps you discover what kind of nipples you have; Common, Flat or Inverted.

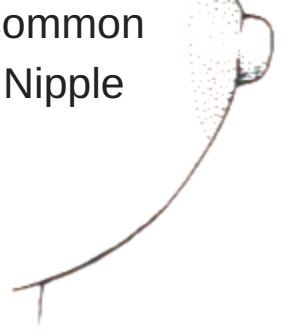
## To Perform:

- Hold your hand in a "C" shape
- Place thumb and forefinger about an inch behind the nipple, around the areola.
- Gently push thumb and finger back, towards your chest



- A Common Nipple will move forward
- A Flat Nipple will remain unchanged
- An Inverted Nipple will retract into the breast

Common Nipple



Flat Nipple



Inverted Nipple

