

Thrush

Thrush is a yeast infection that looks like white patches inside the baby's cheeks and on the gums. Thrush is different from the milky coating you may see on just the tongue. Thrush spreads! Thrush on the nipple is more often felt than seen. The nipple may appear flaky, red or shiny but the most common symptom is sharp, burning pain that lasts throughout the feeding. Thrush takes time to develop. Moms may notice it after nursing has been going well for a while. If you suspect thrush, call your doctor. You, your baby and other family members will need treatment. If your doctor diagnoses thrush, the following tips help keep it from spreading:



- ♥ Boil the baby's pacifiers, bottle nipples and teethers for 20 minutes each day to kill the thrush. After one week of treatment, throw them away and buy new ones.
- ♥ Wash hands frequently, using lots of friction. Wash baby's hands too!
- ♥ Wash any towels, clothing and baby toys that come in contact with infection in hot soapy water. Use towels only once. Use paper towels for hand drying.
- ♥ Change bras daily and nursing pads after each feeding, and do not use them again until they are washed in hot, soapy water.
- ♥ Clean surfaces with white vinegar solution (1 part vinegar to 3 parts water) or bleach solution (2 tbsp. bleach per 2 2/3 cups water.)
- ♥ If you hand express or pump your breast milk, feed it to your baby the same day or throw it away. Do not save and freeze breast milk pumped during a thrush infection because yeast stays active even if frozen. Boil any pump parts that come in contact with milk.
- ♥ Air dry your nipples after each feeding to help kill the thrush.
- ♥ Offer short, frequent feedings, nurse on the least sore side first, and break the baby's suction before taking him off the breast to help prevent pain.

Some pediatricians will only treat the baby. Seek treatment from your family doctor. Ask your doctor about the following over-the-counter products:

Gentian Violet (for mom and baby): Swab ½ to 1% Gentian Violet on affected area once or twice a day for 3 to 7 days. Gentian Violet usually comes as a 1-2% solution mixed with alcohol. Mix 2% solution with 3 parts boiled water or a 1% solution with one part boiled water to dilute it. A concentrated solution can irritate the baby's mouth or mom's nipple. Use with care. It stains clothing purple!

Miconazole 2% cream or lotion (for mom). Apply to nipples 2-4 times a day for 7 days.

Ketoconazole 2% cream (for mom) Apply to nipples 2-4 times daily until symptoms are gone for 2 days.

*Thrush lasts for only a short time.
Mother's Milk offers health benefits that last a lifetime!*



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY



Pennsylvania WIC Program
1-800-WIC-WINS

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