Yeast Infection During Breastfeeding

What To Do . . .

Mom:
- Apply over the counter Lotrimin™ cream to the nipples after feedings for 2 weeks.
- If nursing is too painful, pump the milk and feed to the baby.
- Keep the nipples dry and expose to the light 2-3 times a day.
- Do not use lanolin, hydrogel, or other creams.
- If no improvement in the pain or rash, see a doctor. A prescription may be needed.

Baby:
- Talk with a doctor about treating the baby.
- Mom and baby need to be treated at the same time.

More to Know...
- Boil breastpump parts, pacifiers, bottle nipples and teethers for 20 minutes once a day.
- Keep bras and bra pads clean and dry.
- During a yeast infection, do not freeze breastmilk for later use.

For more help, call the county health department or the Arkansas WIC Breastfeeding Help-line at 1-800-445-6175.