



YEAST INFECTION DURING BREASTFEEDING

Is It Yeast?

If breastfeeding has been free of pain and the nipples *suddenly* become sore or painful, it might be yeast. Mom and baby may have recently been treated with an antibiotic.

Signs of Yeast – Mom

- Burning or stabbing pain in the breast or nipples.
- Red nipples with tiny bumps, blisters, or flaking skin.
- A clean cut at the base of the nipple. Slight bleeding in the cut may occur.
- May have a vaginal yeast infection.

Signs of Yeast – Baby

- White patches on the tongue, gums, and inside the cheeks that do not rub off.
- A diaper rash with raised, red, sore looking patches that do not heal with regular rash creams.

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 Helpline at 1-800-445-6175.**

