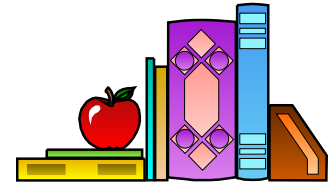


Care Plan for Treating Yeast Infections

A yeast infection that can be transferred between an infant and the mother. A yeast infection of the nipples can cause severe nipple and/or breast pain. The nipples may be slightly reddened or they may crack and bleed. Yeast is easily spread among family members and is difficult to cure. To prevent yeast infections from reoccurring, it is sometimes necessary to treat both the mother and baby at the same time. Thrush (that is what the yeast infection in the baby's mouth is called), looks like milk curds on the insides of the cheeks, gums, and palate. It cannot be rubbed off without causing bleeding. Mothers do not get white patches on their nipples, they just get irritation, redness and pain!



YEAST MAY BE PRESENT:

- In your infant's mouth
- In your vaginal area
- On your nipples
- On your partner's genitals
- On your infant's diaper area

SUGGESTIONS: (LC to check appropriate suggestions)

- 1. Call your baby's health care provider for assessment and treatment.
- 2. Call your health care provider for assessment and treatment.
- 3. Have your partner call his health care provider for assessment and treatment.
- 4. Wash your hands with hot soapy water:
 - Before you nurse.
 - Before and after you use toilet (before... so you don't spread the yeast to your vagina).
 - After changing your baby's diaper.
 - After nursing or touching your breasts.
- 5. Rinse your nipples with clear water after nursing and dry well.
- 6. You can use a camomile tea rinse on your nipples after nursing, then dry well. (Steep 3 tea bags of camomile tea in one cup of boiling water for 20 minutes. Make a new solution each day.)
- 7. Use _____, a antifungal cream, after every nursing. Apply a small amount to the nipples and areolas and rub in well. (Antifungal creams need to be applied after every feeding or at least every three hours to stop the growth of yeast cells).
- 8. Apply 0.5% Gentian Violet to:
 - _____ mother's nipples and areolas
 - _____ infant's mouthApply _____ time(s) a day for _____ days.
- 9. When its time to nurse or pump, rinse the nipples with warm water. (A squirt bottle works very well; do not rub or use soap)
- 10. Use breast shells (with the large ring) to prevent your bra from rubbing against your sore nipples.
- 11. Before giving an oral thrush medication to your baby, rinse his mouth with clear water or wipe out his mouth with a moist cloth to remove any residue of breastmilk.
- 12. Medications given to the infant for oral thrush must make contact with the thrush to be effective. Use your finger or a cotton swab to paint the inside of his mouth, gums, lips and tongue with the medication.
- 13. If your baby sucks his thumb, consider applying medication to his thumb also.
- 14. Boil all pacifiers, bottle nipples and pump flanges each day for 20 minutes.
- 15. Change your breast pads as soon as they become damp and use only disposable ones. Absorbent paper towels work well also.
- 16. Wash all bras, underpants, towels and wash cloths in very hot water with bleach. Dry them in the sun or in a dryer on a hot setting.
- 17. Wash all teething toys daily in the dishwasher or in very hot soapy water. Boil if possible.
- 18. If the infant has a yeast diaper rash, wash his bottom with warm soapy water, dry well and apply his medicated cream with each diaper change. Change him frequently.
- 19. Probiotics may be very helpful in helping your body overcome the yeast infection. Check with a good natural food store. The best ones are kept under refrigeration.

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