



Irritant Dermatitis

What is Irritant Dermatitis?

Based on your symptoms and physical exam, we have diagnosed you with irritant dermatitis. Irritant dermatitis (der-muh-TI-tis) can develop from irritation to your nipples from your baby's mouth, your breast pump, or creams, lotions or soaps applied to your nipples. The main treatment is to apply a non-irritating moisturizer such as Petrolatum to help your nipples heal.

Treatment for irritant dermatitis

After each feed / pumping, apply Petrolatum (Vaseline, Aquaphor or generic equivalent) or Zinc Oxide to both nipples and wear a cotton bra. If the ointment is sticking to your clothes, you may want to cover it with gauze. If you still see ointment before the next feed, you can wash off your nipples with water and Cetaphil gentle cleanser (or generic equivalent). We don't recommend using any other ointments or soap on your nipples.

You should not use Soothies or Hydrogels if you are putting any kind of ointment or cream on your nipples.



Steroid cream for irritant dermatitis

To help your nipples heal, apply Lidex 0.05% ointment twice a day for 2-3 days.

What pain medications are safe during breastfeeding?

To help relieve your pain, it's safe to take Acetaminophen (Tylenol) 650-1000 mg every 4 to 6 hours (but no more than 4000 mg – or 8 extra-strength pills – per day) or Ibuprofen (Motrin) 400-600 mg every 6 hours.

When you should start to feel better

Call the Lactation Warmline at 984-974-8078 or 866-428-5608 if you have any additional concerns or if you are not starting to feel better in 2-3 days.