



Nipple Infection

What is a nipple infection?

You have a nipple infection. The bacteria that cause this infection live on normal skin and in healthy baby's mouths. These bacteria can cause infections in moms with cracked or sore nipples. Your baby can continue to breastfeed safely.

What to do:



Mupirocin Ointment

Three times a day, rub a little bit of ointment into your nipples after a feeding. You don't need to wipe the ointment off before the baby's next feed.



Antibiotics for nipple infection

To treat this infection, we have prescribed you with an antibiotic. Please finish the pills we prescribed, even if your pain gets better before you are done. This medicine is safe to use while you are breastfeeding.



Treatment for a blocked duct

The tender, lumpy area in your breast is probably a blocked duct. This is a part of the breast that isn't emptying well when the baby feeds or when you pump. To help this area empty, position your baby so that his chin or nose is pointing toward the blocked area. It may also help to soak your breast in warm water before and after feeding, and to massage the area during or after feeding or pumping to help move the milk past the blocked area. If the lumpy area doesn't go away after 3-4 days, contact the Warmline.

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.

What to watch for:

Some mothers with a nipple infection develop a bigger breast infection, called mastitis. If your pain gets worse or you get a fever higher than 100.4, please call the LC Warmline at 984-974-8078, or toll free at 866-428-5608, or contact your OB provider right away.

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.